

POLEGATE RAMBLING CLUB PROGRAMME JULY 2011 – OCTOBER 2011

PLEASE NOTE:-

ALL SPORTING AND LEISURE ACTIVITIES have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being of paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity each member appreciates that he or she has a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to occur.

ALL WALKS start from the Rec. at 9.30 am prompt unless otherwise stated.

CAR PARKING CHARGE to be shared between car occupants. Leisure walkers please check bus timetables and remember to take your bus passes. Books of walks and maps are available to borrow from Rambles Secretary.

JULY

7th

LEISURELY WALK. A STROLL ALONG THE PROM. 3 miles

Wish Tower to Holywell (coffee) and return (Dotto train if necessary!) Meet 10.15 at Lifeboat Museum, Wish Tower. (Meads bus from station to Compton Street). Anne 503736.

CUCKOO TRAIL AND PATHS AROUND HELLINGLY. Approx 5 miles

Flat (advise not to wear shorts due to nettles!). 3 stiles. Joan and Geoff 486901. SVP 80p

A WALK OF 1000 STEPS. 8 miles Fairly challenging, some up, some down. **Meet 9.15am.** Picnic only. Margaret 485585, Jill 737073 SVP £3.20.

14th

BBQ IN ABBOTTS WOOD. SEARCH FOR THE SAUSAGE (OR BRING YOUR OWN) 4 miles

A flat walk starting at 10.45 from Abbots Wood car park. Or Meet 12.30 if not walking. MEET 10.15 at rec for lifts etc. Roger L 723268 or 07929115916. SVP £1. Car park charge.

21st

LEISURELY WALK. RATTON ROUNDABOUT. 2-3 miles

Woods and twittens. MEET 10.15 Willingdon Triangle. Ursula 485518.

KING ALFRED, THE LOCAL RAF AND THE PLAGUE. 5 miles

Woodland and open fields, two climbs. 4 or 5 stiles. David J. 486521. SVP 60p.

SIDLEY CIRCULAR 10 – 10 ½ miles.

Undulating, fields, woods and tracks. Picnic only. Dorothy 01424 210454. SVP £2.40.

28th

WOODLAND, STREAMS AND DAYS OF STEAM. 4 ½ miles

Downhill tracks and several steady climbs, maybe muddy. 6 stiles. Sue T 482441. SVP £2.80.

UP AND DOWN WITH JACK AND JILL AND BACK IN TIME FOR TEA! 10 miles

Does what it says on the tin. Picnic only. Sue and Aled 484723. SVP £3.60

AUGUST

- 4th LEISURELY WALK. DOWN TO THE SEA AGAIN. 2 – 3 miles
From Exceat following the meanders. Coffee on return. Yvonne 486067
- BEST OF EVERYTHING. 4 ½ miles
Open fields, woods, river with one gentle long slope. 3 stiles. Marianne 490302. SVP 90p.
- THE HIGH WEALD IN SUMMER. 10 miles.
High energy bars not required! Picnic only. **Meet 9.15** Susan and John 01435 812351. SVP £3.50.
- 11th FOLKINGTON CIRCULAR. 4 ¾ miles
A couple of hills and a steep bit. Should be dry walking. 5 stiles. Pat and Geoff 471359.
- LUNCH WITH THE BISHOP 10 miles.
Downland. Picnic only. Pauline 645793. SVP £1.60.
- 18th LEISURELY WALK. AROUND THE HARBOUR. 2 – 3 miles
51 bus from Polegate at 9.19 to Harvester for 10.30 start. Joan 508651.
- FIGURE OF EIGHT BARCOMBE MILLS TO ISFIELD. 4 ¾ miles
Flat riverside walk, 3 stiles, fields and disused railway. Could be muddy if wet. Barry 508615
07798846292. SVP £2.80.
- BARCOMBE MILLS SPECIAL. 9 ½ miles
Plenty of level walking. Morning coffee at Lavender Line railway. Tea available on route at The Royal Oak PH, Barcombe Cross. Picnic only. Graham 501467. 07743762671. SVP £3.
- 25th FRISTON FOREST TO LITTLINGTON – LULLINGTON CHURCH – ALONG THE RIVER BACK
5 miles. Steps down and one steep incline. 8 stiles. Alex and Denise 487489. SVP £1.40 plus car parking charge.
- ALFRISTON TO ARLINGTON AND BACK 10 miles
Fairly flat along the river. Picnic only. Dorothy 01424 210454. SVP £1.

SEPTEMBER

- 1st LEISURELY WALK. BRANCHING OUT IN THE WOODS. 2 ½ – 3 miles
Mostly flat, muddy patches if wet. Coffee. Meet 9.30 outside Guardian Court, Polegate. Rick 482138.
- POLEGATE COUNTRY WALK CIRCULAR 5 miles
Flat country walk. 4 stiles. Leader will be at Sayerland Lane bus stop at 10 o'clock. (51 and 98 buses)
4 stiles. Margot 07909305364.
- FOOTING IT TO FAIRWARP. 9 ½ miles.
Good views, Wealdway, woods, some undulation. Tea available on route at Strawberry Fayre Tea Rooms PP. Graham 501467. or 07743762671. SVP £3.

8th HIGH AND OVER AND DOWN 5 miles.
Steep downhill at the beginning, quite gentle uphill. 5 stiles. Jimmy 490511. SVP £1.30.

UPS AND DOWNS FROM PLUMPTON 11 miles.
Steep hill at beginning, then undulating, superb views with no stiles! Picnic only. Mike 648958 or 07729813126. SVP £4.

15th LEISURELY WALK. AROUND D'ARCHY WOOD. 2 – 3 miles
Paths and benches. Take a drink. Arm chairs and coffee at finish at Coop. Take bus 51 at 9.17 from Polegate High Street. Thelma 440149.

THE USUAL SEPTEMBER WALK 5 miles
Tracks, fields, some road but mainly flat. 5 stiles. Jean W 483970. SVP £1.

BARCOMBE TO ISFIELD-ISH AND OUSE-ISH. 9 ¼ miles
Flat, (haven't counted the stiles), woods and riverbank. Picnic only. Geoff 840025 or 07549610027. SVP £2.60

22nd HANKHAM/GLYNLEIGH LEVELS 4 ½ miles
Fairly flat – could be muddy. 2 or 3 stiles. Rita and Brenda 488553. SVP 50p.

LUNCH BY THE LAKE DEER? 8 ½ miles
Mostly flat, a few undulations, fields and woods. Picnic only. **Meet 9.15.** Margaret 485585 or Jill 737073. SVP £3.20.

29th SOUTH BARN – HOPE GAP TO SEE THE SEA. 4 ½ ish miles
A bit up and down but not too hilly. Chris W 890258 or 07974938048 SVP £2.

BIRLING GAP FIGURE OF EIGHT ONCE MORE. 9 ish miles.
Hilly downland. Eileen 482837 SVP £1.30. Picnic only. Car parking charge if not NT members.

OCTOBER

6th LEISURELY WALK. POLEGATE TWITTENS. 2 ½ – 3 miles
Flat with no mud. Coffee. Meet 10 am Polegate Library. Rick 482138.

ALCISTON TO FIRLE TOWER 5 miles.
Mainly flat, just a few gentle gradients, could be muddy in places. Hilary and Howard 472174 or 07766116052. SVP £1.

POLEGATE CIRCULAR 9 miles
Mostly flat but one middle climb, woods and country. Picnic only. Margot 07909305364

13th EAST DEAN TO THE GAP AND BACK 5 miles
Fairly easy walking with gradual incline, coffee stop. Val and Eric 484569. SVP £1.

ANOTHER LOOK AT ISFIELD LOCK RESTORATION. 11 miles. **Meet at 9.15**
Undulating fields and tracks. No steep hills. Picnic only. John and Mae 488029. SVP £2.60.

- 20th LEISURELY WALK. WANDER AROUND WANNOCK AND WILLINGDON. 2 – 3 miles
Pavements and twittens, coffee available. Meet Polegate Rec 10.15 am. David and Joyce 483100.
- COWS BEECH APPLES AND PEARS 4 ½ miles
Mostly easy walking through woods and fields, slightly undulating. 8 stiles. Sandra 483991. SVP £1.
- BERWICK, ALCISTON AND EAST SUSSEX DOWNS 8 ¼ miles
Easy walking tracks and paths. I steady climb. Picnic only. Sheila and Frank 01424 221611. SVP £1.40
- 27th PRIORY, CASTLE AND WATERWORKS. 5 miles
2 gradual climbs, grassland, could be muddy. 10 stiles. Mike H 484158 or 07801241356. SVP 60p.
- THE BEST OF SEAFORD 9 ½ miles
Hilly and lots of flat walking on sea front. Picnic only. Angela 504280 or 07765465444. SVP £1.30.

PP indicates pub or picnic at lunchtime. Where a car is required to the start of a walk our group encourages car sharing and it is appreciated when a voluntary contribution is made by passengers. SVP (suggested voluntary payment) shown is considered an amount which reasonably covers the costs incurred by the driver.

Club Secretary	Jill Haughan	01323 737073
Rambles Secretary	Sue and Aled Evans	01323 484723
Half-day Walks	Denise and Alex	01323 487489
Leisure Walks	Ellen Bonner	01323 485435
Health and Welfare	Heather	01323 506137

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