

Crouch End & District U3A Longer Walks Group

Walk no./title	066- North Downs Way 9 (Bearsted to Lenham)
Date	Thursday 30 June 2022
Distance	11 miles / 17.5 km
Timings	Walk 5 hours plus stops = 5.5 hours approximately
Travel	<ul style="list-style-type: none"> • Walk starts outside Bearsted Station • Trains from London Victoria • Return from Lenham to London Victoria • Expect to get back to Victoria between 6 – 6:30pm
Route	<ul style="list-style-type: none"> • From Bearsted follow road up to Thurnham • Re-join NDW and follow sunken lane to top of ridge. • Follow NDW along crest of Downs until route descends to Hollingbourne • Pick up the Pilgrims Way track by the Dirty Habit pub and follow to the ESE • Shortly after Marley works descend to Lenham
Lunch/ refreshments	<ul style="list-style-type: none"> • Packed lunch • Nourishing snacks needed for the morning as the path is tough with numerous lengthy ascents and descents • Plenty of water, however there is a refill tap for walkers at The Dirty Habit Pub, Hollingbourne.
Dropping out	<ul style="list-style-type: none"> • Hollingbourne Station soon after lunch
Facilities	<ul style="list-style-type: none"> • Toilets on the train • No toilets on the route
Suitability	<ul style="list-style-type: none"> • Requires a good level of fitness and stamina • Comfortable waterproof walking shoes/boots & waterproof jacket (see equipment list on web-site.) • Check weather forecast for likely weather conditions.
Maps/Sources	<ul style="list-style-type: none"> • OS Explorer 148 (Maidstone & Medway Towns)
Leader/contact	<ul style="list-style-type: none"> • Details will be issued to those joining the walk,