

## POLEGATE RAMBLING CLUB INTERIM PROGRAMME SEPTEMBER TO DECEMBER 2020

**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 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.

**Leisurely** ■ **Short** ■ **Long** ■

**In order to keep to safe walking practices we ask you to comply with the following advice:**

- All leaders to complete Risk Assessment forms and Booking/ Track & Trace forms as requested i.e. RA's by Tuesday prior to walk (no form, no walk) and Booking forms by/on day of walk and retained for 21 days
- Please ensure you book on with the leader of the walk from 09:00 Friday preceding the walk, no bookings will be taken beforehand and any before Friday 09:00 will be discounted
- Please inform the leader if you are booked on but cannot make the walk thereby freeing up a space for someone else on the waiting list
- Please ask the leader if you are unsure of the start of the walk
- If you need transport from the Rec to the start of the walk it is your responsibility to arrange this beforehand as the leader is unlikely to be at the Rec. We cannot guarantee to organise any lifts on the day so please do not just turn up expecting a lift. Please follow strict social distancing arrangements including using face coverings where appropriate if car sharing and on the walk
- Please check the website regularly for updates and for any guidance notes and please familiarise yourselves with them
- Please assist those not on Email and without internet access to print off and tell them about any change
- Any questions please contact Mick on 07484 104460

### September

**17<sup>th</sup> LOWER WILLINGDON & WANNOCK WANDERING** 1 ½ miles

Meet at Polegate taxi office 09:45 for walk to Tesco garage for 10:00, then on to villages and Farmlands Way for refreshments

Sandra Ridley 483991

**FOLKINGTON & WILMINGTON WANDER** 5 1/2 miles 3 stiles

Walk from Polegate Rec 09:30. to Wannock 09:45 on to Folkington, Wilmington and back. Some slopes and downland paths with woodland.

Richard 722654 or 07926 500419. Email [almondrow@talktalk.net](mailto:almondrow@talktalk.net) SVP 20p (from Rec)

**NOT MANY SISTERS** 10 miles, 0 stiles

A bit of everything, coastal path then forest and downland with good views. Meet @ Polegate Rec at 09:30 or Crowlink National Trust car park @ 09:45 (don't forget your card if members). Picnic

Gill 733155 or 07963 930941. Email [gillmattoc@hotmail.com](mailto:gillmattoc@hotmail.com) SVP £1.00

**24<sup>th</sup> Eastbourne Walking Festival** (contact John Riley for details of his walk or check out the website) <https://www.visiteastbourne.com/walking-festival>

### October

**1<sup>st</sup> AUTUMNAL WALK CROSS IN HAND, HEATHFIELD** 2 ½ miles

Meet Polegate Downland Medical Centre for 09:45 bus to Cross In Hand. Lane walk past TV mast, around fishing lakes up to the wood. Bus to Heathfield for coffee.

Sue Taylor 482441

**VISTAS FOR ALL MILLIONAIRES TO SHARE** 5 1/2 miles 3 stiles

East Dean. A steep climb to Friston Pond. Careful crossing main road and return to East Dean circular.

Sheila and David 500877 or 07485490663. Email [sheila13mac@googlemail.com](mailto:sheila13mac@googlemail.com) SVP £1.20

**CIRCULAR FROM BUTTS BROW** 10 miles 0 stiles

Downland river and forest. Jevington, Lullington Heath and Charleston Bottom. hilly, Butts Brow car park at 9:50 (bring residents card) or Polegate Rec 09:30. Picnic

Marion 724972 for booking or 07564 170494 (on the day only, not for booking) SVP 50p

**8<sup>th</sup> TICKLE HIS FEET/** 8 ½ miles, 12 stiles

Starting from Polegate Rec 09:30. Walk across fields to Wannock, Folkington, Wilmington and Milton Street on fairly level ground. Then to the foot of the Long Man (steep) and return via Folkington. Picnic.

Aled 484723 or 07858 070497 Email [willingdonwizard@yahoo.co.uk](mailto:willingdonwizard@yahoo.co.uk) SVP N/A

**15<sup>th</sup> OCKLYNGE TO OLD TOWN** 1 ½ miles

Meet Polegate Taxi office for 09:45 for No. 51 bus to Eldon Road (walk starts at junction of Willingdon Road/Eldon Road). Coffee at the end.

Joy Steer 487269

**SOUTH DOWNS WAY/JUBILEE WAY CIRCULAR** 5 miles No stiles

Summerdown Eastbourne to Holywell on the SDW returning on the Jubilee Way. Steep slope to start then beautiful downland and sea views on the way out with Eastbourne Town and Bay views on return. Refreshments at Holywell Kiosk if required half way. Start at junction of Compton Drive and Fairway Close Eastbourne 09:50 or meet Polegate Rec 09:30

Denise and Royce 646303 or 07815 193363 Email [hipgrave@yahoo.co.uk](mailto:hipgrave@yahoo.co.uk) SVP £1.00

**DONKEY HOLLOW** 9 miles 0 stiles

Walk from Polegate Rec 09:30 and visit site of WW1 Polegate Royal Navy Airship Station at Donkey Hollow, then on to Jevington, Long Man and Folkington. Hilly in the morning. Please park on the road at Polegate Rec. Picnic  
John R 724972 for booking or 07564 170494 (on the day only, not for booking) SVP N/A

**29<sup>th</sup> SHINEWATER LAKES TO LANGNEY** 2 ½ miles

Meet Polegate Downland Medical Centre for 10:10 bus to LIDL. Dry walk past lakes to Langney Shopping Centre for coffee  
Sue Taylor 482441

**BLUE PLAQUE WALK** 4.5miles No stiles

Walk around Eastbourne Old Town area. Walk starts from Helen Gardens at 10:00 or meet Polegate Rec 09:30, mostly pavement  
Pat and Brenda 470114 (please only use this number) SVP £1

**AUTUMN ON THE DOWNS** 10 miles 5 stiles

Downland ramble with plenty of ups and downs. Starts at Butts Brow 09:45 or meet Polegate Rec 09:30 Picnic  
Jayne 500855 or 07775 631499 Email [jayne.gilham@yahoo.co.uk](mailto:jayne.gilham@yahoo.co.uk) SVP 50p

**November**

**5<sup>th</sup> THE DOWNS ON OUR DOORSTEP** 10 miles 5 stiles

East Dean and Beachy Head circular walk, including 4 Sisters. Starts at East Dean 09:50 or meet Polegate Rec 09:30 Picnic  
Lindsey 509641 or 07874 930105 Email [linzilou27@hotmail.co.uk](mailto:linzilou27@hotmail.co.uk) SVP £1.20

**12<sup>th</sup> CUCKOO TRAIL TO HORAM** 2 miles

Meet Polegate Downland Medical Centre for 09:45 bus to Sandy Lane Heathfield. Then Cuckoo Trail to Horam, café for refreshments  
Sandra Ridley 483991

**BOTTOMS** 5 miles 2 stiles

Starting from East Dean, the walk takes us away from the coast and through various 'bottoms' just north of Beachy Head and then towards Seaford with glorious views. One steep ascent. Walk starts at East Dean car park at 09:50 or meet Polegate Rec at 09:30  
Alan 500664 or 07753 610752 Email [alanjones87@btinternet.com](mailto:alanjones87@btinternet.com) SVP £1.20

**AVOIDING THE CROWDS** 9 ish miles 0 stiles

Starts at Youth Hostel, then on past Cornish Farm, East Dean, Friston and back along Friston Dencher and SDW. Fields and downland. Starts at YHA 09:50 or meet Polegate Rec 09:30 Picnic

John and Theresa 726685 or 07719437464 Email [jandtmhancock@zen.co.uk](mailto:jandtmhancock@zen.co.uk) SVP £1.20

**26<sup>th</sup> LOCAL POLEGATE** 2 ½ miles

Meet Polegate Taxi office at 10:00 for walk to Dittons Corner and back  
Carol Wilson 484621

**HORSING AROUND HELLINGLY** 5 miles 4 stiles

Indulge in reminiscence of times past, listening to Led Zeppelin, bypassing Horselunges Manor, enjoy walking through the tranquil village of Hellingly, the Cuckoo Trail, through farms and past a beautiful water mill and quiet lanes. Starts from Hellingly station car park adjacent to Cuckoo Trail at 09:50 or Polegate Rec at 09:30

Barbara O 840622 or 07709 998678 Email [cakebreadbrowns@hotmail.com](mailto:cakebreadbrowns@hotmail.com) SVP £1.20

**HANKHAM CROSS** 9 ½ miles 15 stiles

Roads and paths from Polegate Rec **Please note 10:00 start** Picnic

Paul and Barbara 504908 or 07078 12822879 or 07790 708616 Email [paulandbarbara@talktalk.net](mailto:paulandbarbara@talktalk.net) SVP N/A

**December**

**10<sup>th</sup> FAIRYLAND CHRISTMAS** 1 ½ miles

Meet Polegate Taxi office for 09:45 No. 51 bus to Cornfield Road Eastbourne then walk to top level of the bandstand for 10:30. Seaford to Redoubt. Coffee at Fairyland in the Marine Pub around 11:30

Joy Steer 487269

**BOTTOMS AND HILLS** 10 miles 3 stiles

Starting at East Dean this walk takes us through the Bottoms inland from Beachy Head before turning west to Birling Gap and along some of the Sisters and then inland at Flagstaff Point. Downland walk with hills. Starts at East Dean 09:50 or meet Polegate Rec 09:30 Picnic

Alan 500664 or 07753 610752 Email [alanjones87@btinternet.com](mailto:alanjones87@btinternet.com) SVP £1.20

**PRE-CHRISTMAS CHEER** No miles

Meet Polegate Taxi office at 10:30. Hostelrys of Polegate or Café in High Street  
Sue Taylor 482441