

Islington U3A Shorter Walks Group	
Walk/Distance	Oxleas Woodlands Circular – 5 miles (8km)
Date/Time	Friday 4 th September, 09:40am
Meeting up & travel	Meet at London Bridge station at the bottom of the stairs to Platform 1 at 09:40. We will catch the 09:50 Southeastern train to Falconwood (departs from Charing Cross station at 09:36), arriving at 10:15. Please double check the platform number on the departures board. The final destination of our train is Slade Green. Return trains from Falconwood to London Bridge, Charing Cross and Victoria, run frequently at irregular times and take approximately 25 minutes. You can also catch a direct train to Falconwood from Victoria station. The 09:33 will arrive at Falconwood at 10:09. If you plan to do this, let me know. Falconwood Station is in Zone 4.
Route & Terrain	After a short walk from the station, our route will take us along the southern end of Shepherdleas Wood, before turning up through Eltham Park North and the western side of Shepherdleas Wood, into Oxleas Meadows. We will skirt the western edge of the meadows and enter and walk through Jack Wood and Castle Wood, where we will stop, about halfway, for a coffee break at the cafe in Severndroog Castle (an 18th-century folly). After our break the descent back to the station takes us through Castle Wood rose garden and Jack Wood House Garden, and on to Oxleas Meadows, where from the top, there are fine views across south-east London. Then on through Oxleas Wood and Shepherdleas Wood, finishing at Falconwood Station. This is an undulating and hilly route. For the first half of the walk, we will gradually ascend through woodlands. It is hilly, though no slopes are either particularly long or steep. And there are plenty of level parts. The paths vary from firm surface to rough woodland.
Pace	Moderate.
Potential hazards	Tree roots and brambles. It could be muddy in places if there has been recent rainfall. We will be crossing some busy roads, so be careful.
Timing	About 3 hours plus coffee break.
Clothing/footwear	Walking shoes or boots. Check weather forecast and wear appropriate clothing.
Toilets	Falconwood Station, Severndroog Castle and Oxleas Wood Café.
Shortening the walk	Not possible.
Leader's Contacts	Walk Leader: John Curry Mobile: 07507050213 Email: john.curry@ymail.com
Links	https://en.wikipedia.org/wiki/Oxleas_Wood https://www.oxleaswoodlands.uk/ https://severndroogcastle.org.uk/about/

