

POST CHRISTMAS ACTIVITIES

	Mon 28 Dec	Tues 29 Dec	Wed 30 Dec	Thurs 31 Dec	Fri 1 Jan
THOUGHT FOR THE DAY AND COFFEE ZOOM 10:00	10.00 am	10.00 am	10.00 am	10.00 am	10.00 am
<p>An email will be sent out daily via Churchsuite with details of Thought for the Day, Evening activities (with related Zoom links) and links to the other suggested activities.</p> <p>If you do not receive the email, please email welcome@emmanuelcroydon.org.uk</p>					
EVENING ZOOM ACTIVITIES 19:30	ALL AGED QUIZ NIGHT Bring mince pies Sign-up by 5pm - either in a team (8) or register interest as an individual to davidsquiznights@gmail.com	PUZZLE NIGHT Bring snacks No need to sign up, turn up and be ready to be allocated to breakout rooms to work on some simple puzzles. Emphasis will be on connecting with others.	DESERT ISLAND DISCS Wine and cheese Hear about the lives of three Emmanuel imaginary castaways through music that means most to them. No need to sign up, just join at 19.30	FUN NIGHT IN Bring snacks Activities, games and relaxation suitable for all ages in random allocated breakout rooms No need to sign up just join at 19.30 with a pen and paper	
<h2>SUGGESTED ACTIVITIES</h2>					
WALKS		ALL AGE		20-30s	
HAPPY VALLEY - with soup ADDINGTON HILLS - with mince pies COOMBE GARDENS - with Christmas cake CONDUIT LANE - with cheese & biscuits SELSDON NATURE RESERVE - nuts & fruit		PARISH MONOPOLY CYCLE RIDE - to Cutty Sark CHRISTMAS LIGHTS WALK CROHAM HURST TORCH WALK LLOYD PARK GEOCACH		HAPPY VALLEY - with soup RUN - 5KM AND 10KM CHRISTMAS LIGHTS WALK CYCLE - 35KM SELSDON NATURE RESERVE - nuts & fruit	
<p>Please note that Tier 4 does NOT allow meeting people outside your bubbles.</p> <p>The activities above are suggestions for you to do under prevailing COVID guidance.</p> <p>There are therefore no specific times or days - please choose when to do safely</p>					

ACTIVITIES

1. HAPPY VALLEY WALK	3
2. ADDINGTON HILLS WALK	8
3. COOMBE GARDENS	18
4. CONDUIT LANE	19
5. SELSDON NATURE RESERVE	20
6. PARISH MONOPOLY	24
7. CYCLE RIDE TO CUTTY SARK	25
8. CHRISTMAS LIGHTS - CROYDON	26
9. CROHAM HURST TORCH WALK	27
10. LLOYD PARK GEOCACHING	28
11. RUN - 5km and 10km	31
12. CYCLE - 35km	33

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The following activities are suggestions for you to do under prevailing COVID guidance.

There are therefore no specific times or days - choose when to do safely.







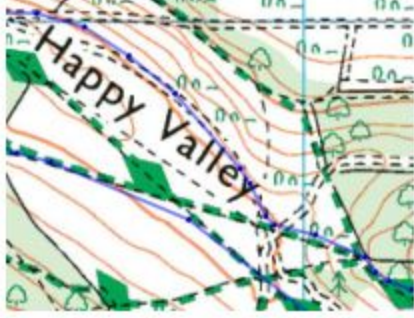

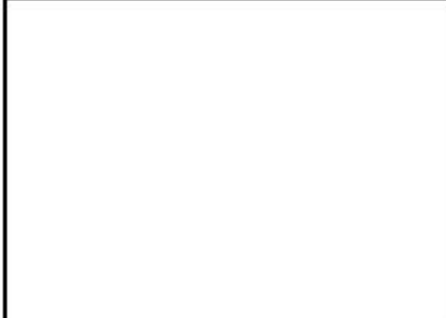

1. HAPPY VALLEY WALK

Happy Valley car park near the Fox Pub on Fox Lane. Postcode of Fox pub is CR3 5QS

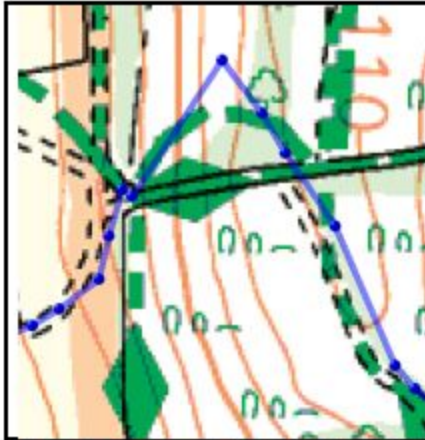
The walk has some slippery slopes, uneven paths, and mud. Walking boots are strongly advised. It is 3 miles long and involves 300 feet of ascent. The walk starts at the Happy Valley Car Park which is beyond the Fox Pub on Fox Lane (the post code of pub for car sat nav is CR3 5QS). The entrance to the car park is underneath a yellow metal barrier. The overview map of route is shown below.



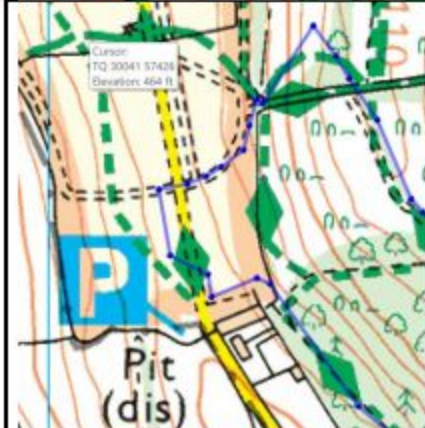
Happy Valley (cont'd 2)

		<p>The entrance to the car park. The walks starts straight ahead along a well-made track from the car park.</p>
		<p>Straight ahead along this tarred track.</p>
		<p>The tarred track then bears to the right and descends. Its surface breaks up. Continue following track until it opens out from wood into Happy Valley.</p>
		<p>Follow on down grassy slope which can be slippery and bear right towards bottom of slope onto this well-made path (shown on map above "Happy Valley" text). This avoids some mud. Continue along here for about 0.5 miles.</p>
		<p>Towards the end of this section the path becomes muddy.</p>

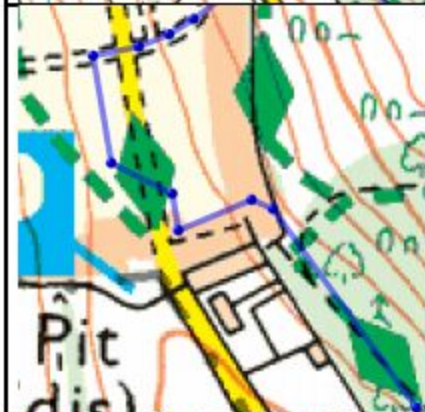
Happy Valley (cont'd 3)



At the end of the track we come to fence with a gate through it. Go through the gate (could go left here but the track is steep and washed away). Then continue along track shown up slope which doubles back on itself.



Bear left at the end of this section and go ahead to cross road. You should see a car park and to the right of that some information boards about Farthing Downs.

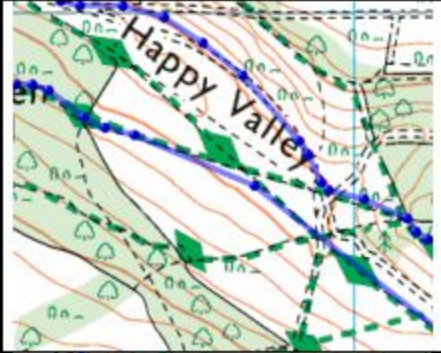

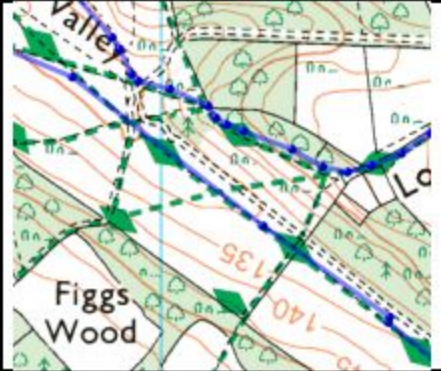


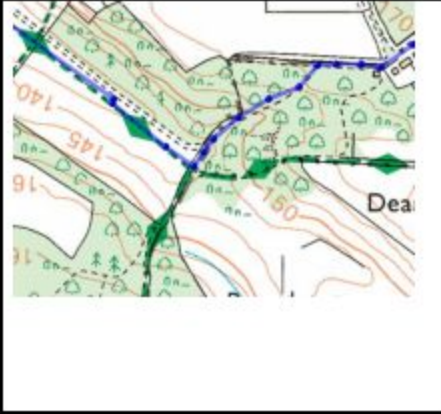



Now cross the road again and walk downhill along grass path in front of these houses. At the bottom of slope turn right to join path that goes gradually downhill.



Keep along this path through Devilsden wood as it slowly descends to the valley.

Happy Valley (cont'd 4)

		<p>Note: lower track shown is one to follow - the upper track was on our way out.</p> <p>Where path leaves wood keep straight ahead going gradually downhill to valley bottom.</p>
		<p>Note: lower track shown is one to follow - the upper one was on our way out.</p> <p>Another picture where keeping straight ahead to valley bottom.</p>
<p>See map above</p>		<p>This is track along valley bottom.</p>
		<p>At the end of the valley, when meeting the wood, turn left on the footpath shown. This footpath is narrow, and very uneven. Whilst the path is muddy in places it is much better than that on Dean Hill (overview map) which is VERY muddy.</p>

Happy Valley (cont'd 5)

		<p>Follow path (another picture left) and onto road. Past a few houses on right. Then turn left through a gate where a road comes in from the right (see picture of gate below).</p>
		<p>This shows gate to go through on left turn from road. Then go straight ahead around pub and its car park. Then turn left along road back to the car park we started from.</p>

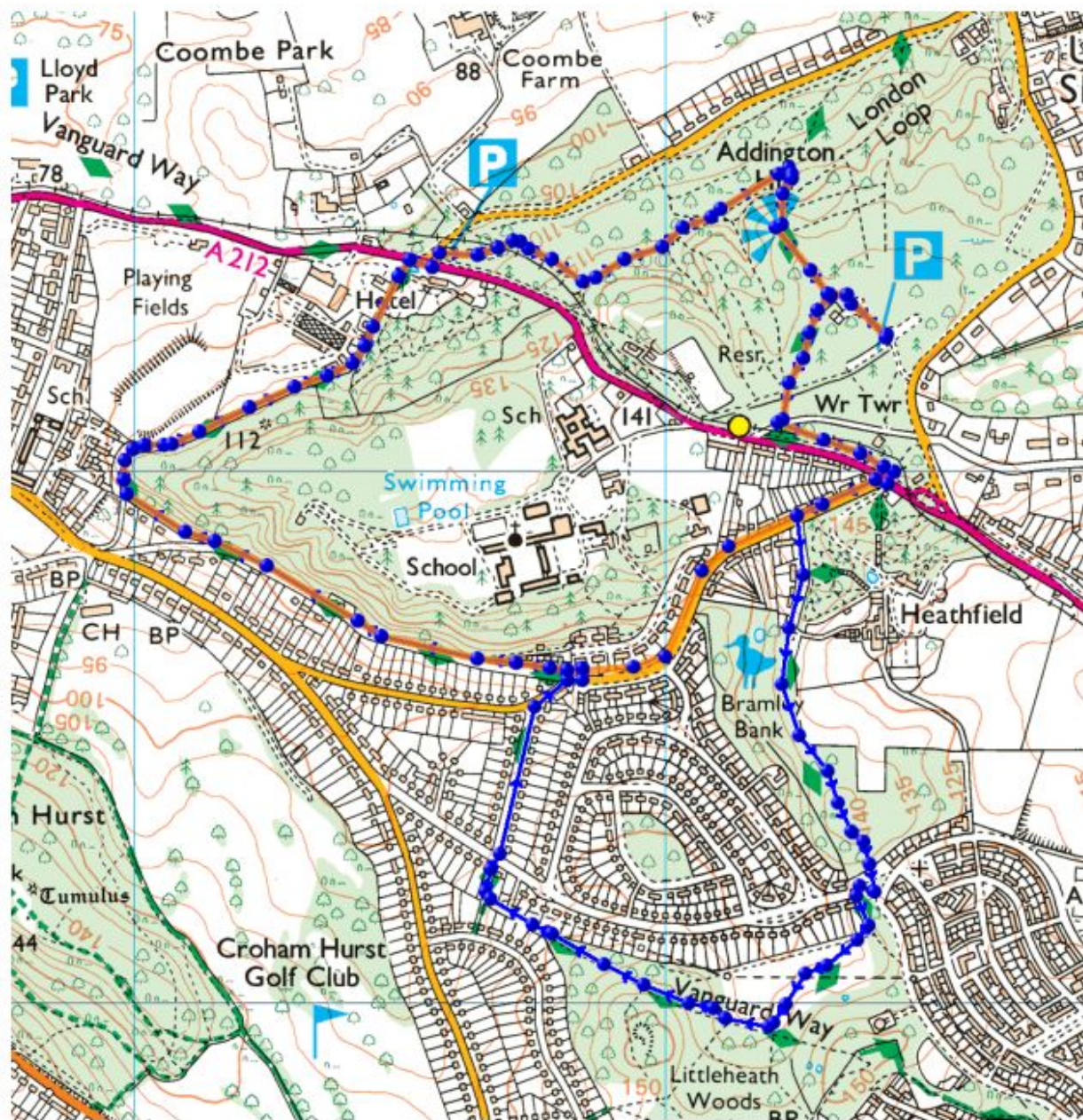
[CLICK TO GO TO ACTIVITY LIST](#)

2. ADDINGTON HILLS WALK

Car park at CR0 5RF

The walks start at the Addington Hills Car Park off Shirley Hills Road. From Coombe Lane turn left or from Gravel Hill turn right into Shirley Hills Road. The entrance to the car park is the second road on the left as the road bends to the right. You will see a tall post with a green sign on the top for the "Royal Garden" Chinese restaurant pointing down the road.

The longer walk is 3.7 miles and follows mostly the same route as the shorter walk but diverts to visit Bramley Bank and Littleheath Woods which makes it 1 mile longer than the short walk which is only 2.7 miles long. There is mud on both walks but particularly on the long walk so wear suitable footwear. The long walk has roughly 330 feet of ascent and the short walk 220 feet of ascent.



Addington Hills (cont'd 2)



The walk starts at the car parks. This picture shows car park on left and right of road. There is another small car park at the end of the road. The map shows the walk starting from car parks in picture.



Walk to the car park at the end of the road (picture far left) and exit via the barrier in the car park. Continue straight ahead for short distance and turn left at the intersection of paths shown (picture on left).



Keep straight along this path.

Addington Hills (cont'd 3)



When you get to the fork shown (picture far left) take left fork where there is tree across the path which you will need to walk around the right of.

When you get to a T junction turn left (picture left).

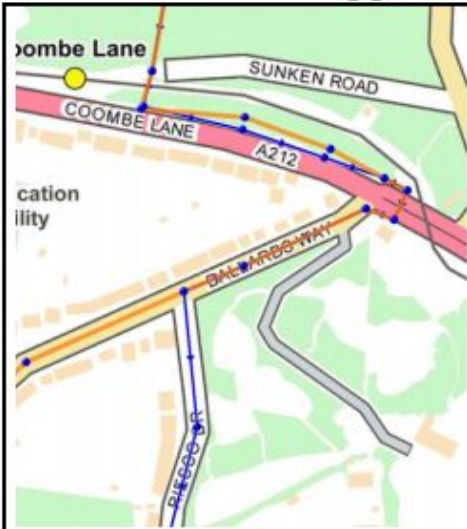


Shortly after turning left keep your eyes out on your right for a blue tramway sign (picture far left). Walk a little way towards the left of this sign. We will cross the tram lines as shown (picture left) with the tram stop on our right.

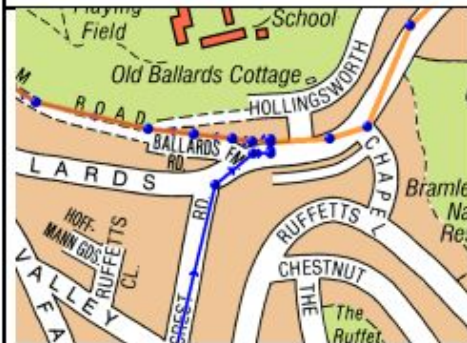


Having crossed the tram lines and before the road turn left. Sign with a London Loop marker points the way (picture far left). Continue along path until you reach point where tram lines cross the main road. Cross at the lights just before tram lines and turn right.

Addington Hills (cont'd 4)



Walk a very short distance before turning left down Ballards Way. After walking a little down here you will reach Riesco Drive on your left (picture left). **For the long walk turn left along Riesco Drive. For the short walk continue walking down Ballards Way.**



For the **short walk** continue ahead along Ballards Way until the road bears left and there is a brick wall on the right. Just beyond the brick wall go right (actually looks to be straight ahead) along Ballards Farm Road. This is where the **long walk rejoins us**. Follow those instructions from this point.



For the long walk At the end of Riesco Drive continue straight ahead on path through Bramley Bank.

Keep straight ahead on main path following London Loop waymarks.

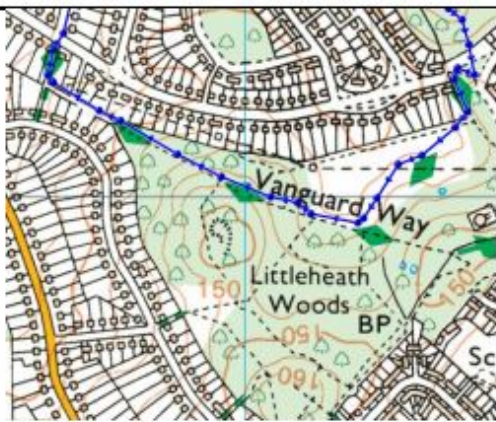
Addington Hills (cont'd 5)



On exiting Bramley Bank you will be able to see St Francis Church on the left (not shown). We however bear right across the grass to the road (picture far left). You then need to turn right down path with metal railings on the right (picture left). Walk down path and turn left just before a fence on the left.



This takes us into Littleheath Woods (picture on far left). Walk a short way along this track until there is a tree across the track and a London Loop Post on the left of path points right. Turn right here.



Once out of wood keep straight ahead here. Do not take the right fork.

The map on the left shows overview of our route through Littleheath Woods.



When in the field (picture far left) there is a three way branch of paths. The one to the right goes towards an electricity pylon. More or less straight ahead goes into the woods in the distance but **we need to bear left slightly uphill** past the London Loop sign and some trees to our right. Continuing on we enter the woods again by this London Loop sign (picture left).



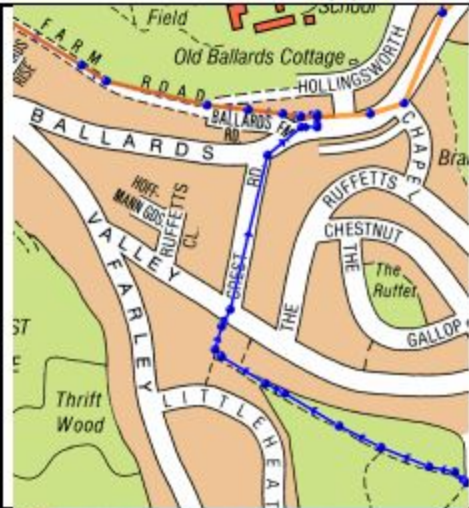
Shortly after entering the wood we turn **right** along the Vanguard Way.



Continue ahead for some way along this path (picture far left).

(Picture on left) Keep straight ahead here along main path. Path becomes enclosed between fences. Then keep ahead to the left of a dog poo bin and electricity substation.

Addington Hills (cont'd 7)



And at this T junction turn right. Then straight ahead to the road.



Then cross road and walk straight ahead up Crest Road (picture on far left).
At the end of Crest Road turn right (picture on left).








Then after short distance turn left into Ballards Farm Way.

The short walk re-joins again here

Addington Hills (cont'd 8)

		<p>Keeps along Ballards Farm Road as it turns from tarmac to well surfaced hardcore. Keep straight ahead where picture on left is taken (following signpost saying "Conduit Lane (Vanguard Way) 230 yds".</p>
		<p>Where Ballards Farm Road comes to an end (see picture far left) turn right along a path signposted "Conduit Lane Coombe Road (Vanguard Way)". The picture on left shows this path is muddy in places.</p>
		<p>At the end of the path (picture on left) go straight ahead along road (Conduit Lane) to the main road (Coombe Lane).</p>
		<p>At main road turn right and cross road at the central reservation shown (picture on far left). Walk into car park and turn right. Walk to the end of car park and then straight ahead onto a track that runs beside an electricity substation.</p>

Addington Hills (cont'd 9)

		<p>And then across the tram tracks (picture far left) and immediately turn right up path.</p> <p>See picture left – keep straight ahead on path close to tram tracks here.</p>
		<p>Where the track forks (see picture on far left) bear left and then turn left away from the tram tracks.</p> <p>Keep straight ahead on the track for some distance with open woodland on the left (picture left).</p>
		<p>See picture far left – At this point keep to left hand path (not the path with a tree across it) although they run close to each other. Keep walking.</p> <p>See picture left – Eventually at this point, just after a felled tree stump in path, we turn right . Continue steeply uphill following the London Loop markers. There are then some steps to climb before we arrive at the view point. Take some time to enjoy the view from here.</p>



[CLICK TO GO TO ACTIVITY LIST](#)

3. COOMBE GARDENS

Coombe Wood, CR0 5RQ - Junction of Coombe Lane and Conduit Lane

Coombe Woods is a beautiful woodland with an ornamental garden located in Croydon in south London.

A path through the gardens leads you past each planted 'room' and the cafe may be available for a coffee and cake, or why not a hot drink with some Christmas cake.

[CLICK TO GO TO ACTIVITY LIST](#)

4. CONDUIT LANE

Postcode: CR0 5RQ

Consider taking the following couple of walks:


1. One hour walk Conduit Lane, Climb Gardens, Lloyd Park.

2. Two hour walk
 - Croham Hurst, Littleheath Woods, St Francis. Church, Bramley bank, Heathfield Gardens, the viewpoint, Shirley hills, Lloyd park.

[**CLICK TO GO TO ACTIVITY LIST**](#)

5. SELSDON NATURE RESERVE

Selsdon Wood Nature Reserve CR0 9HU. Main entrance off Old Farleigh Road.

Friends of Selsdon Wood
Working to improve our wood 

Selsdon Wood Local Nature Reserve
also known as the 'Bird Sanctuary'

Red & Green Walking Routes

81 hectare (200 acre) Selsdon Wood offers a range of meadow and woodland habitats.

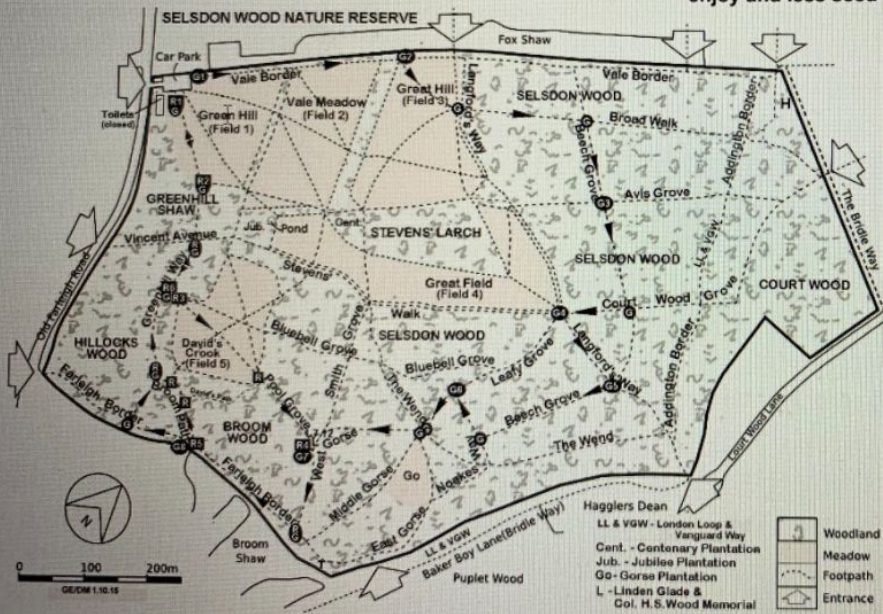
ABOUT THE ROUTES
QR codes at numbered posts link to FSW website. Both routes are marked by wooden posts and start at the car park. They can be walked in reverse.

RED (R1 to 6) 1.6km or 1 mile. Easy walk, but a moderate slope at the start.


GREEN (G1 to 8) 3km or 2 miles. Some slopes and uneven paths.

R & G - Un-numbered directional posts. Diversions are (bracketed).

Taking identification books will add to your enjoyment
Please do not pick the flowers - there will be fewer for others to enjoy and less seed to grow next year.



The map shows the layout of Selsdon Wood Nature Reserve with various walking routes marked by numbers 1-8. Key areas include Green Hill (Fields 1-3), Stevens Larch, Great Field (Field 4), and Court Wood. Landmarks like the Car Park, Toilets, and various groves are labeled. A scale bar indicates 0, 100, and 200 meters. A legend identifies symbols for Woodland, Meadow, Footpath, and Entrance.



The Friends of Selsdon Wood are volunteers working with Croydon Council to ensure that Selsdon Wood is maintained for the benefit of the flora and fauna, as well as for the enjoyment of the public. Look for our work which includes removing foreign trees, creating diverse habitats & putting up nest boxes.

To contact the Friends: phone 020-8657 0423 or e-mail: selsdonwood@gmail.com
Our website: www.friendsofselsdonwood.co.uk has a wealth of information about Selsdon Wood and what we do.

We would welcome your support. To join us 'tap' Contact Us on our Home Page.

Flora & Fauna

We can only name a few of the natural things you may see

The meadows in spring and early summer are a mass of wild flowers with their attendant butterflies and day-flying moths. Wild flowers include - Ox-eye Daisy, Field Scabious and Greater Yellow Rattle - this plant parasitizes grass roots and increases biodiversity by restricting the grass growth. Early purple and pyramidal orchids are found and a few others appear periodically. Butterflies and moths include: Marbled White, Common Blue, Meadow Brown, Small Heath, Gatekeeper and 6-spot Burnet.

In the woodland, Honeysuckle can be seen growing through the branches of trees. This is the food plant of White Admiral caterpillars. The woods provide a profusion of wild flowers in their seasons. Bluebells and Wood Anemones in spring, followed by Yellow Archangel, Wood Spurge, Foxglove and Dog's Mercury. Look along the paths for: square stemmed Figwort - used by medieval herbalists, Wood Sorrel - much like Wood Anemone but with three lobed leaves and Greater Stitchwort. Speckled Wood butterflies can be found basking on the ground. Red Admiral, White Admiral, Peacock, Comma, Silver-washed fritillary and more feed on the Brambles and Buddleia in summer.

You may ask - Where are the birds? With woodland birds your greatest asset is to learn their calls and songs. The woodland is home to tits - Great & Blue are common, Coal, Marsh & Long-tailed Tits less so. Nuthatches, with their loud piping calls, can be seen climbing up and down the trees and the less conspicuous Treecreepers climb up one tree then fly to the base of another. Great-Spotted Woodpeckers with their loud drumming in spring and staccato 'chick' calls are common. Green Woodpeckers with their loud 'laugh' & Lesser Spotted with their softer drums and calls are scarce. Blackbird, Song & Mistle Thrush, Wren, Robin & Dunnock are common. Look for tiny Goldcrests - mainly on conifers. Chaffinches are common. Greenfinches and Goldfinches appear mainly on the Court Wood edges of the wood. Siskin in winter & Bullfinch are scarce. Sparrowhawk breeds and sightings of Buzzard overhead are becoming more frequent.

On migration anything can occur. Coppiced woodland, when mature, attracts warblers like Chiffchaff & Willow Warbler.

Newly cut plots allow sunlight to penetrate and warm the ground, and allow masses of wild flowers appear.

Foxes are very common. Roe Deer, Rabbits & very elusive Muntjac appear in the late evening and early morning. Squirrels abound and, with Jays, will be seen burying acorns in Autumn. Badgers are common but you have to be out very early to see a Badger on its way home to its sett. Moles, Rats, Mice, Voles & Shrews are rarely seen.

Fungi can appear anywhere in the wood. They can be found throughout the year but are more prolific in autumn. Look for bracket fungi on fallen and standing timber. In June look for the large, bright yellow 'Chicken of the Woods'.

Other Items of interest in Selsdon Wood

• **Herb Paris:** It is the FSW logo. April-June. Black berried. From the NW end of The Bridle Way walk up the hill looking through the fence into the wood. It may have 4, 5 or 6 leaves. **H** on the map.



• **Toothwort:** April-May. Pink, it has no green leaves and is parasitic on the roots of Hazels. From the **R/J G.** post at the S end of West Gorse walk E along East Gorse - just before it bends to the left look at the bottom of Hazels on your right. **T** on the map.



• **Addington Border ditch.** - Parallels Addington Border and crosses Court Wood Grove just NE of that path. It marks the old boundary between the Archbishop of Canterbury's Addington estate and Croydon. It can also be seen crossing Avis Grove & Broad Walk. Note the 1928 Borough Boundary marker in the ditch by Court Wood Grove. There are the remains of old field edges marked by flint ridges across Court Wood Grove and other paths.

• **Centenary Plantation:** An Oak plantation celebrating the Borough of Croydon's Centenary 1883 - 1983. It is the home of White & Broad-leaved Helleborines - related to Orchids.

• **Jubilee Plantation:** Oaks & Beeches planted by Croydon Girl Guides in 1977 to mark our Queen's Silver Jubilee. In 2012 Selsdon Girl Guides planted 60 trees to mark her Diamond Jubilee.

RED ROUTE:

R1. Follow the path up the hill, past the wooden bear on your right. This part is steep but there is a seat at the entrance to the wood. Pyramidal Orchids appear on the right-hand side of the path in summer.

R2. Enter the wood. In spring the wood is alive with wildflowers, dainty white Wood Anemones are followed by a blanket of Bluebells, whose scent hangs heavy in the air. To the right of the path are a few small Spindle trees. These have small, quaint, green flowers in early summer followed by curious pink and orange berries. Spindle wood is hard and tough and was formerly used for making spindles, knitting needles and skewers.

You may notice a wooden plaque on a Pine tree set back on the left-hand side of the path - it marks the Maruje Dale Plantation. In 1979 a group of youngsters took part in a Youth Opportunities Scheme run by Croydon Parks Department. They learned coppicing, maintenance work and were taught to make benches and bird boxes with the wood. The name came from an anagram from the names of those that took part. Recently the Friends have removed foreign Sycamore to form open glades to encourage diversification.

R. Continue straight on at the cross track.

At the next fork bear left to emerge into another field.

R3. Follow the sign post across the meadow towards Pool Grove. (If you divert along left of the field you may find Cowslips in spring and Pyramidal Orchids in summer.) The far side of the field is a mass of white Blackthorn in Spring and black sloes in Autumn. To your right as you approach Pool Grove is a single White Poplar. The bark is silvery grey with distinctive diamond shaped markings known as rhomboid lenticels. The small leaves are shiny on the upper side but covered with white felt on the underside so that they show white when in bud or when blown by the wind. From a distance the buds look like blossom but close inspection shows they are leaves. This tree mainly propagates by means of root suckers, which can spread to form colonies. To help these establish the Friends have protected them from deer with plastic guards.

R. Continue down Pool Grove to reach a clearing.

R4./ G7. Linden Glade (L on the map). Rest for a while on one of the benches. Listen to the bird song. The Friends are attempting to repair the old pond. A bird bath is on the top of the rock pile – please spare some water for the birds if you have any and perhaps make a wish! This is a good place to see butterflies in summer. 6 Small-leaved Lime trees form an arc - their flowers are attractive to insects. This is the best area to hear the female Tawny Owl's 'twick' and the male's 'ho hooo' after dark in early spring.

Here too there are Corsican Pines which drop cones in the autumn and a large female Holly bush which bears white flowers in the springtime and in autumn and winter is resplendent with red berries.

Red route continue right (Green route continue left) past the Memorial to Col. H.S. Wood and continue on to the T junction.

R./ G. Turn right along Farleigh Border. The large Holly tree has a superstitious past. It was bad luck to cut down and was also thought to ward off evil spirits. Roe Deer and Skylark may be seen in the farmer's field on your left. In winter flocks of Redwing & Fieldfare may appear here.

R5. At the junction turn right leaving the Green Route.

R. Ignore the minor path on your right.

R. As the path turns left - on your right is a large very old Wild Cherry tree which dominates the spot. The shiny flaky bark peels off in strips. See how many of its offspring you can spot.

(If you divert a little way to the right, into the field - on the left you can see 3 Oaks and a plaque that marks the 1986 50th Anniversary of Selsdon Wood becoming a National Trust reserve. Also there is a small stand of Alder trees - they have catkins in spring and small cone-like fruits develop in autumn. Return to the path.)

R./ G. Turn right at the T-junction rejoining the Green Route.

R6./ G. Continue straight on down the hill. Sweet Chestnuts can be seen. Introduced by the Romans, in Autumn the chestnuts litter the woodland floor. The nuts are housed in spiny husks and are edible but quite small. Look for a Sweet Chestnut tree with 3 stems, coppiced long ago.

R./ G. Walk on down to the car park.

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- **Toothwort:** April-May. Pink, it has no green leaves and is parasitic on the roots of Hazels. From the **R/J G.** post at the S end of West Gorse walk E along East Gorse – just before it bends to the left look at the bottom of Hazels on your right. **T** on the map.



- **Addington Border ditch.** – Parallels Addington Border and crosses Court Wood Grove just NE of that path. It marks the old boundary between the Archbishop of Canterbury's Addington estate and Croydon. It can also be seen crossing Avis Grove & Broad Walk. Note the 1928 Borough Boundary marker in the ditch by Court Wood Grove. There are the remains of old field edges marked by flint ridges across Court Wood Grove and other paths.

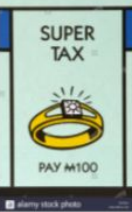
- **Centenary Plantation:** An Oak plantation celebrating the Borough of Croydon's Centenary 1883 – 1983. It is the home of White & Broad-leaved Helleborines – related to Orchids.

- **Jubilee Plantation:** Oaks & Beeches planted by Croydon Girl Guides in 1977 to mark our Queen's Silver Jubilee. In 2012 Selsdon Girl Guides planted 60 trees to mark her Diamond Jubilee.


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6. PARISH MONOPOLY


Using the Emmanuel Parish monopoly board below, follow the instructions to photograph yourself at each location in the attached link map. Send your photographs to office@emmanuelcroydon.org.uk



Where could you get your nails done in the parish?




Take a photo of a dog on your walk.





Can you find somewhere in the parish where you can take a pic of yourselves that looks like you are in jail? Behind some railings?

Go straight to 'go'. What is your favourite place in the parish?




Take a photo of a favourite car you have spotted on your walk.






Emmanuel Parish Photo challenge!



You don't have to pay school fees but can you find a school in the parish?




Can you find a car park in the parish?




Can you find the site of the old Selsdon Railway station?




Can you find the electric station on Hurst Way?



Who has the muddiest boots at the end of the walk?

Where could you get a drink from, in the parish?





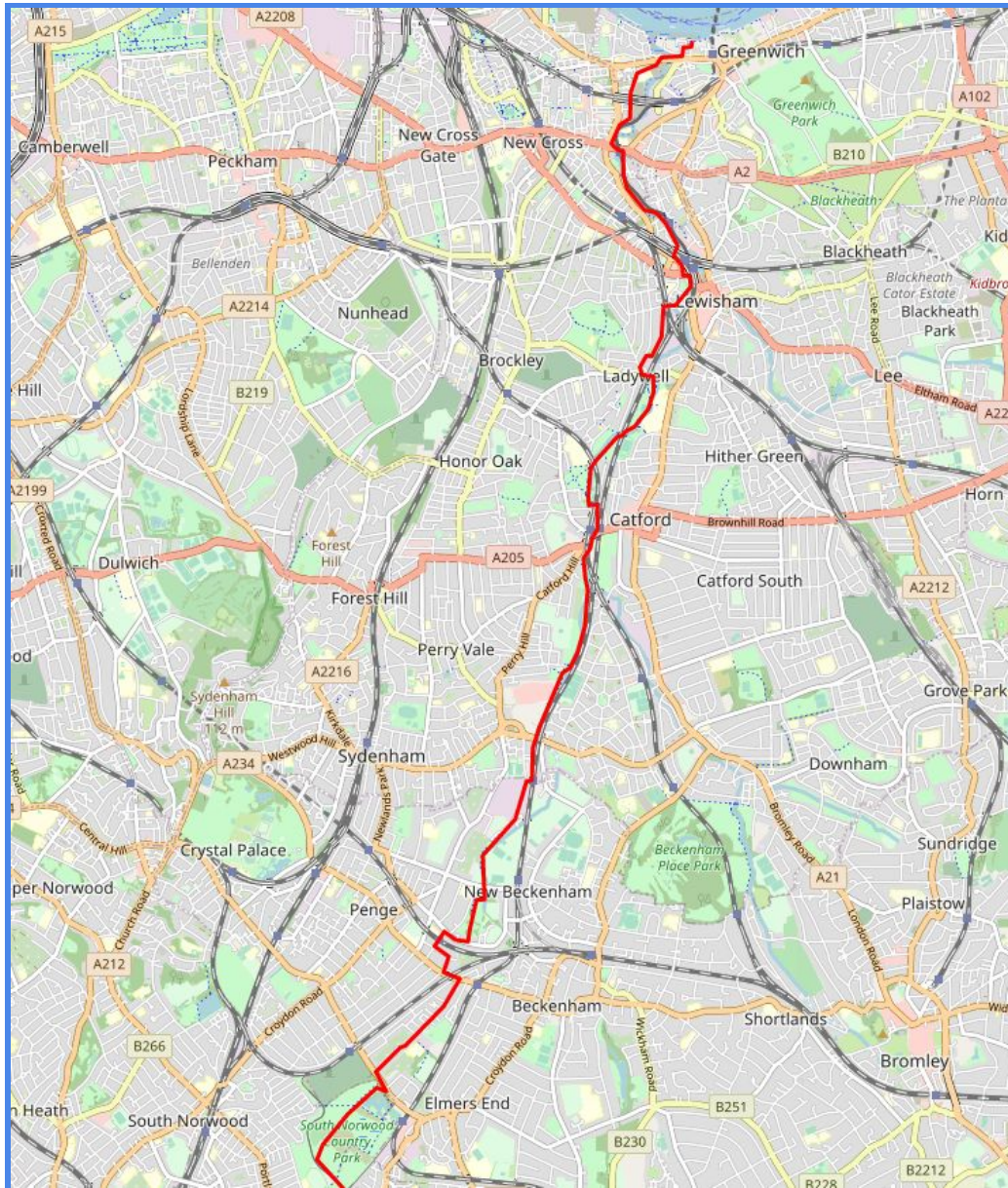
[CLICK TO GO TO ACTIVITY LIST](#)

7. CYCLE RIDE TO CUTTY SARK

Cycle from Elmers End along the Canal to Greenwich and back.

Follows the National Cycle route 21, taking you through south east London. The ride ends by the Cutty Sark on the Thames in Greenwich. Pick up the route near Elmers End Station passing through South Norwood Country Park, heading to New Beckenham and along Pool and Ravensbourne Rivers. Full details at

<http://www.gps-routes.co.uk/routes/home.nsf/RoutesLinksCycle/greenwich-to-croydon-cycle-route#>



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8. CHRISTMAS LIGHTS - CROYDON

Admiring beautiful (and/or extravagant!) lights is something that many people enjoy over Christmas.

We may not now be able to travel far to see the lights in Central London (although I understand that there are some amazing displays again), so maybe this year the challenge is to see what lights there are closer to home!

- Central Croydon - there is a display of thousands of LED (environmentally conscious) lights across 8 streets in Croydon town centre:
 - Lansdowne Road
 - Surrey Street
 - George Street East
 - George Street West
 - High Street
 - Church Street
 - Crown Hill and
 - North End.
- Pinewood Close in Shirley (off Shirley Church Road) is famous for its incredible displays - it is slightly reduced this year but still worth a visit. Park locally and walk around the close
- Good displays have also been sighted on
 - Westfield Avenue (apparently there is a new window displayed at 6pm each day),
 - Honister Heights,
 - Lower Morden Lane and
 - Riddlesdown Avenue.
- Christchurch Purley has an event called Wonder Windows which sounds great! And
- Don't forget our own Emmanuel Church on Normanton Road, which will be lit up from 3pm til midnight until 6 January.

There will be lots of others - each time we go for a walk we see more LED reindeer, santas clinging to roof tops etc.

So why don't you take a walk in your bubbles and see what you can find?

[**CLICK TO GO TO ACTIVITY LIST**](#)

9. CROHAM HURST TORCH WALK

Why not head to Croham Hurst woods around 4pm - just as it gets dark.

Don't forget your torch and enjoy exploring the woods as it gets dark.

Don't forget to take some treats to eat while you look at the lights across the valley at the top

[**CLICK TO GO TO ACTIVITY LIST**](#)

10. LLOYD PARK GEOCACHING

With thanks to Rebecca P rebeccap1975@outlook.com

What is geocaching?

Wikipedia says:

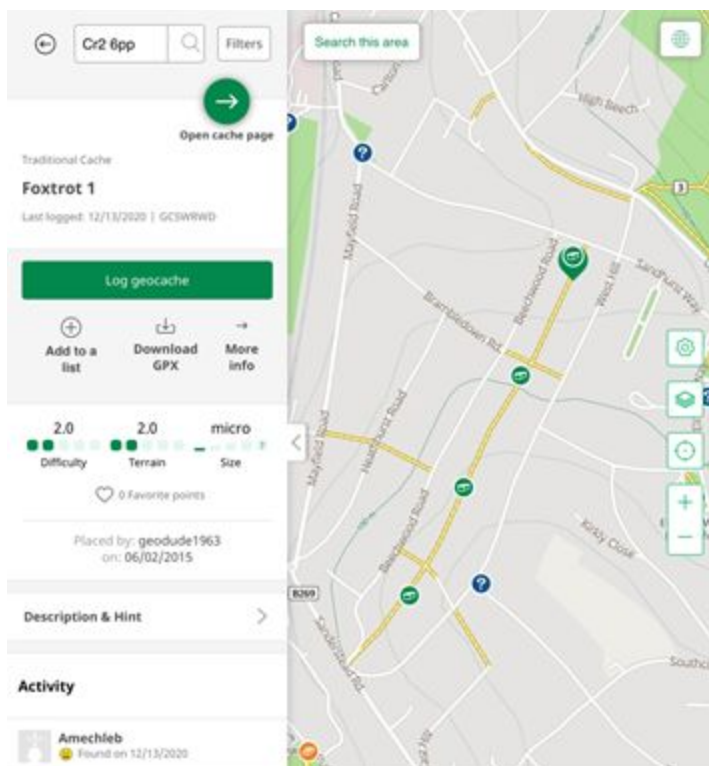
Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System receiver or mobile device and other navigational techniques to hide and seek containers, called "geocaches" or "caches", at specific locations marked by coordinates all over the world.

In other words it's a treasure hunt where you search for the hidden 'caches' using co-ordinates, some of which are only revealed after solving a puzzle. You can use a handheld GPS device or using the Geocaching app on your phone. It adds a bit more excitement to daily exercise, and gives kids (at least my kids) a valid reason to be on their 'phones' outside..

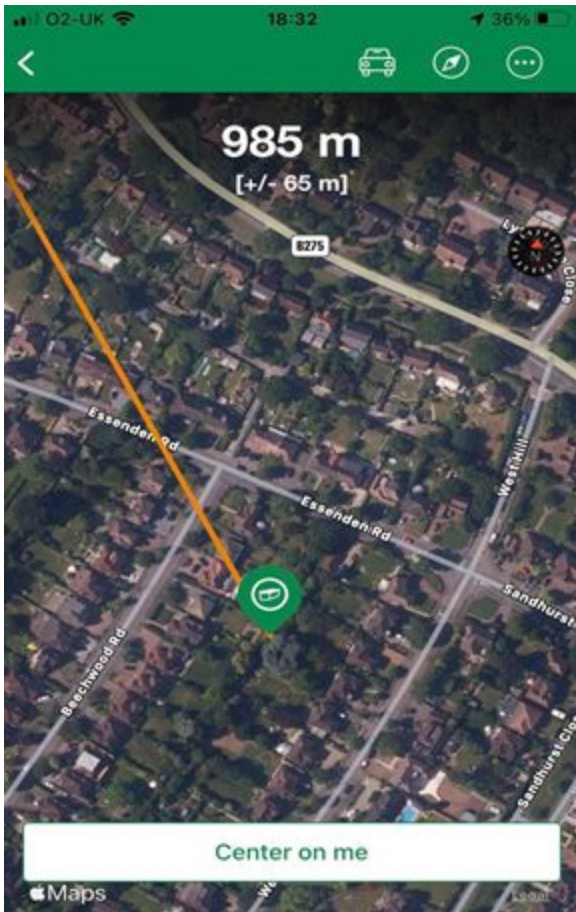
How do you do it?

<http://www.geocaching.com> is the main website for finding and logging your caches. Some caches are available on the free version of the website (there's a good free trail near West Hill you can see from the below map, link to first one

<https://www.geocaching.com/play/map?lat=51.348622&lng=-0.091478&zoom=16&asc=true&sort=distance&st=Cr2+6pp>)



Clicking on the treasure chest icon brings up info about the cache, if you are using the free to download app it will then show a navigate button, this shows where the cache is 'as the crow flies' and how far away it is. If you click on the compass point icon it will bring up a compass to show how far and in what cardinal direction you must travel.



If you are using the website not app then the map linked to above shows the approximate location and then the cache page has hints to help.

Cache etiquette

Caches are hidden and thus should only be accessed when you cannot be seen by others. Some may be difficult/impossible (depending on ability to climb/access to ropes etc) to actually retrieve, for the purposes of this we have determined that sight of the cache was enough, although purists would disagree. If you do find the cache you will need a pen/pencil to sign the log and etiquette dictates you put something in and take something out (a sweet, charm, small interesting thing). Then return it to its hiding place, if it was obscured please return it to the same state.

IF POSSIBLE PLEASE WEAR GLOVES WHEN HANDLING CACHES, OR SANITISE HANDS BEFORE AND AFTER AND MAKE SURE YOU WASH THEM AS SOON AS POSSIBLE AFTERWARDS

Lloyd Park route

First, a confession. The first cache we aimed for we couldn't find. It has a puzzle to find the coordinates, it's this one <https://www.geocaching.com/geocache/GC6E6P2> if anyone does figure it out please let me know.

The caches are on the paid for version of the app, so for this special one off I've translated them into saved Google maps places – all on this list <https://www.google.com/maps/placelists/list/CUBTLiMZSn28Qd3nFON4fQ> - you can see the caches as red pins on the map below.

They are also on this list on geocaching.com (<https://coord.info/BM8YJVP>), if you have the paid for version you can use only this to find them, if not you will need to follow the instructions below.



1. Starting at the car park the first cache is called Nice on Cyril, Nice one son. We recommend you look in ALL directions. If using the app it's cache GC4RWGQ, co ords N51 21.930', W 0 4.845' (Google does funny things with them if you use Google maps, it does seem to find them ok but if you save them they get changed as in the map). This is available to all on the app, not only paid for members.
2. Heading up and across the next cache is called MBH-Better safe than sorry, which is GC4E4RN (N 51 22.038', W 0 4.635'). Unless you have specialist equipment it is v unlikely you will be able to actually get to the cache itself. Just spotting it was enough for us!
3. This is a big trek to Tempest Fury (GC4RXY1 on the app, co ords N 51 22.123', W0 3.905'), please be careful of footing for boggy ground, and vicious undergrowth. Clue - make sure you have an incey look at head height.
4. Eye of the tempest (GC4RXZH on the free app for everyone, N 51 21.911', W 0 4.142'). This was the most tricky for us, we think we found the cache but were not lichen looking around much, too many people watching. Also you may need tools to get it out! If you find this it gives you a big hint for no 5 and vice versa.
5. Tracking the tempest (GC4RY10, N 51 21.833', W 0 4.358') took us back towards the car park. Again beware the undergrowth . Hint from Geocaching - Alan was 36 when he hid this!

This was the final one we did on our walk, there are others in the park but it was getting dark, walked over 2 miles and been out over an hour. If you do do others please let me know. When we get back to Church post-Covid there's even one there (or has been until recently <https://www.geocaching.com/geocache/GC5Y9HD>)

I hope you enjoy it, I have photos of the caches in situ I can share with anyone if they wish after trying, just email me at rebeccap1975@outlook.com . I also have some routes around Coombe Wood Gardens and another in the roads near Church saved in the Geocaching app I am happy to share, but you will need the paid access.

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11. RUN - 5km and 10km

Below are links to two runs - one 5km and 10km, starting and finishing at the church.

5km run

The screenshot displays a Google Maps interface with a blue running route in South Croydon, UK. The route starts and ends at St Peter's Primary School, South Croydon. The map shows various streets including Coombe Rd, Croham Rd, and Park Hill Rd. Key landmarks like Park Hill Park, Lloyd Park, and Rutherford School are visible. The interface includes a search bar at the top left, map controls at the top right, and a directions panel on the left side. The directions panel lists 19 steps for the route, starting from 0 mi and ending at 1.94 mi. The map also shows a distance of 3.02 MI and options for map style (USA Topo, World Topo, Map, Satellite) and navigation controls.

Choose map location
Address or Zip/Postal | SEARCH

Get Directions | Import Help ?

Route Details
Log as a Workout
Directions / Notes

0 mi Walk south-east on Rockhampton Rd towards Normanton Rd
0.01 mi Turn left onto Normanton Rd
0.33 mi Turn right onto Croham Rd
0.45 mi Turn left onto Croham Manor Cl
0.73 mi Turn left onto Coombe Rd/ A212
0.73 mi Turn right onto Lloyd Park Ave
0.74 mi Walk north-east on Lloyd Park Ave
0.88 mi Slight right to stay on Lloyd Park Ave
0.9 mi Slight right
1.09 mi Continue onto Deepdene Ave
1.11 mi Turn right onto Ranmore Ave
1.2 mi Walk west on Ranmore Ave towards Radcliffe Rd
1.28 mi Turn right onto Deepdene Ave
1.37 mi Turn left onto Selborne Rd
1.68 mi Walk south on Park Hill Rd/ B243 towards Fairfield Path
1.93 mi Enter the roundabout
1.94 mi Walk north-west towards Coombe Rd/ A212

USA Topo World Topo Map Satellite

DISTANCE 3.02 MI

UNDO CLEAR CENTER
OUT+BACK REVERSE RETURN

Auto Follow Roads
Avoid Highways

Map data ©2020 Terms of Use

10km run

Choose map location

Address or Zip/Postal

Get Directions | Import | Help ?

Route Details

Log as a Workout

Directions / Notes

- 0 mi Walk south-east on Hurst Way towards Harewood Rd
- 0.2 mi Turn left onto Croham Manor Rd
- 0.21 mi Walk north on Croham Manor Rd towards Bankside
- 0.58 mi Continue onto Croham Manor Cl
- 0.85 mi Turn right onto Coombe Rd/ A212
- 0.86 mi Walk east on Coombe Rd/ A212 towards Croham Park Ave
- 1.46 mi Turn right onto Conduit Ln
- 1.48 mi Walk north-east on Conduit Ln towards Coombe Rd/ A212
- 1.51 mi Turn right onto Coombe Rd/ A212
- 1.52 mi Turn left onto Oaks Rd
- 2.28 mi Turn right at Upper Shirley Rd
- 2.29 mi Walk north-west towards Upper Shirley Rd
- 2.3 mi Turn right onto Upper Shirley Rd
- 2.78 mi At the roundabout, take the 2nd exit onto Shirley Rd/ A232
- 3.03 mi Walk south towards Shirley Rd/ A232
- 3.05 mi Exit the roundabout onto Addiscombe Rd/ A232

USA Topo World Topo Map Satellite

DISTANCE 6.1 MI

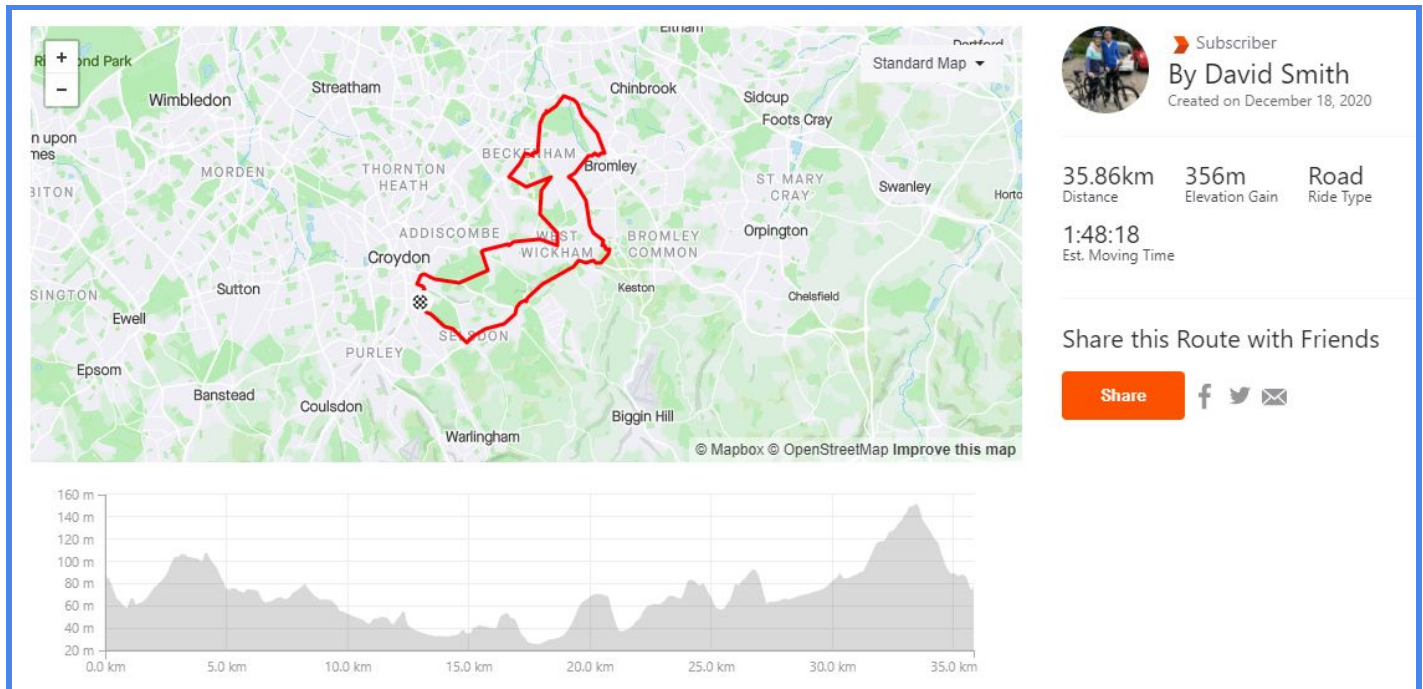
Map data ©2020 Terms of Use

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12. CYCLE - 35km

Cycle Route available on Strava

<https://www.strava.com/routes/2775127905186804414>



The image displays a Strava route page for a 35.86km cycle ride. The main map shows a red route starting in Croydon and looping through areas like Beckenham, Bromley, and Orpington. To the right, a profile card for 'David Smith' (Subscriber, created Dec 18, 2020) lists the route's stats: 35.86km distance, 356m elevation gain, and a road ride type. The estimated moving time is 1:48:18. Below the map is an elevation profile graph showing the route's vertical profile, with a peak of approximately 140m. A 'Share this Route with Friends' section includes a 'Share' button and social media icons for Facebook, Twitter, and Email.

[CLICK TO GO TO ACTIVITY LIST](#)