

Havering and East London Ramblers



www.haveringeastlondonramblers.btck.co.uk

Mobile number 07583532309

**Programme and Newsletter
August-November 2016**

Chairman's Notes

As you may be aware Sandra Dalton has agreed to step in and take Peter Rees' place as the new Walks Secretary. However, when we met with Sandra at the last committee meeting on Wednesday 22nd June, she made it clear that she will only do the job for a limited period and expects somebody else to take over within the next 12 – 18 months. It was also stated that she would be unable to put in the same amount of effort as Peter in preparing the programme due to work and other commitments. A discussion then ensued on how best to adapt production of the current programme to meet Sandra's concerns.

It quickly became obvious that changes would be inevitable although in what form has yet to be decided. One possibility is to move to a simplified page format when presenting walks information. At present, too much data is being input to computer systems more than once. This is both time consuming and a waste of effort. News and other group information also has to be appended separately. Also, Sandra can only walk on Sundays and will not be present on Tuesdays and Saturdays to press for, and receive, proposed walks. This particular problem may be alleviated by involving the help of walk leaders in the dissemination of information to help Sandra meet deadlines.

Further meetings will be held with Sandra to arrive at a workable system. If you think you have a contribution to make on this matter then please speak to any committee member or myself.

Finally, we still do not have a replacement chairman to take over at the next AGM, which will be held at the Billet, opposite the Queen's Theatre starting at 20.00hrs on Monday 24th October. It would be nice if somebody volunteers beforehand.



Our **Christmas Lunch** will be held at the Olde Plough on the 20th December at 1pm. Please contact John Smith for more details.

Secretary's Report

Essex Area have asked all groups to adopt and maintain "named paths" in their area. In our case this will be the part of the London Loop in Havering. If you see any problems when out, please notify Joan or any committee member.

The AGM will take place at the Billet Hall, opposite the Queens Theatre Hornchurch, 7.30pm on Monday 24th October. Nominations for the committee to me, please, by early October if possible. Remember our Chairman will be resigning at the meeting. See you on the 24th October.

Havering Footpath & Countryside Officer

Footpath Maintenance Working Party

Thank you from me and Havering Council to everyone who has already helped with footpath maintenance.

There are further opportunities on this programme for you to join in this worthwhile activity. ***The first provisional date on this programme is Friday 12th August.***

Our usual meeting time is 9.45am near where we will be working and we usually finish by 1pm.

Information about the jobs will be available from me on a monthly basis. It would be very helpful if Ramblers would let me know of footpaths in Havering where they feel work needs to be done.

NB: As usual we include an additional reminder of the Provisional dates of the Footpath maintenance working parties in the body of the programme. We hope that this will help all walkers to plan a date when they can participate in one of the working parties. A clear path makes it much easier for all members.

Walks Secretary

The closing date for the next programme is the 25th October 2016

As you all know this is the last programme that I'm going to put together, so I would like to take this opportunity to thank everyone who has helped me, especially the walk leaders and the proof readers who had the difficult task of correcting my mistakes.

Sandra Dalton has agreed to take over the Walks Secretary's position.

It would be much appreciated if you could supply your walks as soon possible especially if you require a specific date. Our drop dead date is the **25th October 2016** but please remember the later you leave it the likelihood the dates that you require will be more restricted.

If you would like to lead a walk on the next programme, please contact a member of the committee who I am sure will be happy to help you.

Can you please give your walk for the next programme to Sandra Dalton on 0208 5936066 or sdalton@londonchamber.co.uk

The committee would like to thank all the people who have given up their time to lead walks for us all.

Although it is getting more and more difficult to fill the walks programme, we have managed to fill most walk dates in this programme, but please remember that we are always in need of people to lead our walks and that if we have no leaders we have no walks!

Information and Web master

As Dylan, that's Bob Dylan said, 'The Times, they are a Changing'. It's 5 years since we last re-vamped the web site, and in that time there have been over 54,000 visits to the site. Many of these will have been the 'bots' crawling over the site, but it is you, the member, that make use of it. The most popular pages unsurprisingly are walks and photos. We have a walks page for each month and have some photos to illustrate the walks. For our 'projects', currently London Loop and Metropolitan Thames Path, we have dedicated pages.

During this programme I will seek your views on the web site and emails that are sent out. This will be done by email to those who have asked to receive the emails. If you want to be included, please email me to be included on the list. Here is the address haveringeastlondonramblers@gmail.com

London Loop (Sandra Dalton)



Just a little update for anyone who has been doing the Loop or is intending to catch up. Due to a problem encountered on one of the sections I have had to re-schedule parts of two sections, therefore this programme will start with the section covering Kingston Bridge to Donkey Wood.

The walk so far has been really interesting as we have walked through London's Green Belt. It's amazing what you see along the way: Ancient woodlands, modern day trams and beautiful lavender fields to name but a few. The intention is to complete the Loop by Autumn next year, so you still have time to catch up and join us. If you need any information or guidance, just contact me and I will do my best to assist you.
Sandra Dalton

All walks

If the weather is inclement, it is important to either check our web site as noted on page 1, or contact the leader to see if the walk will take place.

Please telephone the walk leader direct for specific walk related queries before phoning group mobile phone number.

As you are all aware we have been attracting 50 plus walkers on our London walks with a significant number of these not being members of our group. This is due to a large proportion of these people picking these walks up on Walk Finder. Therefore if you would prefer not to have your walk included in Walk Finder please let the Walks Secretary know when you supply your walk details.

Please check for the availability of public transport on the TFL web site, before travelling at weekends to allow for the planning of alternative routes.

Car share

Please car share where possible, as parking is often quite limited.

Walking with the Ramblers

‘All sporting activities have inherent hazards associated with them, and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur. It is therefore important that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity, and take all reasonable steps to eliminate or minimize the potential for an accident to occur’.

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Dogs on walks *

We have been informed by Ramblers Head Office that we need to comply with the Disability Equality Act (2010).

We will continue to let Walks Leaders decide whether it is appropriate to allow dogs to participate in their walks, but even in cases where it is decided not to allow dogs to participate in a particular walk, we must allow registered assistance dogs to participate with their owners e.g. guide, hearing, service, therapy and seizure alert dogs.

As a general rule only “Registered Assistance Dogs” will be allowed on walks unless the Walks Leader specifies that dogs are welcome.

Havering and East London Ramblers Association Committee Members

Chair:

Peter O'Neill

Secretary:

Ken Richards, 26 Arundel Road
Harold Wood. Romford.
RM3 0RT

01708 375559

Treasurer:

John Smith

Membership Secretary:

Diane Biggadike.

Walks Secretary:

Peter Rees

Havering Footpath & Countryside Officer

Joan Bullivant

Newham Footpath & Countryside Officer

John Buckle*

Webmaster:

Peter Owen

As you read through this walks programme you will hopefully be thinking about the walks that you plan to put on the next programme. To facilitate getting dates that suit you we are happy to accept walks from the 1st August.

Tuesday 2 August 10:45

Peter Owen

Thames Path: Sloane Square to Putney Bridge.
Meet at Sloane Square underground station for a walk to Battersea Park and along the south bank towards Putney Bridge
5 miles

Saturday 6 August 10:0

Ron Lockhart

Meet at Berwick Country Park for a circular walk.
Postcode RM4 1SL
Map Ref 175 TQ 504/975
Registered assistance dogs only.
6 miles

Sunday 7 August 10:0

Ron Lockhart

Meet at Berwick Country Park for a circular walk of Upminster.
Postcode RM4 1SL
Map Ref 175 TQ 504/975
Registered assistance dogs only.
11 miles

Tuesday 9 August 10:0

Phil Havis

Meet recreation ground car park, Sunnycroft Gdns., Cranham.
(Entrance via Laburnham Gdns.)
This is a small C.P. please car share if possible.
Walk to Ockendon Church.
GR 579 877. Nearest Post Code RM141HR
5 Miles

***Fri 12th August Provisional
Date Footpath maintenance
working party***

Saturday 13 August 10:15

John Bowen

Meet at Putney Bridge Station for a circular walk on north bank of the Thames to Barnes Bridge, then along the south bank back to Putney. Break in Barnes village.
Option to drop out at 3.5 miles at Barnes Bridge Station.
7 miles

Sunday 14 August 9:0

Joan Bullivant

Meet in Harold Wood station car park for a car share to Ongar for a figure of eight walk.

Lunch stop in Ongar.

Registered assistance dogs only.

10 miles

Tuesday 16 August 10:0

Ron Lockhart

Meet at Berwick Country Park for a circular walk. Postcode

RM4 1SL

Map Ref 175 TQ 504/975

Registered assistance dogs only.

6 miles

Saturday 20 August 9:45

Peter O'Neill

Meet Upminster Station (Hall Lane entrance) at 9.45 hrs.

Walk to Chalkwell

station. Lunch break at

Southend pier head.

6 miles

Sunday 21 August

Sandra Dalton

Loop Part 7 Kingston Bridge to Donkey Wood please Contact

Sandra direct on 0208 5936066

for more details nearer the time

We will be passing through Bushy Park, once part of Henry VIII's Hampton Court estate and today home to large herds of red deer.

Later on we will learn about the gunpowder mills as we visit Crane Park and see the Shot Tower where lead shot was once made, but is now an interpretation centre for the nature reserve.

10 miles

Tuesday 23 August

Peter O'Neill

Meet on platform 3 at Shenfield station to catch the 9.41 to

Clacton/Walton-on-the-Naze.

Take the day as it comes and walk around the Naze.

Trains home leave on the hour i.e 15.00, 16.00 17.00hrs.

Journey time to & from Shenfield approx. 1hour 10 minutes.

Distance to be decided on the day.

Saturday 27 August 10:0**Beryl Buckler & David Brooks**

Meet at the Childerditch Lane Car Park, Great Warley, for a circular walk around Warley.

GR 606906

Post Code CM13 3EB (near the Greyhound Pub)

Lat N51.592039 / E0.317584

6.5 miles**Sunday 28 August 10:0****Ron Lockhart**

Meet at Margaretting Windmill for a circular walk.

Postcode CM4 0EG

Map ref 183 TL665/014

Registered assistance dogs only.

7.5 Miles**Tuesday 30 August 10:45****Gordon Warren**

Meet at Highgate Underground Station (exit 2, Priory Gardens) for a walk to Stoke Newington.

Registered assistance dogs only.

5.5 miles**Saturday 3 September 10.00****Roy Clemance/Maureen Collins**

Meet at Orsett Road, recreation ground car park. For a circular walk around Horndon On The Hill (Stan's Walk).

GR TQ665831

Lat N51.522453⁰/LongE0.398021⁰

Registered assistance dogs only.

5 miles**Sunday 4 September****Sandra Dalton**

Donkey Wood – Uxbridge Lock Loop part 8 Wood please

Contact Sandra direct on 020**8593 6066 for more details****nearer the time**

From noisy traffic to the tranquillity of the canal, this walk is one of contrasts. We will be walking along the Grand Union canal for part of the day and may get the chance to see some narrow boats on their journeys. A chance to reminisce about the days when this was a busy waterway carrying coal from Birmingham. There is a country park which was created when a rubbish dump was removed and 140 trees planted before we end our day at Uxbridge Lock, once a hive of activity but now a more tranquil spot.

11 ½ miles**Tuesday 6 September 10.15****Anne Baker/Chris O'Connell**

Meet at Waterloo Station under the clock to catch train to Norbiton for a linear walk through Richmond Park to Richmond Station.

Registered assistance dogs only.

5 miles

Saturday 10 September 9:45

David Brooks

Meet at Romford railway station for a train to Marks Tey. Travel in groups for cheapest travel (buy a return ticket to Chapel Wakes Colne), for a walk to Chapel with a chance to visit the Chapel beer festival after the walk. Train back to Marks Tey.

Registered assistance dogs only

5 miles

Sunday 11 September 10:0

Ron Lockhart

Meet H.W.N.C Gubbins Lane Harold Wood for a nice 6 mile walk with more if you want it.

6 mile plus

Tuesday 13 September 10.15

Marion Franklin

Meet at Tesco's near Bromley-By-Bow station for a walk finishing at Westfield, Stratford.

Postcode: E3 3DA

Registered assistance dogs only.

6 miles

***Fri 16th September Provisional
Date Footpath maintenance
working party***

Saturday 17 September 10:30

Les Cannings

Meet at Kensal Green Underground Station (Bakerloo Line) for a linear walk via Wormwood Scrubs to Ladbroke Grove Station.

Registered assistance dogs only.

5.5 miles

Sunday 18 September 10:0

Joan Bullivant

Meet at Dagenham East underground station for a circular walk through local parks and nature reserves. Pub or café stop but advisable to bring a packed lunch.

Registered assistance dogs only.

10 miles

Tuesday 20 September 11:0

Pete Owen

Thames Path : Putney Bridge Underground to Mortlake
Meet at Putney Bridge underground station for a walk along the south bank towards Mortlake. This part of the river is used by many rowing clubs.

4.6 miles

Saturday 24 September 10:30

John Buckle

Meet at High Beech visitor centre at 10.30 for walk round Epping forest.

Post Code IG10 4AF

Registered assistance dogs only.

5 miles.

Sunday 25 September 9:0

Kathleen and Norman Valentine

Meet at Harold Wood station car park for a car share to Broxbourne Woods for a circular walk.

Packed lunch advisable

Registered assistance dogs only

9 miles

Tuesday 27 September 10:30

Les Cannings

By car meet at Waterside Leisure Centre Canvey Island, in free car park at **10:30**.

Post code SS8 9RA.

By Train catch the 9:42 from Upminster to meet the walk leader at Benfleet Station at 10:20 for a circular walk around Canvey Island.

Registered assistance dogs only.

5.5 miles

Saturday 1 October 10:20

Chris West

Meet outside Tottenham Hale Station for a linear walk along River Lea /canal path to Enfield Lock Station.

Registered assistance dogs only

6 /6.5 miles

Sunday 2 October 10:0

Ron Lockhart

Meet at Navestock Side for the old favourite from Navestock Side down through the Weald Country Park for a nice 6 mile walk with more if you want it.

Registered assistance dogs only

6 miles

Tuesday 4 October 10:30

Peter Owen

Thames Path : Mortlake to Richmond

Meet at Waterloo rail station for train to Mortlake. The Thames meanders now towards Richmond, passing Kew gardens and the National Archives

4.9 miles

***Fri 7th October Provisional
Date Footpath maintenance
working party***

Saturday 8 October 9:45

Beryl Buckler/Coral O'Neill

Meet 9.45 at Upminster Station (Hall Lane Entrance) to catch the train to Benfleet Station.

Linear walk to Southend in aid of Children in Need. Donations are not obligatory - just enjoy the day.

7 Miles

Sunday 9 October

Sandra Dalton

London Loop Section 9 Uxbridge

Lock – Moor Park Wood please

Contact Sandra direct on 020

8593 6066 for more details

nearer the time

Our final Loop section for this year continues along the Grand Union canal passing Denham Lock and a marina full of colourful narrow boats. A day dominated by water with old industries and nature reserves created in their wake.

10 ¼ miles

Tuesday 11 October 10:15

Peter Rees

Meet at Tesco, Bromley by Bow for a walk to and around Docklands finishing at Canary Wharf.

5 miles

Saturday 15 October 10:30

David Brooks

Meet at Burnham-on-Crouch marina car park in Foundry lane for a circular walk round Burnham
Grid Ref 942 961
Post code CM0 8BL

Registered assistance dogs only
5 miles

Sunday 16 October 10:0

Jerry O'Brien

Meet at Jacks Hatch (near Epping Green), Parsloe Rd.

Post code CM16 6QB

Grid ref TL435068

Lat N51.741660/Long 0.077620

8 Miles

Tuesday 18 October 10:30

Peter Owen

Thames Path: Richmond to Kingston Upon Thames

Meet 10.30 Waterloo for train to Richmond. This is the penultimate section of the Metropolitan Thames path passing Teddington lock.

5.0 miles

Saturday 22 October 10:15

Ros Kendrick/Shirley Andrews

Meet at car park opposite Miller & Carter Pub (was Camelot PH), Lambourne End for a figure of 8 walk around Hainault Forest.

Cafe stop on route.

Post code RM4 1NH

Grid Ref. 478944

Registered assistance dogs only

5 Miles.

Sunday 23 October 10:0

Joan Bullivant

Meet at Canada Water station for a linear walk to Cutty Sark station (DLR). Pub or café stop but advisable to bring a packed lunch. Registered assistance dogs only.

10 miles

Tuesday 25 October 10:0

Phil Havis

Meet in car park opposite the
Miller & Carter public house.
Local circular walk.
Post code RM4 1NH
Lambourne End for a figure of 8
GR 478 944
Post code RM4 1NH
6 miles

Saturday 29 October 10:30

Ros Kendrick/Shirley Andrews

Meet at Warwick Avenue
station (Bakerloo line) for a
linear walk along the Regent's
Canal to Angel station
(Northern line).
Registered assistance dogs only
5 Miles

Sunday 30 October 10:0

Ron Lockhart

Meet in Tamarisk Road near South
Ockendon Station 10 mile walk
through Mar Dyke Valley up
towards Orsett Fen Pub Stop at
The Dog and Partridge. This will
be a joint walk with the Rats R.A
group.
10 Miles

Tuesday 1 November 10:15

Jerry O'Brein

Meet in the village of Upshire near
High Beach for a circular walk.
Post Code EN9 3SN
Grid Ref TL541101/4517001019
Lat N51.690082/E0.046710
Registered assistance dogs only.
5.5 miles

Saturday 5 November 10:30

John Buckle

Meet at Mile End station at 10.30
for walk to Olympic park via
Victoria park, finishing at
Westfield Stratford.
5 miles

Sunday 6 November 9:0

Kathleen & Norman Valentine

Meet at Harold Wood station car
park for a car share to Epping
Forest for a circular walk.
Packed lunch advisable.
Registered assistance dogs only
9/10 miles

Tuesday 8 November 10:15

Ken Richards

Meet at High Ongar Bridge lay-by,
off the A414 (turn right at the
Ongar roundabout) at 10.15am.
Grid ref TL560041
Registered assistance dogs only.
5miles.

***Fri 11th November Provisional
Date Footpath maintenance
working party***

Saturday 12 November 10:15

Joan Bullivant

Meet at Dagenham East underground station for a linear walk to Elm Park underground station via local parks and nature reserves. Registered assistance dogs only.

6 miles

Sunday 13 November 9:45

Joan Bullivant

Meet at St. James's Park underground station for a linear Remembrance Day walk to Embankment underground station. There will be a café stop but advisable to bring a packed lunch. Registered assistance dogs only.

10 miles

Tuesday 15 November 10:30

Ian Rusha

Meet at West Brompton Underground Station for a linear walk.
Registered assistance dogs only.

5.5 Miles

Saturday 19 November 10:0

Peter Rees

Meet at the Thames Chase Forest Centre, Pike lane, Upminster for a circular walk. (Car park charge)
Post code RM14 3NS
Registered assistance dogs only.

6 Miles

Sunday 20 November

No walk planned.

Tuesday 22 November 10:15

Joan Bullivant

Meet at Barking station for a linear walk to Ilford station via local parks.
Registered assistance dogs only.

6 miles

Saturday 26 November 10:30

Jacque/John Humphreys

Meet at Queensway Tube (Central Line) at 10.30 for a linear walk through the Royal Parks to Westminster.

4 miles

Sunday 27 November 9:0

Kathleen and Norman Valentine

Meet at Harold Wood station car park for car share to a circular walk around Matching Green and High Laver.
Packed lunch advisable.
Registered assistance dogs only

9 miles

Tuesday 29 November 10:0

Ron Lockhart

Meet at Navestock Heath for a circular walk.
Postcode RM4 1HD
Map Ref 175 TQ536/971
Registered assistance dogs only.

6 Miles

A Big Thank you to our Walk Leaders

Shirley Andrews	David Brooks
John Buckle	Joan Bullivant
Les Cannings	Roy Clemance
Sandra Dalton	Micky Doyle
Marion Franklin	Phil Havis
Ros Kendrick	Norman Larsen
Ron Lockhart	Jerry O'Brien
Coral & Peter O'Neill	
Chris O'Connell	Peter Owen
Peter Rees	Ken Richards
John Smith	Carol Thomas
Anne Baker	Norman & Kath Valentine
John & Jacquie Humphreys	
Liz Rayner	John Bowen
Chris West	Jan Ryley

Ramblers Holidays Walking Partnership



The Havering and East London Ramblers group has recently joined The Walking Partnership.

This new partnership, supported by Ramblers Worldwide Holidays, provides direct financial contributions to local walking groups to help with organising group walks, encouraging people to get out walking, helping to clear and improve footpaths, providing equipment to help walkers etc. Over the past 65 years, Ramblers Worldwide Holidays has given many millions of pounds to assist walking charities and conservation projects in Britain and the countries they visit on their worldwide holidays. Now our group can benefit directly.

Ramblers Worldwide Holidays operate group walking holidays in the UK and all around the world. Each holiday is accompanied by a qualified walks leader, so you can leave all the organising to them and just enjoy meeting like minded people and of course, some fantastic walking. Holidays are graded in terms of difficulty, and there is a full range from sightseeing right up to hut-to-hut mountain treks. Take a look at their website on www.ramblersholidays.co.uk or give them a call on 01707 33113 for more details or to order a brochure.

Remember when you book to quote the name of our group, and we will then receive a contribution of £10 per person on UK holidays, £20 per person on short haul holidays, and £30 per person on long haul holidays. This extra funding could really make a difference to us.



CHOOSE THE PATH LESS TAKEN...

...with the original walking experts



- worldwide & UK guided walking • trekking
- sightseeing • short breaks • great journeys
- special interest • small groups

Don't forget! When you book, tell us the name of your walking group, to ensure your group receives Walking Partnership funds.

For advice, rewards and a brochure call

01707 386804

www.ramblersholidays.co.uk



Walking holiday partner

Havering & East London Ramblers 2016 Christmas Lunch

CHRISTMAS LUNCH – 20th December 2016 - 1.00pm

To be held at **Ye Olde Plough House** Brentwood Road (A128). Bulphan
Essex RM14 3SR **COST £22 PER PERSON Staff gratuities included.**

MENU

- Starters: Roasted Tomato & Balsamic Soup (V)
 Prawns & Crayfish Salad dressed with a light Marie Rose
 Sauce
 Ham Hock terrine with piccalilli & toasted bread
 Tomato & Mozzarella Salad with basil oil
- Main Course: Slow Roasted Turkey Crown served with cranberry stuffing
 with chipolata sausage wrapped in Bacon
 Roast Beef with Yorkshire Pudding
 Roast Potatoes & seasonal vegetables
 Grilled Fillet of Salmon served with garlic cream sauce &
 roasted new potatoes
 Nut Roast topped with baby goats cheese served with a rich
 tomato sauce
- Desserts: Christmas Pudding with Brandy Sauce
 Chocolate Torte with Orange Coulis
 French Apple Tart served with Chantilly Cream
 Vanilla Cheesecake served with Cranberry Compote

Coffee

PTO

Please complete the booking form and return to Mr. John Smith,
72 Pettits Lane, Romford, RM14ET by **30th NOVEMBER 2015.**

NAME

NO OF SEATS REQUIRED

TELEPHONE NUMBER

Total amount enclosed at £22 per person including tip.....

Please make cheque for full amount payable to Havering and East London
Ramblers Social Account. **ALL ENQUIRIES TO John Smith 07860499907**
**This year we have to make our choice at time of payment, so please select
your meal and send completed form and your cheque to John Smith.**

GUEST

STARTER

MAIN COURSE

DESSERT



We're lost again 3 May 2016



The Loop Gets Longer

Ha vering & East London Ramblers AGM Monday 24th October 2016

Nomination Form

Name of Nominee

Position

Proposed By

Seconded By

Please send by the 20th October to:

The Secretary
Mr Ken Richards
26 Arundel Road
Harold Wood
Romford, Essex
RM3 0RT

Enclose S.A.E. if acknowledgement is required.

If any member wishes to put forward a proposal to improve how the Group is run, please send details of the proposal for inclusion in the agenda by 24th October 2016.

It must be seconded and forwarded to Mr Ken Richards at the above address.



The Motley Crew –Thames Path 3 May 2016



The Sunday Loopers 3 April 2016