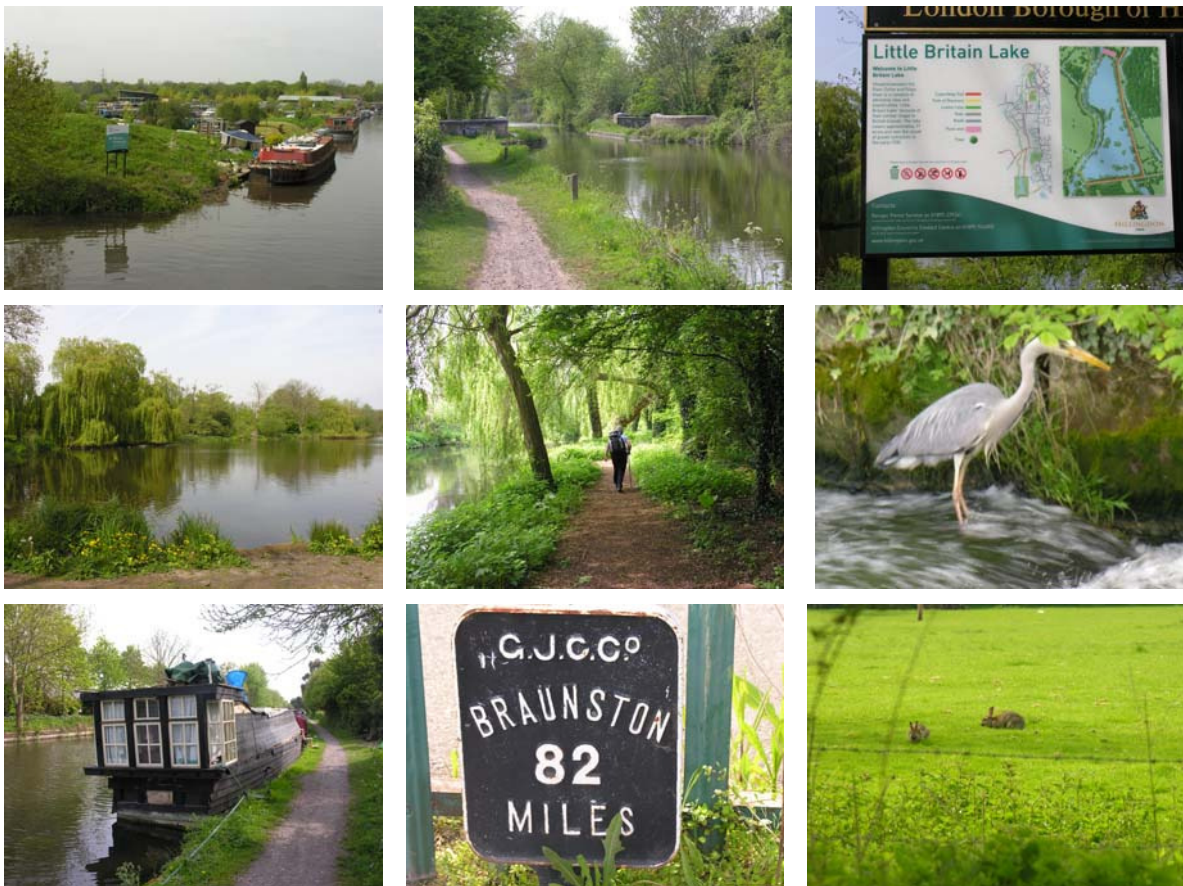


**London Loop 8 Hayes to Uxbridge Lock
on Saturday 29 August 2009**

This visit has been organised by David Pick

The definitive guide, "The London Loop" was written by David Sharp, list price £12.99. This guide contains maps, directions, detailed descriptions of the local scenery and facilities on the route. This section takes us from Hayes and Harlington to Uxbridge Lock and is approximately 7 miles. This section is easy walking, with no hills, styles, parakets or aircraft but does get within 500 m of the M25. This section is definitely for aficionados of canals, canal boats and lakes. What to expect is best illustrated by the set of pictures taken on the test run.



Aim to be at Hayes and Harlington railway station by 11.00. Frequent stopping trains serve this station from Paddington.

The nearest (only?) pub close to halfway is the The De Burgh Arms by West Drayton Station at Station Approach, High St, West Drayton. While not of the usual REMS standard the young barkeeper was friendly and helpful and produced some salad sandwiches for us and has some nice bottled "real ale".. We'll probably be there around 12.30.

Latecomers can contact me (David Pick) on my mobile number 07733555113 to find out where we are.