

BMC London and South East Area

Group Walk – Pre Event Information

Date: Saturday 12th October 2019

Start Time: 10:00 prompt

Location: Leagrave rail station – Main entrance (TL 06133 24095).

End Time: 17:00 approx

Location: Leagrave rail station

Distance: 12 miles

Total Ascent: 800'.

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 Leagrave rail station which is approximately 40 minutes from London St Pancras International. If travelling from London a return ticket should be purchased (£10.80 off-peak return).

A car park (£2.80) 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 for a 12 mile circular walk north east of Luton to Warden Hill and the surrounding Chilterns countryside in support of the BMC's [Hills 2 Oceans Campaign](#), along the way we will be clearing the footpaths of litter and waste to prevent it from entering our water ways. Shortly after leaving the rail station the Neolithic site of Waulud's Bank will be passed, dating back to 3,000BC and close to the source of the River Lea. The walk will continue to follow the banks of the River Lea before joining the Chiltern Way to the village of Lilley and the half way point. On the return, the route leads over Galley Hill and Warden Hill, a site of Site of Special Scientific Interest and the location of two Bronze Age barrows. Leaving the summit we will return to the start point via Marsh Farm Community Centre for some refreshments and maybe even a Bedfordshire Clanger!

Galley and Warden Hills Nature Reserve

<https://www.chilternsaonb.org/ccbmaps/727/137/galley-warden-hills-nature-reserve.html>

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This is a joint event with the Chilterns Conservation Board and is part of the Chilterns Walking Festival.

The walk is approximately 12 miles long and 800 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.

Food

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

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 October, please bring an additional warm layer and waterproofs.

We would like everyone to participate with the litter pick. Litter pickers 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 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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