

Seasonal Slow - Winter Slow 25&26 January 2020

Our plan is to start promptly at 10.00am each morning (we may wait 5 minutes, little more) - if you are running late, please text us on 07725555460 and include your name. We can then send you details of how far we have walked and to which transport stops you should travel to so you can join us.

Saturday 25 January - we start from the foot tunnel in Cutty Sark Gardens SE10 9HT (see attached image) - you will recognise me, as I will be wearing a colourful woolly hat (see attached selfie) - if you are running late you can hop on the DLR at Cutty Sark and intercept us at Elverson Road station (towards Lewisham) as we will be there approximately at 10.40. Please note that Cutty Sark DLR station is 3 minutes walk from the Foot Tunnel entrance. There are no trains to Greenwich main line station over the weekend. If coming by car there is a large car park beneath Cutty Sark Gardens. There is an M&S Food shop, and a Starbucks close by if you need to purchase a snack lunch, coffee or need a loo. We reach Kidbrooke Village within approximately 70 mins from the start of Saturday's walk where there is a Sainsbury's Local and a couple of coffee shops. We will be finishing the walk at Falconwood station SE9 2RN (there are frequent trains to Lewisham from where you can catch the DLR to return to Cutty Sark)

Sunday 26 January - we start from Falconwood rail station (SE9 2RN) - if you are joining the **Winter Slow** for the first time, you will recognise me, as I will be wearing a colourful woolly hat (see attached selfie) - **The Falcon** in Lingfield Crescent (within view from the rail station) opens for breakfast from 0930, if you bring your own cup they will sell you a take away coffee. There's plenty of on-street free car parking in the vicinity. If you are running late, you can stay / hop on the train to the next stop Welling and catch the 89 / 486 bus from stop D Ruskin Avenue / Welling Station travel 4 stops to Oxleas Wood / Woodlands Farm to intercept us as we will be there at approximately 10.35. We will be finishing the walk at Cutty Sark Gardens (or at a pub somewhere close).

Here are some details and preparatory actions:

- We have recce'd a route that approximately follows the boundary and it is 27.3 miles in length (a marathon is 26.2 miles). (see attached image) Saturday's walk is slightly longer than Sundays.
- We have used the [View Ranger app](#) to track our route. View Ranger is available for both Android and Apple and is free (just be careful not to sign up to Premium Ordnance Survey (OS) maps). We do recommend you download this on to your phone - you can also view the route on the web at: <https://my.viewranger.com/route/details/MjgyMTcyNA==> The route is labelled as "**Gus and Andrew GBB route v3**" (you can search for it on View Ranger without the inverted commas).
- Ensure your mobile phone is fully charged (and bring a power pack, if you have one).
- We will have some paper maps and print outs of the View Ranger route that we can lend you or you can share with other walkers.
- Please bring a packed lunch and some water.
- Saturday's walk is less muddy than Sunday's but please check the weather, wear appropriate clothing and comfortable waterproof footwear.
- The route does pass the occasional pub / cafe or place to find a loo, but they are fairly infrequent. It is recommended that you bring your own reusable cup if wanting coffee.
- We won't plan to stop very often for long as we want to complete the walk before dusk.

On arrival we will give you a journal and a pen, for which we ask you to write thoughts, observations and suggested improvements, about the route, the planning of the event, what we pass etc. We will ask you to return the journal after the walk (if you add your address to it, we can post it back to you in due course).

Ticket money can be refunded or donated to the development of a future Seasonal Slow