

u3a SIDCUP – RAMBLERS 2 - A pleasant walk to Avery Hill Park – Tuesday 28 July 2026 – leader Helen Salmon

A very small group of us met up in Station Road, Sidcup before heading off on a *very sunny and warm day* to Avery Hill Park. We walked into Lamorbey Park (The Glades) where we were briefly shaded by the trees. We took the first exit into Burnt Oak Lane and continued along and turned left into Marlborough Park following the River Shuttle. We kept to the right where there was some shade from the trees. At the end we crossed over into Willersley Park where as a child I got many a 'booty' playing in the river!! There was not much shade here but we were helped by a slight breeze. After another water break we crossed over the busy Willersley Avenue into Haddon Grove and then Holly Oak Park. Thankfully we were shaded by the trees in the wooded area. We then crossed over Days Lane and into Berwick Crescent with the river flowing on our left. Bearing right at the end, we passed Our Lady of the Rosary Catholic Primary School and onto Parish Park. We took a moment to take in the 'wetland area'. Unfortunately the weather had caused it to dry up considerably. We followed the path until we came to Restons Crescent and crossed on to Anstridge Path which we continued along after crossing Alderwood Road. We then crossed the busy Avery Hill Road and entered Avery Hill Park. It was becoming **very** warm now, but the intrepid group continued on to the Avery Hill Park Café for a well-deserved sit down and some lunch.