



Walk *your* Weekends

the ultimate guide to hiking Britain like a local
(no car? no holidays? no problem.)

PRACTICE AND PREP

Recommended London DAY walks to prepare for a two or three day hiking trip

If you have not done a two or three day hiking trip before, you may want to do a few practice day hikes to improve your fitness and make sure you are ready before your big trip.

Here are my suggestions of day walks/hikes within reach of London to challenge you.

I have suggested walks in central London, and some reachable by train if you live in south London or north London.

CENTRAL LONDON

WALK	INSTRUCTIONS
Thames Path	http://walklondon.org.uk/route.asp?R=6 http://www.thames-path.org.uk/ (choose any section)
Lea Valley Walk	http://walklondon.org.uk/route.asp?R=4 (18 miles / 29 km) Try to complete it all in one day?
London Loop	http://walklondon.org.uk/route.asp?R=5 (choose any section)
Epping to Cheshunt	http://www.walkinginessex.co.uk/epping.php see “Epping to Cheshunt train walk”. 12 ¼ miles / 19.6km including ascents and descents

BY TRAIN FROM SOUTH LONDON

WALK	INSTRUCTIONS
South Downs: Hassocks to Upper Beeding	This 10 mile / 16km walk from the <i>Time Out Book of Country Walks</i> is great for practising hill climbing as there are three hill climbs in this walk (and also the views are fantastic!). Instructions can be found here: http://www.walkingclub.org.uk/book_2/walk_23/index.shtml
North Downs Way: Guildford to Boxhill and Westhumble	13 miles / 21km Great for practising following a trail Start: Guildford station. End: Westhumble station http://www.nationaltrail.co.uk/north-downs-way For route use: Official guidebook
North Downs Way: Guildford to Merstham	10 miles / 16km Another good day hike on the North Downs Way very convenient by train. Steep climb up Box Hill. http://www.nationaltrail.co.uk/north-downs-way For Route: Official guidebook
Hastings Circular	Only 8 miles / 13km but 10/10 toughness rating! http://www.walkingclub.org.uk/book_3/walk_169/index.shtml

BY TRAIN FROM NORTH LONDON

WALK	INSTRUCTIONS
Chilterns: Wendover Circular	A 20km / 12.6 miles 'energetic' walk in the Chilterns http://www.walkingclub.org.uk/book_3/walk_140/index.shtml

Chilterns: Chess Valley	A 16km / 10 miles walk in the Chilterns; gentle gradients http://www.walkingclub.org.uk/book_3/walk_81/index.shtml
St Margarets Circular	25.6km / 16 miles http://www.walkingclub.org.uk/book_3/walk_165/index.shtml A long walk via Liverpool St station
Haddenham to Aylesbury	25km / 15.6 miles: 'a few energetic climbs' http://www.walkingclub.org.uk/book_3/walk_192/index.shtml



Devil's Dyke (Hassocks to Upper Beeding walk)