

**COUNTRY WALK, LOWLAND FARMS AND FIELDS.** 10 miles

Mostly flat over Combe Haven Country Park. Hopefully avoiding wettest parts.

Picnic. 6 stiles. LEADER AT START.

Liz 01424 846437 or 07904 504915. SVP £2.90

**APRIL**

**4<sup>th</sup> LEISURELY. EASTBOURNE'S OLD TOWN.** 1 – 1 ½ miles

Meet 9.45 for bus 51 outside Taxi Office to junctions of Selwyn Road and Gore Park Road for walk around "OLD" Old Town. Slight inclines. Coffee at end.

Joy 487269.

**BLUEBELLS FOR THE SERFS.** 5 miles

Wilmington Green and Abbotts Wood. Fairly flat.. Few stiles.

Jeremy and Olive 504653 or 07941 453405 or 07896 851797. SVP 50p

**RAMBLIN ROCKS.** 9 miles

Featuring Harrison, Eridge and High Groombridge. Woods, views of green sand outcrops.

Undulating. Diverse habitats. Picnic. 2 stiles.

Richard 722654 or 07926 500419. SVP £4

**11<sup>th</sup> WANNOCK AND BACK.** 4 ½ miles

Up and over to Jevington. 2 stiles.

Sue 07903 220544 and Louisa 640640.

**SPRING TIME DOWNLAND RAMBLE.** 12 miles

Coast, hills, cliffs. Stop at Birling Gap. Some stiles. Picnic.

Colin 07446 458138. SVP 50p + c.p. charge or use Residents' cards.

**18<sup>th</sup> LEISURELY. STROLL AROUND POLEGATE TO LITE BITES.** 2 ½ miles

Flat walk around Polegate. Hope to see Spring flowers and then to the café.

Sandra 483991. Meet outside Medical Centre 10.00am.

**SPRING ALONG WITH EWE AND US.** 5 ½ miles

East Dean, Friston, Butts Brow and back. Downland. 2 stiles.

David and Sheila 500877 or 07845 490663. SVP £1

**CHIDDINGLY CIRCULAR.** 10 miles

Gentle undulating, easy pace. 10 stiles.

Peter 01424 844219 or 07835 922357. SVP £1.70

**25<sup>th</sup> EAST DEAN MEETS WEST DEAN AND RETURN.** 5 miles approx..

Up to Friston Pond, crossing A259 into Forest. 3 stiles.

Roger C. 351108 or 07596 953120. SVP £1

**OFF TO THE RACES.** 10 ½ miles

Plumpton College, Streat, Ditchling village and Common, Plumpton, East Chiltington.

Fields and woods. Fairly flat. Approx. 15 Monday group stiles. Picnic.

Angela 01444 213846 or 07765 465444. SVP £3.70. LEADER AT START.

**MAY**

**2<sup>nd</sup> LEISURELY. WALK ALONG THE CUCKMERE.** 2 ½ miles

Meet 9.45 for bus 51 outside Taxi Office to Eastbourne,

then bus 12 to the Seven Sisters Country Park.

Sandra 483991.

**IN SEARCH OF BLUEBELLS AND PRIMROSES.** 4 ¼ miles

Footpath close to River Cuckmere, a pretty bridleway, a wood and returning across farmland.

6 stiles.

Betty 640663 or 07713 032564 or Wendy 520015. SVP £1.20

**LET'S GO NUTS IN MAY.** 9 ½ miles

Circular from Butts Brow to East Dean. Friston and Jevington. Countryside and woods. Some steep slopes. Picnic. 1 stile. Jayne's for tea.

Jayne 500855 or 07775 631499. SVP 50p + c.p. charge or use Residents' cards.

**9<sup>th</sup> TO THE MANOR BORN.** 5 ½ miles

From Polegate rec to Wannock, Folkington and Wilmington return. Pathways, fields and tracks. Beautiful views. Some hill work advising sticks. 3 stiles.

Judy 486756 or 07802 877514.

**THE OTHER WAY ROUND.** 10 ½ miles

East Dean, Friston, Jevington. Hilly. Picnic. LEADER AT START

Gill 391976 or 07547 005058. SVP 50p + c.p. charge or use Residents' cards.

**16<sup>th</sup> LEISURELY. THERE AND BACK IN POLEGATE.** 2 ½ miles

Meet 10am Polegate Station. Walk to St. Mary's Walk. Countryside. New Estates.

Cuckoo Trail. Flat easy walking. Coffee at end.

Carol 484621

**POLEGATE TO HILLIER GARDEN CENTRE.** 5 miles

From Polegate rec flat walk along country lanes. 30 mins coffee stop at Hillier's.

1 stile depending on route/weather.

Pamela and Helena 07922 473609.

**AN OLD FAVOURITE OF MINE.** 9 miles

From Polegate rec to Wannock, Folkington, Milton Street and Wilmington return. Pathways, fields and tracks. Beautiful views. Some hill work advising sticks. 5 stiles. Picnic.

Mick 486756 or 07484 104460.

**23<sup>rd</sup> FOR WHOM THE BELLS TOLL.** 5 miles

Undulating. Two short steep inclines. Wannock and Jevington, returning via the Downs. 2 stiles

Mick and Christine 07506 993292. SVP 50p

**CELEBRATING 50 YEARS OF WALKING.** 8 ½ miles

East Dean, Butts Brow and Jevington. Well known downland paths. 3 stiles. Picnic.

Marion 724972 or 07732 971557. SVP £1

**CELEBRATION AT EAST DEAN VILLAGE HALL FROM 2.30pm.**

**30<sup>th</sup> LEISURELY. GOLF COURSE TO EAST DEAN.** 2 miles

Meet 9.45 for bus 51 outside Taxi office to Eastbourne, then bus 12A to SDW stop.

Alight and walk across golf course to East Dean café.

Sandra 483991.

**EAST DEAN CIRCULAR.** 5 ½ miles

Two hills. No stiles. LEADER AT START.

Bridget 736542 or 07535 634818 on the day only. SVP £1

**TWO PATHS FROM BUXTED.** 10 ½ miles

Villages, quiet meadows, parkland, woodland and views. Picnic. 24 stiles.

John and Theresa 726685 or 07719 437464. SVP £3.50

**JUNE**

**6<sup>th</sup> UP, OVER AND DOWN.** 4 ½ miles

Alfriston to foot of Long Man. Return through Wilmington. One long hill slope. 2 stiles.

Gary 351553 or 07773 382426. SVP £1 + c.p. charge or use road parking.

**THE RIVER AND SEA TO OUR RIGHT.** 11 miles

Lovely river and coastal walk. Easy not hilly. 3 stiles. Picnic.

Sue 365158 or 07833 938903. SVP £2.80

**WEY and ARUN CANAL WALK and CRUISE 6<sup>th</sup> June.**

See booking form. Booking opens 25<sup>th</sup> March.

**13<sup>th</sup> LEISURELY. ROY'S HARBOUR WALK.** 2 miles

Meet 9.45 for bus 51 outside Taxi Office to Eastbourne. Change to bus 5 to Pacific Drive.

Harbour, paths and boats.

Roy 766342.

**FROM THE SEA TO THE DEANS.** 5 miles. **LEAVE POLEGATE REC 9.15am**

Roedean. Visit 3 Deans, one steep hill, slightly undulating with good views.

Heather 506137. SVP £4

**DÉJÀ VU.** 10 miles. **LEAVE POLEGATE REC 9.15am**

Guestling and Fairlight. Beach, cliffs and country in the Pett Valley. Undulating.

14 stiles. Picnic. LEADER AT START

Patience 01424 813106 or 07760 300287. SVP £4

**20<sup>th</sup> BO PEEP AND SHEEP.** 6 miles

From top car park mostly flat with one small hill. No stiles.

Penny 485336 or 07778 282811. SVP 50p

**JARVIS BROOK FORD.** 9 ½ miles. **LEAVE POLEGATE REC 9.15am**

Crowborough. Some roads, paths and tracks. 2 stiles. Picnic.

Paul and Barbara 504908 or 07812 822879 or 07790 708616. SVP £4

**27<sup>th</sup> LEISURELY. THE PIER TO HOLYWELL.** 2 miles

Meet at 9.45 for bus 51 outside Taxi Office to Eastbourne. Walk along the Prom to café.

Christine 488442.

**SEAFORD TO NEWHAVEN.** 5 miles

One hill. 3 stiles. Coffee at McDonald's or KFC. 3 stiles.

Ted 484923 or 07466 195819. SVP £2.

**ASHDOWN FOREST – TURNSTILE AND WINDMILL.** 10 miles

Heath, woodland, hills and views. Picnic. 4 stiles.

John and Theresa 726685 or 07719 437464. SVP £4

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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.

President	Heather Rudman	
Chairman	Richard Munro	01323 722654
Club Secretary/Health & Welfare	John Riley	01323 724972
Membership Secretary/Treasurer	Hilary Orrom	01323 472174
Rambles Secretary	Mick Kemp	01323 486756
Half-day Walks	Roger Lee	01323 723268
Leisurely Walks	Sue Taylor	01323 482441
Web Master	Howard Orrom	01323 472174
Social Secretaries	Sheila Markham	01323 500877
	Carol Mulcahy	01323 484152

## POLEGATE RAMBLING CLUB

### PROGRAMME MARCH TO JUNE 2019

**PLEASE NOTE:-**

*ALL SPORTING AND LEISURE ACTIVITIES have inherent hazards associated with them and rambling is no exception. Despite 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 2019

**7<sup>th</sup> LEISURELY. HARBOUR/LANGNEY POINT.** 2 miles

Flat, dry walk. Coffee at end. Meet 9.45 for bus 51 outside Taxi Office to Eastbourne, then bus 5 to Harbour Pacific Drive.

Carol 484621.

**ALFRISTON CIRCULAR.** 5 miles

Long Man and Lullington Heath. Gradual steep hill start, then flat downhill. 2 stiles.

Alan 500664 or 07753 610752. SVP £1 +c.p. charge or road parking.

**NOWHERE TO SHELTER.** 8 miles

East Dean circular passing by Birling Gap, then incline to Beachy Head.

Picnic at Dew Pond. 2 stiles

Jan 763700 or 07840 955458. SVP £1

**14<sup>th</sup> BARBARA'S BEAUTIFUL BARCOMBE RAMBLE.** 5 ¼ miles

Fairly flat. Following the flow of the River Ouse towards Lewes. 3 stiles.

Barbara 840622 or 07709 998678. SVP £3.

**AROUND EAST DEAN.** 10 miles

East Dean, Crowlink, Seven Sisters, Birling Gap, Beachy Head and golf course. No stiles.

Vicky 01424 225859 or 07512 951437. SVP £1

#### LANGHAM LUNCH 20<sup>th</sup> MARCH 2019

**21<sup>st</sup> LEISURELY. A STROLL IN THE PARK.** 2 miles

Flat walk using footpaths if dry. Coffee at St. Wilfred's Hospice.

Meet 9.45 for bus 51 outside Taxi Office to Hampden Park College.

Carol 484621.

**WILMINGTON TO ARLINGTON RESERVOIR AND BACK.** 5 ½ miles

Fields, paths and no steep climbs. Refreshments at Reservoir Tea Pavilion. 18 stiles.

Tim 767141 or 07786 923953. SVP 60p

**ACROSS THE DOWNS TO DENTON AND SEAFORD.** 10 ½ miles

Downland and seafront. Picnic. 2 stiles.

John 724972 or 07732 971557. SVP £1.80

**28<sup>th</sup> BLACKBOYS.** 5 miles

Fields, country lanes, passing an old watermill and Woodland Trust site. 2 stiles.

Pat 471359 or 07946 401281 or Brenda 470114 or 07905 727032. SVP £2.80