

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

**Date:** Saturday 20<sup>th</sup> July 2019

**Start Time:** 10:00 prompt

**Location:** Amberley, railway station (car park) (TQ 0263 1180), closest post code BN18 9LR

**End Time:** 17:00 approx

**Location:** Amberley, railway station (car park) (TQ 0263 1180), closest post code BN18 9LR

**Distance:** 13 mi / 21 km

**Total Ascent/Descent:** 377m / 381m

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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**

This circular walk will start from Amberley, Arundel, UK railway station at 10:00 AM which is 1.20 h from London Victoria and will return to the same station.

Car and cycle parking is available at the station.

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

## **The Walk**

The walk is approximately 13mi / 21km long and 1237ft - 377m / 1250ft - 381m of ascent/descent will be encountered in total comprising of one notable steep ascent and the subsequent descent.

We are following the H2O (Hills to Ocean) campaign theme and after crossing the Amberley bridge we will walk alongside the river Arun, the longest river sitting entirely in Sussex (approx. 37mi / 60km), till we will reach Arundel; metaphorically this is part of the path used by the litter to get from inland to the oceans, we will try to pick up some litter to stop the pollution at the source.

Arriving in Arundel we will walk through the town astounded by its impressive castle towering on the hill for nearly a thousand years. We might decide to have lunch along the river, in the town or carry on for a bit and sit in the following woodland.

The walk will continue gently uphill surrounded by woodlands and occasionally bumping in to ploughed fields. Passing over the top of the hill we will head north to meet with the Monarch's

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Way, this is a 625mi / 1006km long-distance footpath that approximates the escape route taken by King Charles II in 1651 after being defeated in the Battle of Worcester.

Following the footpath, we will head back to Amberley with a gentle up and down hill.

### **Detailed walking information**

Leave the station heading N for about 50m and then turn left heading W, follow the main road for about 350m and after crossing the bridge continue on the footpath heading SW.

The path will follow the river Arun for about 9.7km until Arundel will be reached, a visit to the famous castle can be evaluated, in case this will be agreed the route back has to be re-planned to save some time.

The way back is starting from Arundel, there is about 1km walk inside the town to reach the big roundabout connecting the A27 and the A284 (TQ013069), then follow the north side of the roundabout crossing the A284 to reach Shayna Rose Way, walk in for about 50m then get the path heading NW (312° approx.)

Proceed uphill for about 3.5km to reach the top, start the downhill with the highest degree of descent, after about 250m cross the road (Fairmile Bottom) walk for another 100m and turn right. Walk straight for about 800m then turn left (318° approx.) and walk for about 1.4km, with a forest on the right and ploughed fields on the left, until you reach the junction with the Monarch's Way (SU987115), follow the Monarch's Way for about 3.3km. Approaching Houghton (TQ018115) you can turn right towards the river and walk back the same way as in the morning (this is the suggested way) or walk straight along the road (a little bit shorter but more risky, this is not suggested).

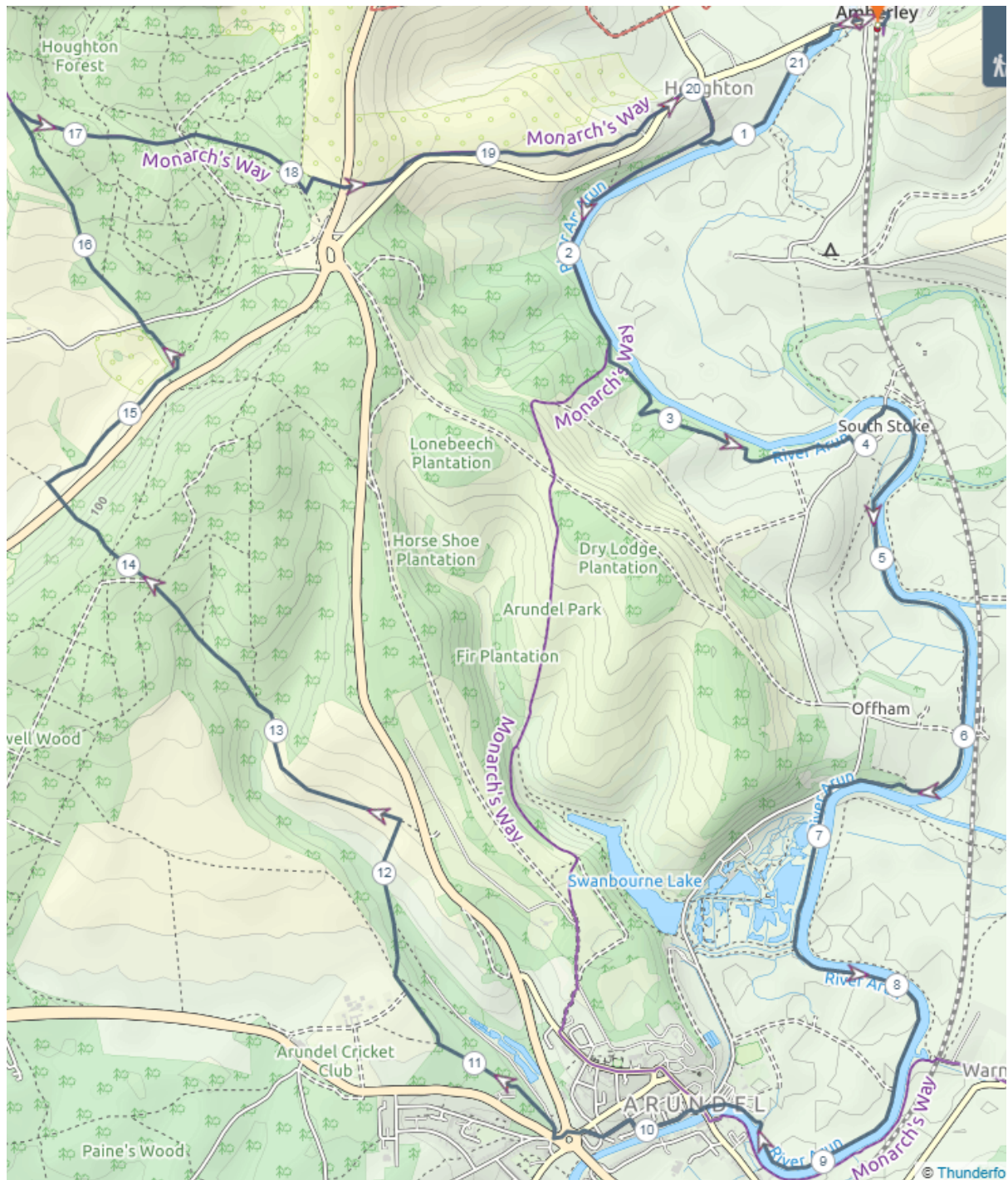
Most of the route is on non-metalled tracks which may be wet, muddy and slippery depending on the weather leading up to the walk and on the day.

There are some dangerous walking points along car accessible routes:

- The Amberley bridge
- The Arundel roundabout
- The Fairmile Bottom crossing
- The A29 crossing along the Monarch's Way

The route may be changed based on factors on the day.

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

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

As it is July, the sun may be strong and so it is advisable to bring suitable sun protection and a large brim hat. Please also bring a waterproof jacket and an extra warm layer.

The walk will be mainly done on footpaths however it is advisable to bring a proper insect repellent covering also tick and not only mosquito or midget.

Please bring sufficient food and drink to last the day. There is the possibility to have lunch in Arundel that is foreseen to be reached around 1230 - 1300

### **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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