

**Capital Ring walk 1
on Saturday 24th October 2009**

This walk has been organised by Margaret Stedman.

The Capital Ring is a walking circuit rather like the London LOOP, along which David Pick has been leading walks for REMS, but of about half the total length (78 miles). It starts and ends at Woolwich and is officially divided into 15 legs averaging about 5 miles each. If the LOOP is the walkers' M25, then the Ring is the walkers' N&S Circular! It is fully described in a Guide by Colin Saunders, list price £12.99. However, detailed information can be found, along with a 'Getting There' planner, on the Transport for London website at www.tfl.gov.uk/gettingaround/walking/localroutes/1160.aspx. Also worth a look is the Walk London website www.walklondon.org.uk/leaflets.asp from which you can order free leaflets. Finally, a good pictorial site (if you don't mind the walker's dog!) is www.luphen.org.uk/walks/capital_ring/capital_ring.htm.

Description: The walk of about 5 miles is firm underfoot, but has some slopes and steps, and starts at Woolwich Dockyard Station exit, and proceeds directly to the Thames riverside, with fine views of the Thames Barrier etc. A short road walk takes us to Maryon Park, and we then gently climb 115 shallow steps to reach Maryon Wilson Park. Next we enter Charlton Park with the option of a tea/coffee break, and with views of the magnificent Charlton House formerly home of the Maryon Wilson family. After crossing Hornfair Park and Woolwich Common we reach Shooters Hill and our lunch stop, probably at the Red Lion, at *ca* 13:00. A gentle climb through woodlands takes us to the highest point of the whole Capital Ring where we find the eccentric triangular Severndroog Castle. We then descend through woods and pastures to reach Falconwood Station the end of our walk.

Travel: We meet at Woolwich Dockyard Station (NB not Woolwich Arsenal, which would considerably extend the walk); please aim to be there by 11:00. Trains from Charing Cross, Waterloo East and London Bridge run every 30 minutes. Example: 10:34 London Bridge gets to Woolwich Dockyard at 10:52, but please check times and your route using the tfl website.

Latecomers can contact me (Margaret Stedman) on my mobile number 07947 018 241.



Charlton House



Severndroog Castle