

## POLEGATE RAMBLING CLUB PROGRAMME MARCH to JUNE 2018

**14<sup>th</sup> LEISURELY. VILLAGE STROLL.** 2 ½ miles  
Meet Medical Centre 9.47am for 51 bus. Alight Heathfield High Street. Mostly flat, dry with one slope.  
Coffee Heathfield.  
Rick 482138

**ABBOTS WOOD.** 4 ½ miles  
Forest.  
Roger L. 723268 or 07929 115916. SVP £1 + c.p. charge

**ROBERT, HIS BRIDGE AND CASTLE.** 8ish miles **9.15am**  
Robertsbridge, Bodiam. Fields with some inclines. No steep hills! Picnic or lunch at Bodiam. 17  
stiles.  
Jill H. 737073 or 07759 719844. SVP £4

**21<sup>st</sup> ANOTHER LITTLE BIT OF EVERYTHING.** 5 miles  
From Alfriston, across levels, up to Lullington. Break at foot of 'The Long Man', then down through  
Wilmington. One long hill. 2 stiles.  
Gary 351553 or 07773 382426. SVP 80p + c.p. charge

**EASE YOUR WAY TOWARDS CASTLE HILL.** 10 ¼ miles  
Roads, tracks, Downland and river. Cafe at end. Picnic. No stiles.  
John & Theresa 726685 or 07719 437464. SVP £2.20

**28<sup>th</sup> LEISURELY. WALKING THE PARKS.** 2 miles  
Meet Medical Centre 10.15am for 56 bus to Stone Cross. Walk to the Mill at Langney. Refreshments.  
John 489228 or 07792 516202.

**LOOKING FOR CASTLES.** 5 miles  
Broad Oak and Heathfield. Fields, tracks, woods. Undulating. 10 stiles.  
Eric 845569. SVP £2.50

**RETRACE THE STEPS.** 11 miles  
From Friston through the forest to the Visitors' Centre for coffee. Along the river to Littlington and  
back through forest to West Dean. Picnic. 4 stiles.  
Jan 763700 or 07840 954458. SVP £1+ N.T c.p. or £3 daily charge

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Where a car is required to the start of the walk our group encourages car sharing and it is  
appreciated when a voluntary contribution is made by passengers. SVP (suggested voluntary  
payment) shown is considered an amount which reasonably covers the costs incurred by the driver.

Chairman	Jill Haughan	01323 737073
Club Secretary	John Riley	01323 724972
Membership Secretary	Hilary Orrom	01323 472174
Rambles Secretary	Angela Forman	01323 504280
Half-day Walks	Roger Lee	01323 723268
Leisure Walks	Sandra Ridley	01323 483991
Health and Welfare	John Riley	01323 724972
Social Secretaries	Carol Wilson	01323 484621
	Maureen Clark	01323 726427

E-mail: [info@polegateramblers.org.uk](mailto:info@polegateramblers.org.uk) Web: [www.polegateramblers.org.uk](http://www.polegateramblers.org.uk)

Facebook: <https://www.facebook.com/groups/polegateramblers/>

**PLEASE NOTE:-**  
*ALL SPORTING AND LEISURE ACTIVITIES have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being of paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity each member appreciates that he or she has a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to occur. OBVIOUSLY MUD AFTER RAIN IS INEVITABLE. Appropriate clothing and footwear are essential for your safety.*

*ALL WALKS start from the Rec. at 9.30 am prompt unless otherwise stated.*

*CAR PARKING CHARGE to be shared between car occupants. Leisure walkers please check bus timetables and remember to take your bus passes. Books of walks and maps are available to borrow from Rambles Secretary.*

### MARCH 2018

**1<sup>st</sup> LOOK FOR THE BLACK DUCK.** 5 miles <strong>9:15</strong>  
Country walk from Rushlake Green. Fields, woods, paths, some road. Few ascents/descents. 8 stiles.  
Judy & Diane 486756 or 07802 877514. SVP £2.20

**CUCKMERE VALLEY WANDER.** 9 miles  
Above and along the Cuckmere Valley. Some gentle hills. Picnic. 3 stiles.  
Gill M. 733155 or 07963 930941. SVP £1.40 + c.p. charge

**8<sup>th</sup> LEISURELY. ABBOTS WOOD AND BACK.** 2 ¼ miles  
Meet Medical Centre 10am. Bring sticks if slippery. Refreshments at Little Bites.  
Sandra 483991.

**UP AND DOWN DALE TO EAST DEAN.** 4 miles  
Butts Brow to East Dean. Coffee on green. Return via The Old Drovers' path on Downs. 4 stiles.  
Olive 504653 or 07896 851797. SVP 50p + c.p. charge or bring Residents' Permit.

**TOP MARKS FOR SCENERY.** 10+ miles  
Rodmell. Very scenic. Downland and riverside walk. Picnic.  
Lucie T. 01825 840779 or 07928 666078. Leader at start. SVP £3.30

**14<sup>th</sup> MARCH 2018 Langham Lunch.** See separate details. Form to be returned by **2<sup>nd</sup> Mar 2018.**

**15<sup>th</sup> HERSTMONCEUX WALK.** 5 miles  
Circular walk across fields, paths and some roads. 6 stiles.  
Vicky 471635 or 07701 051155. SVP £1.80

**A CROSS, A CASTLE AND LOST VILLAGE.** 11 miles  
Rodmell. Ascents/descents. Downland. Chalk path. Picnic. 4 stiles.  
Glyn 482416 or 07985 338843. SVP £3.30

**22<sup>nd</sup> LEISURELY. CUCKOO TRAIL WALK.** 2 ½ miles  
Meet Medical Centre 9.47am for bus 51 to Prince of Wales, Heathfield. Walk to Horam, Wessons cafe.  
John 489228 or 07792 516202.

**FOREST WALK WITH A BIT OF UP AND DOWNS.** 4-5 miles  
Circular walk from Crowlink to West Dean village. 1 stile.  
Sue C. 371417 or 07903 220544. SVP £1 + N.T. c.p. or £3 daily charge

**STYLISH CHIDDINGLY AND ITS ENVIRONS.** 9 miles  
Paths, woodlands, some road and fields. Picnic. 18 stiles.  
Richard 722654 or 07926 500419. £1.70