

# BMC London and South East Area

## Group Walk – Pre Event Information

**Date:** Saturday 8<sup>th</sup> December 2018

**Start Time:** 10:30 prompt

**Location:** Wendover rail station (main entrance on Station Approach) (SP 86539 07738)

**End Time:** 15:30 approx

**Location:** Wendover rail station (main entrance on Station Approach) (SP 86539 07738)

**Distance:** 15km (9.5 miles)

**Total Ascent:** 400m (1300'). The route is undulating throughout with two notable steady uphill sections each a mile long.

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### BMC Participation Statement

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

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### The Start

The walk will start from Wendover National Rail Station which is a 48 minute train ride from London Marylebone and will finish at Wendover Station. If travelling from London a return ticket should be purchased (£18.00 off-peak return).

A car park and bike racks are available at Wendover Station.

The walk will begin at 10:30, if you are going to be late please call or text the walk leader using the details on the next page.

### The Walk

This 'figure of eight' walk begins at Wendover station and heads east as a steady climb leads into Wendover Woods and passes Boddington hillfort, an important archaeological site originally occupied in the 1<sup>st</sup> century BC. Continuing past the fort the highest point in Buckinghamshire is reached, Haddington Hill, standing at 267m. The descent through the forest heads west back to Wendover before climbing up to the second high point of the day, Coombe Hill, offering spectacular far-reaching views across the Vale of Aylesbury to the North and the Prime Ministers country retreat, Chequers to the south. Leaving Coombe Hill we will descend back to Wendover for festive drinks in a local pub.

The walk is approximately 15km long and 400m of ascent will be encountered in total.

As the walk is taking place in December and some of the route is on non-metalled tracks through forest areas they are very likely to be wet, muddy and slippery.

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Stiles will be crossed on this walk.

## **What to wear and what to bring with you**

As the walk is taking place in December and mainly follows non-metalled tracks it is essential that a good pair of walking boots are worn with a decent sole to aid with stability on the muddy and slippery sections. Gaiters are also highly recommended.

It is also advisable to bring an extra warm layer and a waterproof jacket, it is likely to be cold and may also be wet.

Please bring sufficient food and drink to last the day. Snack and lunch stops have been factored into the route.

Toilets are available at Wendover Station and at the Wendover Woods visitor centre.

## **Under 18's**

It is expected that most, if not all, participants will be adults. Under 18's are however welcome provided they are to be directly supervised at all times on the day by their parent or legal guardian who will take full responsibility for their care and welfare throughout.

## **Health Issues**

If you have health issues that you believe might affect your ability to complete the walk safely then please let the leaders know in advance.

Please let the leader know if you suffer from any allergies in particular allergic reactions to stinging nettles or bee / wasp stings.

## **Contact**

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