

Crouch End & District U3A Capital Ring Walking Group

Walk no./title	002 – Grove Park to Crystal Palace
Date	Tuesday 5 July 2022
Distance	8.5 miles/13.75 km
Timings	Walk 3 hours plus stops = maximum of 4 hours approximately
Travel	<ul style="list-style-type: none"> • Walk starts Grove Park Station, trains from London Bridge • Return from Crystal Palace to London Bridge or Highbury & Islington
Walk	<ul style="list-style-type: none"> • From Grove Park join Capital Ring/Green Chain • Follow 'Railway Children Walk' • After some suburban streets follow Downham Woodland Walk • Enter Beckenham Place Park and follow CR through woods and parkland • Leave park to thread through streets on fringes of Beckenham and Penge • Enter Crystal Palace and follow route around the park to reach the station
Lunch/ refreshments	<ul style="list-style-type: none"> • Packed lunch in Beckenham Place Park
Dropping out	<ul style="list-style-type: none"> • Many options via TfL bus services • Ravensbourne Station close to lunch spot • Route passes New Beckenham station and Penge West station
Facilities	<ul style="list-style-type: none"> • Toilets at Grove Park station • Toilets at Beckenham Place and at entrance to Crystal Palace
Suitability	<ul style="list-style-type: none"> • Total of 140 metres of cumulative ascent, 110 m of descent • Lowest point 26 metres, high point 89 metres • Generally undulating landscape • Two steady ascents in Beckenham Place Park and in Crystal Palace • Good paths but may be muddy if weather has been wet. • Some tarmac and pavement walking • Two very busy roads to cross. • 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 162 (Greenwich & Gravesend) • OS Explorer 161 (London South)
Leader/contact	<ul style="list-style-type: none"> • Details will be issued to those joining the walk,