

# LMC MOUNTAINEERING CLUB

## April 2024

### Contact Details

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**Next Newsletter:** Please send copy for the next issue to both editors  
by **midday on the 10<sup>th</sup> of the month.**

<b>LMC Meets &amp; Events Programme 2024</b>			
<b>Date</b>	<b>Event</b>	<b>Meet Leader</b>	<b>Comments</b>
Thu 11/Sun 14 Apr	<b>Exmoor</b>	Heather McGinn	Long weekend - FULL
Sun 21 April	<b>Hambleton, Henley-on-Thames</b>	John Blight	Day walk
Sun 28 April	<b>Edgware, Highgate and London Railway Walk</b>	David Abbott	Day walk
May or June tbc	<b>Explore the Elizabeth Line: Manor Park Circular Walk</b>	Marion Downie	Day walk
Sun 12 May	<b>Spring Walk, Kent</b>	Paul Ackroyd	Day walk
Fri 17/Sun 19 May	<b>Peak District</b>	David Wells	Weekend
Thu 13/Sun 16 Jun	<b>Dolgellau</b>	Charles Harrison	Long weekend
Sun 16/Sun 23 Jun	<b>Wales Coast Path: Cardigan - Machynlleth</b>	John Blight	Week/Long Distance Footpath
Sun 7 July	<b>Guided London history walk + lunch</b>	Angela Leaman + Kirstie Shedden (London City Guide)	Club social
Sun 4th August	<b>Brookwood to Weybridge</b>	Charles Harrison	Day walk
Fri 30 Aug / Sun 1 Sep	<b>Ben Nevis</b>	Marion Downie	Weekend (or longer)
Thu 12/Mon 16 Sep - tbc	<b>Lake District</b>	Sarah Dixon	Long weekend

Fri 18/Sun 20 Oct	<b>Herefordshire and NE Black Mountains</b>	Andy & Kirsty Johns	Weekend
Sun 10 Nov	<b>Teddington to Chiswick</b>	Charles Harrison	Day walk
Sat 14 Dec	<b>Londinium – history walk and Christmas social</b>	Marion Downie	Day walk + social
<b>2025</b>			
Sat 18 Jan	<b>AGM and Annual Dinner</b>	Angela Leaman	
Mar/Apr tbc	<b>Yorkshire Dales</b>	Angela Leaman	Weekend self-catering

## LMC Meets Details

### Exploring the Elizabeth Line - Day Walks – Marion Downie

I have been given a handy book called 'Exploring the Elizabeth Line' by Jeff Lock. Many of the walks are short which seems ideal for the shorter days of Winter. With apologies to those members who are still working, I propose that we try a couple of these walks on a weekday as the Elizabeth Line doesn't always seem to be fully running at weekends.

#### **Exploring the Elizabeth Line Manor Park Circular Walk – 5 miles – Saturday/ Sunday May or June tbc**

I had to postpone the proposed February Manor Park Circular walk as the Elizabeth line was not running on the Sunday when the Temple in the park was open. The Temple's opening dates have now been published and possible dates are:

Saturday 11 May (NB this is the day before Paul's Kent day walk)

Saturday 8 June

Sunday 9 June

TFL is currently only showing train times up until end of April, so the walk is subject to the Elizabeth Line being operational, hence my selection of dates!

The Temple opens at noon, so I suggest meeting at Manor Park Station at 11.30 am for a 5 mile circular walk taking in Wanstead Park and Alexandra Lake. A slight detour to City of London Cemetery (final resting place of Bobby Moore) is also possible. The Temple in Wanstead Park is open on this day from 12 noon and it promises:

- a history of the Park's Roman Villa, told through mosaics and other items from our museum collection
- a tale of Regency romance gone wrong, fit to rival the best period drama
- statues which once stood throughout the Park
- a gift shop full of Forest-themed giftware for all ages
- public toilets
- friendly, knowledgeable staff on hand to answer all your questions

If you are interested, please let me know.

**Contact:** Marion Downie;

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### **Sun 21 April – Day walk Hambleden, Henley-on-Thames – John Blight**

I am planning a day walk on Sunday April 21st starting in the village of Hambleden, (in between Marlow and Henley-on-Thames). Meet in the pay and display carpark behind The Stag and Huntsman pub, postcode RG9 6RP ready for a 10.30 start. Please bring a packed lunch. We can stop for a drink in either Fingest or Turville. It will be between 9 and 12 miles depending on everyone's preferences and the weather. Please let me know if you are coming.

**Contact:** John Blight;

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### **Sun 28 April - Edgware, Highgate and London Railway walk – David Abbott**

[Edgware, Highgate and London Railway - Wikipedia](#)

A strung together collection of paths and nature reserves between Edgware and Finchley Central (passing Mill Hill East) which failed to become a part of the Northern Line. Suggesting meet at Mill Hill Broadway station 11.00 (240 or 221 bus from Mill Hill East stn.) for 303 bus to Dryfield Road (stop L). (Or some street walking from Edgware stn.) About 5km walk to Finchley Central, or West Finchley via Dollis Brook, admiring the Dollis Brook Viaduct on the way. (If anyone wants to go on to the Highgate to Finsbury Park bit they can carry on ... ). If you are thinking of coming, please let me know.

**Contact:** David Abbott

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### **Sun 12 May – A Spring Walk in Kent – Paul Ackroyd**

**A delightful walk of about 8 miles through undulating woodland & fields with very little walking on roads.** We will meet in the Hosey Common Car Park TN16 1PL, close to Westerham at 11.00. Parking is free. We will then walk to the National Trust property of Emmetts Gardens where the Bluebell display is normally spectacular. After a stop for coffee, we will continue via Toys Hill - this was devastated in the 1987 storm but is now regenerating - to Chartwell, the home of Sir Winston Churchill, also run by the National Trust. There may be time to visit the house & gardens: it is normally very busy so pre-booking tickets may be required. Thereafter, we can either return to the cars or continue on to the attractive village of Westerham where there are some hostelrys which merit inspection.

Refreshments are available at Emmetts Garden, Chartwell & Westerham although, for flexibility and to avoid crowds, a packed lunch is recommended. The start point is not easy to reach by public transport. If you would like to come but have no access to a car, please let me know: I will probably be able to pick you up at Bromley South station. Nearer the time, please let me know if you are intending to come.

**Contact:** Paul Ackroyd;

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### **Fri 17 / Sun 19 May - Peak District – David Wells**

I am organising a long-awaited return to the Peak District (for me, at least 30 years later, am sure others have visited many times since!!). The Peak District National Park offers a large range of walks, from river walks along valleys such as Dovedale, walks around reservoirs and lakes, to the high and bleak moors such as Kinder Scout, the site of the 'great trespass' in 1932 which

started the move to open access and national parks... The weekend will be centred at Bradwell, which is close to Castleton and Edale, the start of the Pennine Way, and will offer walks possibly direct from the accommodation, but at most, only short drives away.

Accommodation has been booked at Ye Olde Bowling Green Inn in Bradwell, a delightful looking country pub in a small village in the centre of the park. The inn is under new management (so ignore the poor reviews which predate) and has a restaurant as well. Rooms are also available on Thursday and/or Sunday night for those who wish. I suggest those interested book directly by calling the inn (on 01433 627539) and quoting my name. First come, first served! Please let me know if you plan to come. Once the accommodation is full, there are other options available in/around Bradwell, including self catering, but likely 1-2 rooms per location - if you go for this option, please tell me where you're staying. I will plan a full day walk for Saturday and likely a slightly shorter walk on Sunday- depending on preferences of attendees. I will book dinners later for Friday (likely at the pub) and Saturday (to be advised).

**April Update : There are now 8 people signed up for this weekend, some of whom are arriving on Thursday and a walk will be arranged for Friday for those interested. The final room originally booked has now been released but may be still be available, by checking directly with the inn, if anyone else still wants to join.**

**Contact:** David Wells;

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### **Thu 13 / Sun 16 June - Dolgellau – Charles Harrison**

This weekend will be based in Dolgellau which allows access to areas not visited by LMC for some years: notably Cadair Idris & the Rhinogs. There are also walks along the Mawddach Estuary at both high & low level (the Mawddach Trail is along a former railway line that runs next to the river). Here we can benefit from bus services which run from Dolgellau along both the north & south sides of the estuary. There are historical sites in the vicinity: the Roman forts of Brithdir & Tomen y Mur (both on Sarn Helen, the Roman road that ran through mid-Wales); Castell y Bere built in 1221 by Llywelyn the Great; the Talylyn Railway, Bryneglwys quarry & Abergynolwyn village - all part of the Slate Landscape of Northwest Wales, a World Heritage Site since 2021. Dolgellau has numerous places to eat and, currently, a good selection of accommodation (including the obligatory Shepherds hut!). If you would like to come along for all or part of this weekend, please book accommodation then let me know where you are staying and which nights.

**Contact:** Charles Harrison;

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### **Sun 16 / Sun 23 June – Wales Coast Path – John Blight Cardigan - Machynlleth**

Following on from the epic South-West coast path journey, I'd like to start walking the Wales Coast Path this year. It's a lot longer – 870 miles – so it would take twelve years if we did a week a year. That might be a bit too ambitious so I would like to propose starting in Cardigan and working our way North up to, and including, Anglesey. That would be manageable in about four weeks. Who's up for it?



Week one will be a 72 mile stretch from Cardigan to Machynlleth, roughly 12 miles and 1900 feet of ascent per day. I've yet to work out each individual days' distances. I've chosen these dates so we can tack it on after Charles' Dolgellau weekend for those who want to do both. **April Update: We have 5 people going and have booked an Airb&b in Central Aberystwyth. We will be arriving on Sun and walking for 6 days, Mon to Sat. If anyone else is interested they will have to book somewhere for themselves.**

**Contact:** John Blight;

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### **Sun 7 July – “All Change at Kings Cross” – a guided history walk with lunch** **Angela Leaman**

A guided walking tour (2 hours) exploring the history of Kings Cross followed by lunch at a local restaurant. Beginning at the iconic clock tower at King's Cross Station, the walk will be led by [Kirstie Sheddon](#), a qualified City guide and university friend of Stephen. More than just a gateway to other parts of the country, Kings Cross serves as a doorway to the past, ripe with untold stories and hidden facets. The walk will explore:

- **Reimagined Spaces: Modern Elegance Meets Historic Charm**  
Wander through the labyrinth of streets and passages to encounter public spaces that have undergone a metamorphosis.
- **The Green Lungs: Squares, Parks, and Public Areas**  
Far from mere decorative afterthoughts; communal grounds that promote artistic expression and social interaction.
- **Echoes of an Industrial Past**  
Fascinating remnants from Kings Cross's industrial heyday - train sheds, gas holders, and other industrial edifices.
- **Landmarks: Chronicling Transformation**  
Notable landmarks such as the British Library that exemplify the transformation of Kings Cross.

Please let me know if you would like to book a place.

**Contact:** Angela Leaman;

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### **Sun 04 August - Brookwood to Weybridge – Charles Harrison**

This is a walk of 11 miles from Brookwood along the Basingstoke Canal to the junction with the River Wey and then on to Thames Lock at Weybridge (There is the option to join at Woking which would make it 7 miles). The day will finish a short distance away at our Chairman's house for tea & cake. Brookwood & Weybridge stations are on South Western Railway: David is happy for people to park at his house then catch the train to the start point. Please let me know if you are interested.

**Contact:** Charles Harrison;

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### **Fri 30 August / Sun 1 September – Ben Nevis (or longer) – Marion Downie**

Way back in February 2020, I advertised my plan to have a weekend in Fort William to climb Ben Nevis and then Covid intervened. 2024 seems a good time to revive the plan and although I

will plan it around the weekend of Saturday 31 August/Sunday 1 September to accommodate those who want to travel by sleeper, we can also extend the time either before or after. There are many other options for good walks in the area, particularly if we have enough cars. Travel: train from London to Fort William, including a sleeper service from Euston, or fly to Inverness and hire a car (c. 70 miles) or take a train or bus. There is also a bus from Glasgow airport. Another option is to combine the weekend with a visit to Edinburgh for a bit of the Festival or Fringe.

Ben Nevis: Walk statistics for the Ben are 11 miles, 1,345m of ascent, taking 7 – 9 hours by the mountain path route (both up and down).

Please let me know as soon as possible if you are potentially interested and whether it would be for the weekend only or for a longer period, so that I can start looking at accommodation and planning logistics.

**Contact:** Marion Downie;

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### **Thu 12 / Mon 16 September – Lake District – Sarah Dixon**

I have booked 2 next-door Airbnb [self catering cottages near Seathwaite](#), Broughton in Furness with 4 bedrooms and 8 beds, allowing 8 people to join the meet only if 2 couples are included for the 2 king sized rooms. There are two twins, so depending on gender mix we could fit in 6 non couples with 4 people sharing the twin rooms and 2 singles. The booking can be cancelled early September if no one is interested. The cost is £1,497 i.e. if 6 people come each pays £250 or £62/night.

It's in a great location with walks to Seathwaite Tarn, Coniston Old Man, Grey Friar, Harter Fell, Crinkle Crags and even Scafell perhaps, plus the choice of the lower fells to the south. There is a pub 1 mile away. We can get online shopping delivered.

In case the meet is oversubscribed, I can look for additional accommodation or find somewhere bigger. It's good to have a flexible cancellation policy, but this location looks great. Sadly no lake to swim in though..

Please let me know if you are interested.

**Contact:** Sarah Dixon;

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### **Fri 18 / Sun 20 October - NE Black Mountains and Herefordshire hills – Andy & Kirsty Johns**

Based on responses to our “call for interest” in the March Newsletter and as a starter, we have made a provisional booking (of all six rooms) at The Firs B&B in central Hay on Wye. We had a very pleasant stay there with LMC in September 2014. We will shortly be contacting the five people (plus ourselves) who have expressed an interest, to provide more accommodation details and to obtain more definite commitments. In the meantime, if anyone else is interested in joining us on this weekend, please let us know.

Our intention is to explore this corner of the Black Mountains in the Hay-on-Wye area, and/or areas such as the lower hills along the Herefordshire/Wales border and the Golden Valley. Distances are likely to vary between 8-12 miles, height gain between 1000-2000 ft. There is beautiful scenery all around, and autumn is a great time to see it at its best.

**Contact:** Andy & Kirsty Johns:

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### **Sun 10 November - Teddington to Chiswick – Charles Harrison**

This is a walk of 7 miles from Teddington Lock along the River Thames to Strand-on-the-Green timed to coincide with the annual Draw-Off at Richmond Lock. This is when the weirs are left open to allow the river between Teddington and Richmond Locks to drain down at low water on each tide to allow for maintenance on riverside structures, providing a very different view of the river. The day will finish a short distance away at your Secretary's house for soup & bread. Teddington station is on South Western Railway; in Chiswick, the options are South Western Railway, London Overground and the District Line Please let me know nearer the time if you are interested.

**Contact:** Charles Harrison

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### **Sat 14 December - Londinium – A Saturday Walk around Roman London – Marion Downie**

This will be a stroll around the City, looking at some of the main Roman sites. The walk will be about 2.5/3 hours (allowing for lunch) but longer if we decide to stop at the Mithraeum or Amphitheatre (depending on demand). Meet at 11am outside the City Information Centre which is opposite St Paul's Cathedral on the route up from the Millennium Bridge.

**Contact:** Marion Downie;

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### **March/April 2025 - Yorkshire Dales – Angela Leaman**

Expressions of interest are sought for a self-catering trip to the Yorkshire Dales next spring. If you think you may be interested let me know, so I can get a feel for numbers to find a house to rent for a long weekend.

**Contact:** Angela Leaman;

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## **Meet Reports**

### **Ealing Broadway to Hanwell – Tuesday 26 March 2024**

Seven of us (David A, Charles, Alyson, John B, Glenys (friend of Alyson) and potential new member, John) met for the third in the series of walks based around using the Elizabeth Line. The walk was circa 6 miles and the weather remained fine and was decidedly warm and sunny for the first part of the walk with rain only starting on our way home.

We met at Ealing Broadway Station and fairly quickly got to some residential roads and the Fox Wood Nature Reserve and then Brentham Garden Suburb (<https://brentham.com/brentham-garden-suburb/history/>). En route we passed an interesting water tower which prompted Charles into a bit of post-walk research ([https://en.wikipedia.org/wiki/Anglo-French\\_Survey\\_\(1784%E2%80%931790\)](https://en.wikipedia.org/wiki/Anglo-French_Survey_(1784%E2%80%931790))).

Arriving in Pitshanger Park around midday, we enjoyed the excellent Café Berry where we sat outside to enjoy the sunshine.



After coffee/cake/lunch, we continued on through the park and then crossed the River Brent and arrived at St Mary's, a former church with a white weatherboard tower which is now a cultural and concert venue.

We then headed on to Perivale Park before joining the Capital Ring alongside the River Brent. Prior to the turn up to Hanwell Station we passed under the impressive Wharncliffe Viaduct, designed by Brunel in 1836, which carries the Great Western Railway and now also the Elizabeth Line over the Brent Valley.

Instead of taking the path up to Hanwell Station we took a detour (recommended by local resident, Glenys) to the impressive Hanwell flight of locks on the Grand Union Canal and the Fox Pub where we enjoyed some refreshment before heading back to the station to pick up the Elizabeth Line.

**Marion**

Out Walking Reports and / or Photos . . . *None this time*

Other Events / Items

### **Everest 24 Exhibition – Royal Geographical Society, London**

Angela has spotted that an Everest exhibition opens next month for a few weeks.

[Everest24 - RGS](#)

This exhibition will commemorate the 100th anniversary of the 1924 British Mount Everest expedition during which Man Bahadur and Lance-Naik Shamsherpun tragically died and George Mallory and Andrew Irvine disappeared pushing for the summit.

Coinciding with the release of a new Society book on the expedition, the exhibition seeks to show a range of photography, mapping, and original artefacts from the three 1920's expeditions.

7 May 2024 - 11 June 2024 Open weekdays from 10.00am to 5.00pm.



Extra Elements: Books, DVDs, Films, other Walks / Climbs – views & comments . . .  
*If you've read any walking / mountaineering / travel books which you've enjoyed, please share.*

LMC Newsletter link to send *to interest future possible members*:  
<https://www.hillsandvalleys.co.uk/LMC/LMCdownloads.htm>

BMC: <https://www.thebmc.co.uk/> Newsletter at: <https://www.thebmc.co.uk/newsletters>

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