

## Walking the Capital Ring 2009

### Leader: Reg

Having completed the London Loop in 2008 (a circuit of London through Zones 5 and 6), we will walk in 2009 the Capital Ring, a circuit through generally Zones 2 and 3. The walk is **75 miles long** and will be walked in **eight sections** on the fourth Saturday of most months from February, 2009 onwards. There will be no Capital Ring walk in September and we will complete the circuit in October. The walk will be led by Reg Clarke.

The Programme is:

- Leg 1 .... Beckton to Falconwood .... **28<sup>th</sup> February** .... Completed
- Leg 2 .... Falconwood to Crystal Palace .... **28<sup>th</sup> March** .... Completed
- Leg 3 .... Crystal Palace to Wimbledon Park .... **18<sup>th</sup> April** .... Completed
- Leg 4 .... Wimbledon Park to Richmond .... **16<sup>th</sup> May** .... Completed
- Leg 5 .... Richmond to Greenford .... **27<sup>th</sup> June** .... Completed
- Leg 6 .... Greenford to Hendon .... **25<sup>th</sup> July** .... Completed
- Leg 7 .... Hendon Park to Stoke Newington .... **29<sup>th</sup> August**
- Leg 8 .... Stoke Newington to Beckton .... **31<sup>st</sup> October**

There are a variety of attractions along the route including the Thames Barrier, Eltham Palace, Wimbledon Common with its windmill besides little known gems such as Oxleas Wood, Abney Park Cemetery and the Parkland Walk.

*The book on the walk is called  
"The Capital Ring",  
by Colin Saunders  
(ISBN 978 1 85410 894 8 Older Publication)  
(ISBN 978 1 84513 380 1 Newer Publication)  
and costs about £13.*

Weekend working on tube and track lines can sometimes provide problems in getting to the start of a walk in good time. If you are in doubt, the Transport for London website [www.tfl.gov.uk](http://www.tfl.gov.uk) can be helpful. Or you could phone 020 7222 1234 if that is more convenient.

You will need to take lunch with you because a lunchtime pub cannot be guaranteed, though I'm sure that Reg will do his best!

John Francis