

Crouch End & District U3A Longer Walks Group

Walk no./title	068 North Downs Way 10 (Lenham to Wye)
Date	Thursday 21 July 2022
Distance	12 miles / 19.2 km
Timings	Walk 5 hours plus stops = 5.5 hours approximately
Travel	<ul style="list-style-type: none"> • Walk starts outside Lenham Station • Trains from London Victoria • Return from Wye to London Victoria • Expect to get back to Victoria between 6 – 6:30pm
Route	<ul style="list-style-type: none"> • From Lenham follow road through village • Climb to re-join NDW and follow waymarked route to SE • Skirt village of Charing and continue SE on Pilgrims Way/NDW • Shortly after Boughton Lees take SE branch of NDW • Descend to Wye and train back to London
Lunch/ refreshments	<ul style="list-style-type: none"> • Packed lunch required and enough drinking water to last the day • Lunch will be late, walkers may like to have a mid-morning snack available
Dropping out	<ul style="list-style-type: none"> • Charing Station which we will reach around lunch time.
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 137 (Ashford)
Leader/contact	<ul style="list-style-type: none"> • Details will be issued to those joining the walk,