

BMC London and South East Area Group Walk – Pre Event Information

Date: Saturday 29th June 2019

Start Time: 10:00 prompt

Location: Princes Risborough rail station – Main entrance (SP 79953 02754).

End Time: 17:00 approx

Location: Princes Risborough rail station

Distance: 9 miles

Total Ascent: 1300'.

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.

The Start

This circular walk will start from Princes Risborough rail station which is approximately 50 minutes from London Marylebone. If travelling from London a return ticket should be purchased (£22.50 off-peak return).

A car park (£5.50) and bike racks are available at the station.

The walk will begin at 10:00, if you are going to be late please call or text the walk leader using the details on the next page.

The Walk

Join us on an 9 mile circular walk in support of the BMC's [Hills 2 Oceans Campaign](#) in the Chilterns Area of Outstanding Natural Beauty, starting from Princes Risborough. We will follow the Ridgeway National Trail up to Whiteleaf Hill with its mysterious chalk cross and far reaching views where we will find out more about this chalk downland nature reserve, its history and how its managed for wildlife. We will do some litter picking around the car park before continuing through stunning beech woodlands and an iron age hillfort on our way to Buckmoorend Farm where we will stop for lunch. Buckmoorend Farm is a small, family run farm surrounded by natural woodland and nestled in the beautiful Chiltern Hills. It is part of the Chequers Estate, and is steeped in history. We will take a different route back to Princes Risborough, through wooded hills.

This is a joint event with the Chilterns Conservation Board as part of Year of Green Action - helping them to look after the Chilterns.

BMC London and South East Area Group Walk – Pre Event Information

Whiteleaf Hill https://chilternsociety.org.uk/our-sites/whiteleaf-hill/?gclid=EAlaIqobChMI2NOi376o4gIV77vtCh3wSgMjEAAAYASAAEgKP7PD_BwE

Buckmoorend Farm <http://www.buckmoorendfarm.co.uk/index.html>

The walk is approximately 9 miles long and 1300 feet of ascent will be encountered in total. If you would like to see the proposed route in advance please contact the walk leader.

Some of the route is on non-metalled tracks which may be wet, muddy and slippery depending on the weather leading up to the walk and on the day.

Stiles may be present and undulating hills will be encountered throughout.

Food

We will stop for food at Buckmoorend Farm where a meal can be purchased or you can bring your own lunch.

If you would like a meal this must be booked in advance at <https://www.visitchilterns.co.uk/walkingfest.html>

Buckmoorend Burger: £5.50;
Halloumi, Roasted Veg & Pesto Burger: £5.50;
Hotdog: £5.50;
Soup: £5.50.

All meals come with a hot or cold drink. Dietary needs can be catered for if known in advance - please let us know at the time of booking. Other drinks and snacks are available there on the day without the need to pre-order.

Please notify the walk leader if you have any allergies.

What to wear and what to bring with you

Although technical ground will not be encountered it is recommended that a good pair of walking boots are worn as some sections may be muddy.

As it is June, please bring suitable sun protection including sun cream and a hat as well as plenty of water!

Hopefully the weather will be warm and dry however please be prepared to bring a waterproof and extra warm clothes if this is not looking to be the case.

We would like everyone to participate with the litter pick. Litter picks and bin bags will be provided but you may wish to bring some gloves (vinyl gloves will be available).

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

BMC London and South East Area Group Walk – Pre Event Information

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

Chris Stone

BMC London & South East Volunteer Hillwalking Rep

lsehillwalking@hotmail.com

07565436725