

Islington U3A Longer Walks Group

Walk Title	West Ruislip to Rickmansworth (via Bayhurst Wood)	Walk No.	333
Area	Middlesex	Type	Linear
Date	Tuesday 19 th October, 2021		
Distance	9 miles (14.5 km)		
Timing	4 hours walking time + travel + lunch stop. Allow 7- 7.30 hours in total. Therefore should be back in Islington by 5pm.		
Meeting up & travel	<p>Meet at Highbury & Islington at 9.30am. Victoria Line to Oxford Circus. Central Line to West Ruislip.</p> <p>Alternatively meet at West Ruislip Station at 10.30am (please indicate on sign up sheet).</p> <p>Return from Rickmansworth. Chiltern Line to Marylebone or Metropolitan Line. All within the Freedom Pass Zone.</p>		
Route	<p>Ruislip Woods Nature Reserve, part of the Hillingdon Trail, Harefield and the Grand Union Canal.</p> <p>From West Ruislip following the Hillingdon Trail, crossing the River Pimm, then through fields to Bayhurst Wood Country Park (ancient semi-natural woodland of oak, hornbeam and beach) to churchyard of Harefield Parish Church and the ANZAC war graves. Then through Harefield village with its world famous hospital (first heart transplant in 1980 and world's first combined heart lung transplant in 1983) past the Countess of Derby's Almshouses to turn left at Bird Line and eventually, via paths, reach the Grand Union Canal. After 750m we reach the Coy Carp and after lunch carry on along the towpath for 4km to reach Rickmansworth, passing the Aquadrome on our left.</p>		
Lunch	Food is available at the Coy Carp waterside pub (after 10km).		
Dropping out	From Harefield, before lunch and after about 90 mins walking, bus 331 to Uxbridge station.		
Suitability	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: Could be muddy on parts of Hillingdon Trail and in Bayhurst Wood. One muddy HS2 construction track to cross.</p> <p>Possible obstacles: one high stile.</p> <p>Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.</p>		
Facilities	Toilets at West Ruislip station, the Coy Carp pub, Rickmansworth station.		
Walk source	Beyond the End of the Line by Jeff Lock.		
Map & other references	<p>OS Explorer 172 Chiltern Hills East</p> <p>https://hillingdonlibraries.wordpress.com/2020/06/19/the-anzac-war-graves-and-why-harefield-commemorates-anzac-day/</p> <p>https://hidden-london.com/gazetteer/harefield/</p>		

**Leader &
contact
details**

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