

**Capital Ring walk 2
on Saturday 21st November 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: This is one of the shortest walks in the Capital Ring, suited perhaps to the shorter daylight hours. It is about 4 miles in length, and mostly level on firm surfaces. It starts at Falconwood Station and after a short wooded walk crosses the railway and Rochester Way by a footbridge to lead us to Eltham Park South. There follows a stretch of road walking eventually leading to our lunch stop (*ca* 12:15) at The Park Tavern. The walk continues through Middle Park and past Eltham Palace. We cross the railway near Mottingham Station by a footbridge, and then follow paths bordering sports fields. Part of this path can become very muddy after heavy rain, We follow the ominously named Quaggy River for a short distance, and reach the end of the walk at Grove Park Station.

Travel: We meet at Falconwood Station; please, aim to be there by 11:00. Trains from Charing Cross, Waterloo East and London Bridge run every 30 minutes. Example: 10:20 Waterloo East gets to Falconwood at 10:47, but please check times and your route using the tfl website.

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



Eltham Palace



Eltham College