

**Capital Ring walk 4
on Saturday 26th June 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: This revised walk 4 is about 5 miles long, and contains several climbs. After leaving Penge West station we shortly enter Crystal Palace Park where we meet a collection of dinosaurs, and view the National Sports Centre and the BBC TV transmitting tower. Exiting past Crystal Palace rail station we follow a series of green areas - Westow Park, and Upper Norwood Recreation Ground. We climb to Beulah Hill and soon cross Biggin Wood, another remnant of the Great North Wood (from which Norwood gets its name). A final climb takes us to Norwood Grove and the Rookery where we have a latish lunch stop at the café. Finally we descend Streatham Common and have the choice of 10 min walks to either Streatham Common station.(trains to London Bridge) or Streatham station (trains to Victoria).

Travel: We meet at Penge West station; please aim to be there by 11:00. At the time of writing I am unable to give exact travel details and times, but trains should run from London Bridge or Victoria stations. Details may be emailed later to those booking the walk, but please check times and your route using the tfl website.

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



Prehistoric Monsters at Crystal Palace



Norwood Grove & Mansion