

Capital Ring section 4, Crystal Palace Station to Streatham Common Station

Friday 16 September 2022

As part of the activities to mark the 40th anniversary of u3a, London Region u3as are co-ordinating the completion of the London LOOP and Capital Ring by groups from u3as in the Region. The contribution from Dulwich & District u3a is section 4 of the Capital Ring. See <https://www.innerlondonramblers.org.uk/images/RingandLoop/guides/CR04-crystal-palace-to-streatham-Jan22.pdf> for a guide to this section.

Meeting point and time: Crystal Palace Station (under the canopy outside) at 10.30am. Trains run half-hourly from East Dulwich and North Dulwich, and more often than that from Forest Hill.

Length and difficulty: A little over 4 miles. The walk is all on tarmac and paved surfaces, but rather hillier than our usual "Explore London" walks – below is an elevation plot (running left to right), from which it can be seen that there are several quite steep climbs. The reward for these is some fine panoramic views!

Much of the walk is through green spaces: Westow Park, Upper Norwood Recreation Ground, Biggin Wood, Norwood Grove, and Streatham Common.

Please note that unlike most "Explore London" walks there are only a few stops at points of interest.

Finish: Streatham Common Station, about 12.30pm. It is also possible to walk to Streatham Station instead (about ¼ mile shorter). From both stations there are trains to North Dulwich and East Dulwich, and from Streatham also to Tulse Hill and Herne Hill.

Opt-out possibilities: From Beulah Hill (about 1½ miles into the walk) the 468 bus goes to West Norwood, Tulse Hill and Herne Hill Stations.

Registration: Numbers are not limited but it would be helpful to have an estimate of numbers, so please register using this link:

<https://xoyondo.com/dp/B2M1Fgq7dBeL7BL>

Either click the above link or copy and paste into the address bar of your browser.

Refreshment: There is a café at Crystal Palace Station and another outside the Rookery on Streatham Common.

Toilets: There are toilets on platform 1 at Crystal Palace Station; just outside the Rookery; and at Streatham Common Station.

Freedom Pass: All points covered.

Walk Leader: David Beamish, 07712 275952, u3a@davidbeamish.uk

