

**Capital Ring walk 3
on Saturday 24th April 2010**

This walk has been organised by Margaret Stedman.

The Capital Ring is a walking circuit rather like the London LOOP, 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 download maps and order free leaflets (if still available).

Description: Walk 3 starts at Grove Park and officially ends at Crystal Palace after nearly 9 miles, but we will shorten it to about 6 miles by cutting some of the road walking and ending at Penge. After some initial road walking we pass the Railway Children Walk (E Nesbitt lived nearby) and soon join the mile-long Downham Woodland Walk through a remnant of the Great North Wood. Soon we enter Beckenham Place Park and cross the Ravensbourne river. After following a circuitous path we reach the Mansion (built by John Cator) for our lunch stop at the cafe. After lunch it's back to the roads passing several sports grounds, and then through Cator Park, and the Alexandra Recreation Ground. We reach the end of our walk at Penge East station (trains every 15 mins to Victoria), or after a further 10 mins walk Penge West station (trains every 30 mins to London Bridge, Waterloo East, and Charing Cross).

Travel: We meet at Grove Park Station; please aim to be there by 11:00. Trains from Charing Cross, Waterloo East and London Bridge run every 30 minutes. Example: 10:24 London Bridge gets to Grove Park at 10:42, but please check times and your route using the tfl website.

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



Downham Woodland Walk



Beckenham Palace Mansion