

# POLEGATE RAMBLING CLUB

## PROGRAMME MARCH TO JUNE 2019

**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

### **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