



MAY 21st - 28th

WALK4MATT **2011**

ROUTE

21st DAY 1

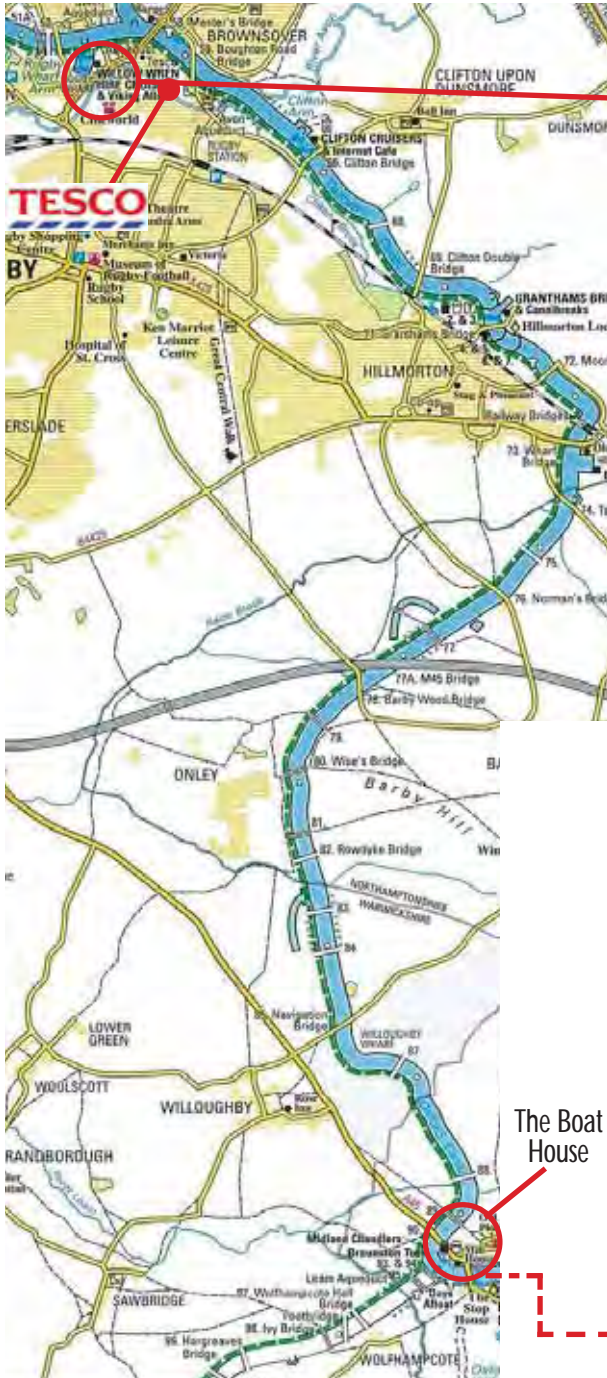
Start: Willow Wren, Rugby
Finish: Weedon - Heart of England
Time: 10h 20m
Miles: 18.9
Locks: 16

Boat Departures:
6.30 Wagtail/Chiltern
6.45 Dipper/Moorhen
7.00 Crane/Grebe
7.15 Teal/Tern
7.30 Dashwood/Pennine
Walkers depart at 9am

Breakfast (Complimentary)
Sausage & Bacon Rolls Tea and Coffee served from 6.00am for all walkers and crew. Boat Crews to the front as they get priority.

Shops on route

Large Tesco near Bridge 58 Rugby. See map. Village Shop/Newsagent in High Street Braunston Village approx. 15mins walk from bridge 90. Shop at Braunston Bottom lock selling basic groceries & canalware.



Inspiring and supporting young people seriously injured through sport.

Lunch (Complimentary)

Boat House Braunston (formerly The Mill House) from 12pm onwards. Approx 10.3 miles from start. Leave canal at Bridge 90. Turn right and walk along road. Lunch is provided for walkers only. Please show your ID Badge. Boats do not have time to stop and will pass through too early. Selection of sandwiches.

Pubs on Route

Lock 3 Braunston Locks - Admiral Nelson
Bridge 11 Buckby Top Lock - The New Inn

Mooring Location

Boats arrive from 4.30pm onwards
Heart Of England Pub, High Street, Weedon,
Northampton, NN74QD.
Boats moor before and after bridge 24. Access to pub
via steps at bridge.

One Stop Grocery shop in High Street, Lower Weedon
approx. 15 minutes walk.

Evening Food (Complimentary)

BBQ from 7.00pm free to Walk4Matt crew and
walkers only. Please show your ID Badge.
BBQ available to general public.

Entertainment

Marstons Quiz, Live Band, Raffle, Large screen for
Rugby, TBC.

Other Information

Braunston Tunnel 2042 yards long, 11.7 miles from
start. Boats will pass through tunnel from approx.
12.30am onwards so walkers need to walk over
footpath on top. Please see section from OS map.



22nd DAY 2

Start: Weedon - Heart of England

Finish: Cosgrove - Barley Mow

Time: 7h 20m

Miles: 16.7

Locks: 7

Boat Departures:

8.30 Wagtail/Chiltern

8.45 Dipper/Moorhen

9.00 Crane/Grebe

9.15 Teal/Tern

9.30 Dashwood/Pennine

Walkers depart at their leisure or with the boats.

Breakfast (Complimentary)

Full English Breakfast served from 7.00am – 8.30am for Walkers and Crew. Priority to given to crew.

Shops on route

5 minute walk to Cosgrove Park Stores in the Cosgrove Leisure Park off Lock Lane.

Lunch (Complimentary)

Lunch for walkers and crew provided at The Navigation at Stoke Bruerne 11 miles from start. From 12.30pm onwards. Please wear your ID Badge.

Boats do not stop but send a crew member in to pick up a named (boat name) pack of sandwiches. Boats should arrive from 1pm onwards.

Pubs on Route

Stoke Top Lock bridge 53 - The Boat Inn Stoke Bruerne
Bridge 64 - The Navigation Inn Thrupp Wharf Cosgrove

Mooring Location

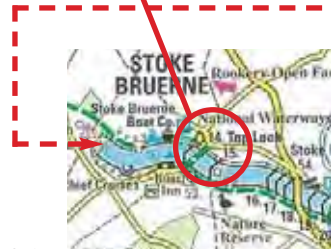
Barley Mow Pub, 7 The Stocks, Cosgrove, MK19 7JD.
Mooring on left after Bridge 65. The pub is accessed by a tunnel under the canal. Boats arrive from 4.30pm.

Evening Food (Complimentary)

Start



The Navigation



Jacket Potato, Beans and Sausage available to all walkers and crew wearing their ID Badge. Bar meals available, at a cost, all day to general public and walkers/crew.

Entertainment

Beer and Pimms Tent, 2 Live bands Korrosion and Locked Out, Raffle, Midnight Licence

Other Information

Blisworth Tunnel 3057 yards 8.6 miles from start.
Boats will pass through from approx. 12pm. Walkers will need to follow route over top. Please see OS map for route over the tunnel.

Inspiring and supporting young people seriously injured through sport.



Finish

23rd DAY 3



Start



Start: Cosgrove, Barley Mow
Finish: Stoke Hammond Bridge 107 - Grand Union
at Soulbury Three Locks
Time: 6h 30m
Miles: 15.1
Locks: 6

Boat Departures:

8.30 Wagtail/Chiltern

8.45 Dipper/Moorhen

9.00 Crane/Grebe

9.15 Teal/Tern

9.30 Dashwood/Pennine

Walkers depart at their leisure or
with the boats.

Breakfast (Complimentary)

Full English breakfast

Tea and Coffee

Shops on route

Wolverton - Tesco close to bridge 71. Walk up staircase
and turn right.



Lunch

No planned stop. Walkers can either stop at a pub on
route or make sandwiches to take with them.

Pubs on Route

Bridge 68 - The Galleon Inn Old Wolverton

Bridge 72 - The New Inn New Bradwell

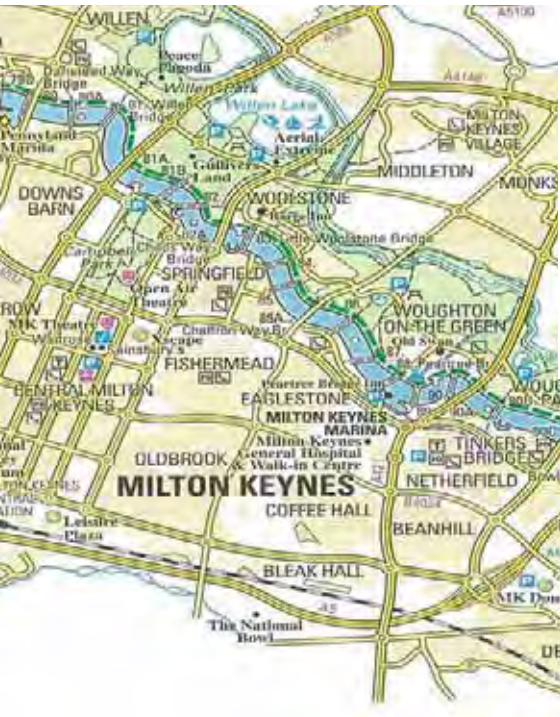
Bridge 76 - The Black Horse Wolverton Road

Giffard Park - The Giffard Park Giffard Park

Simpson Aqueduct - The Plough Simpson

Food at 12 -2.15 on Mondays

Inspiring and supporting young people seriously injured through sport.



Fenny Stratford Lock - The Red Lion
 Bletchley (Doesn't do food on Mondays)
 Peartree Marina - Peartree Bridge Inn, Pear
 Tree Bridge Food served Monday
 11.30am – 9.30pm
Mooring Location
 The Grand Union at Soulbury Three Locks,
 Leighton Road, Stoke Hammond, Milton
 Keynes. MK17 9DD.
 Mooring after locks through bridge 107.
 Boats arrive from 3.30pm.
Evening Food (Complimentary)
 The evening meal will be supplied from a
 menu of main meals, light meals or
 sandwiches. Preordering will be necessary,
 details will be provided.



24th DAY 4

Start: Stoke Hammond Bridge 107

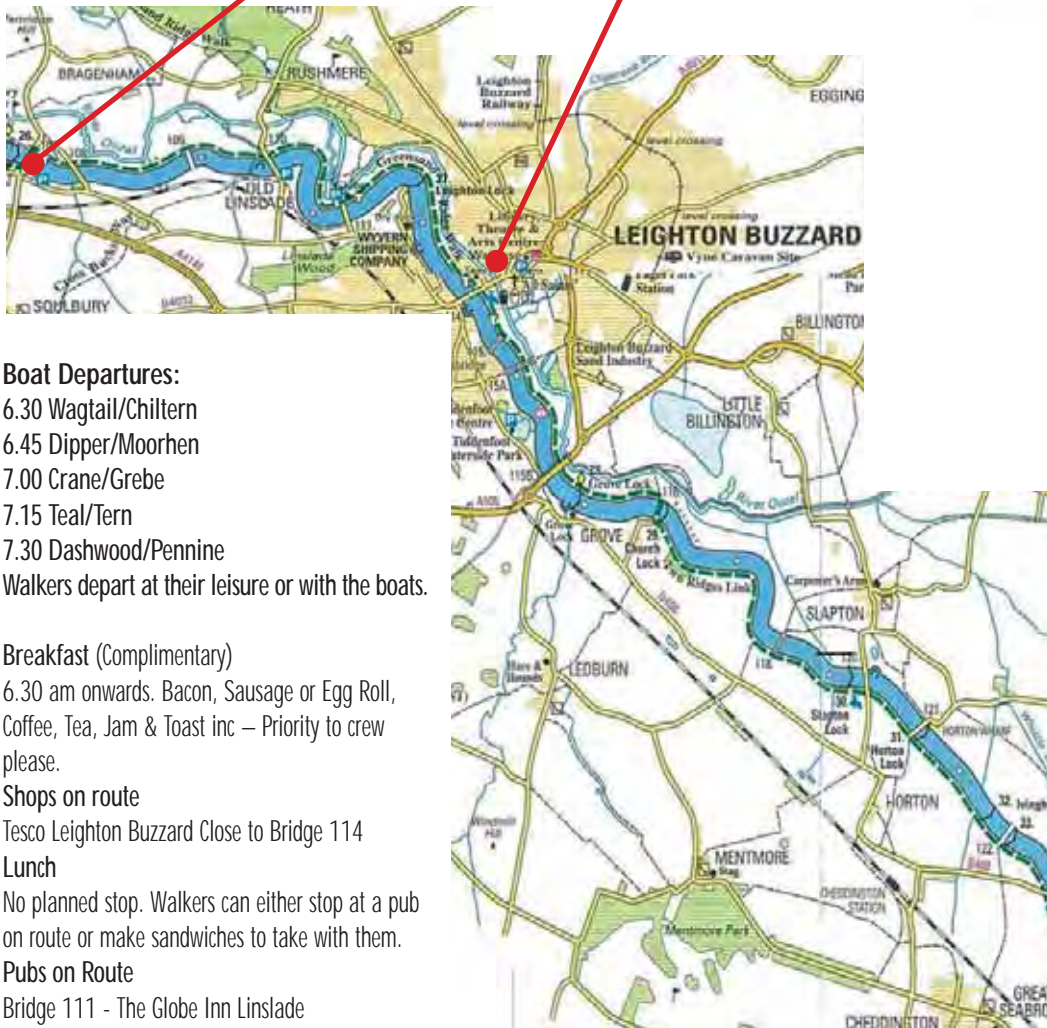
Finish: Tring Station - Tring Cricket Club

Time: 9h 40m

Miles:14.2

Locks: 19

TESCO



Boat Departures:

6.30 Wagtail/Chiltern

6.45 Dipper/Moorhen

7.00 Crane/Grebe

7.15 Teal/Tern

7.30 Dashwood/Pennine

Walkers depart at their leisure or with the boats.

Breakfast (Complimentary)

6.30 am onwards. Bacon, Sausage or Egg Roll, Coffee, Tea, Jam & Toast inc – Priority to crew please.

Shops on route

Tesco Leighton Buzzard Close to Bridge 114

Lunch

No planned stop. Walkers can either stop at a pub on route or make sandwiches to take with them.

Pubs on Route

Bridge 111 - The Globe Inn Linslade

Grove Lock - The Grove Lock

Inspiring and supporting young people seriously injured through sport.

Bridge 132 -The White Lion, Marsworth

Bridge 133- The Grand Junction Arms Tring

Open all day

Mooring Location

Tring Station after Bridge 135 Evening event at Tring Cricket Club – London Road Tring. HP23 6HA.

Boats arrive 4.15pm onwards.

Evening Food (Complimentary)

Cricket Club bar open all day. BBQ from 6.00pm/Bar from 4.30pm. Free to walkers and crew wearing ID badges.

Entertainment

Walk4Matt Cricket Match at Tring Cricket Club from 11am until 5pm. Walkers have the choice of walking ahead and leaving the canal at bridge 135 and walking/catching a bus directly to the Cricket Club to catch the second half of the match which begins at 2pm or can wait for the boats which arrive from 4.45pm onwards to shower and change.

Other Information

Free 13 seater shuttle bus (with chairlift) to run from Tring Station Canal Bridge to Cricket Club approximately 1.25 miles away from 4.00pm until last bus returns at midnight. Bus from station stops at the back of Cricket Club – Hawkwell Drive Stop.

Walking Directions – Turn left from the canal to Tring. Keep going straight on. Cricket Club on left. Taxi available from the station.

Vistors other than Walk4Matt participants will need to pay entry etc.



25th DAY 5

Start: Tring Station

Finish: Kings Langley - Kings Lodge Hotel

Time: 10h 50m

Miles: 12.2

Locks: 27

Boat Departures:

6.30 Wagtail/Chiltern

6.45 Dipper/Moorhen

7.00 Crane/Grebe

7.15 Teal/Tern

7.30 Dashwood/Pennine

Walkers depart at 7am latest, in order to arrive at 8.00am for breakfast.

Breakfast (Complimentary)

Breakfast for walkers only. Walkers to walk ahead and not stay with boats to arrive in time. 4.3 miles from start. Rising Sun Berkhamstead at Berkhamstead Lock 55 Bridge 142 from 8.00am. Bacon Sarnie/ Tea / Coffee /Juice. Crew to cook own breakfasts on the boats.

Shops on route

Waitrose canalside near lock 53 see map

Sainsburys by Lock 66 See map

Lunch

No lunch provided. Walkers to make sandwiches to take with them in the morning or purchase own food on route.

Pubs on Route

Old Mill below lock 55

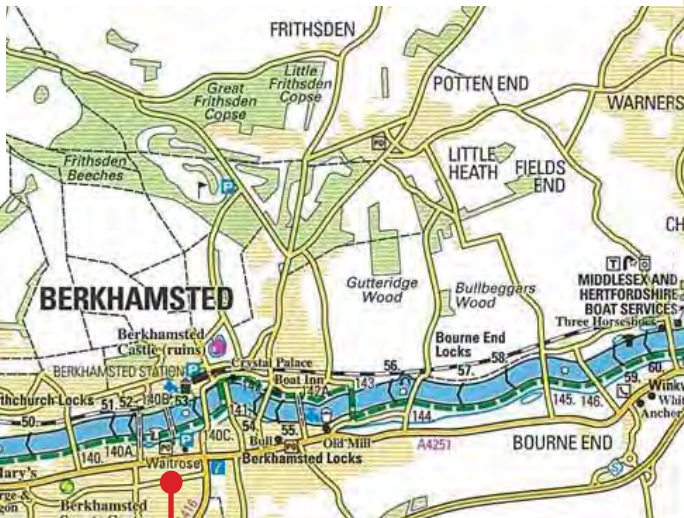
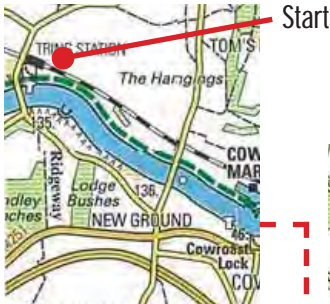
The Three Horseshoes Bridge 147

The Fishery Inn Bridge 149

The Papermill Lock 65

Ye Old red Lion Lock 69

Waterside Tavern Bridge 162



Waitrose

Inspiring and supporting young people seriously injured through sport.

Mooring Location

Mooring before Bridge 162. Boats arrive from 5.30pm. Evening entertainment at The Kings Lodge, 28 Bridge Road, Hunton Bridge, Kings Langley, Watford, WD4 8RQ. Please note the pub for the evening entertainment is a couple of minutes walk from the mooring. It is not The King's Head/Waterside Tavern.

Go up on to bridge 162. Turn left and walk along the road past the Waterside Tavern/Kings head. Go over mini roundabout and Kings Lodge Hotel and Hunters bar is on your right.

Evening Food (Complimentary)

From 7pm for Chilli, Curry and Pasta

Entertainment

Live Music from 9.00pm onwards.

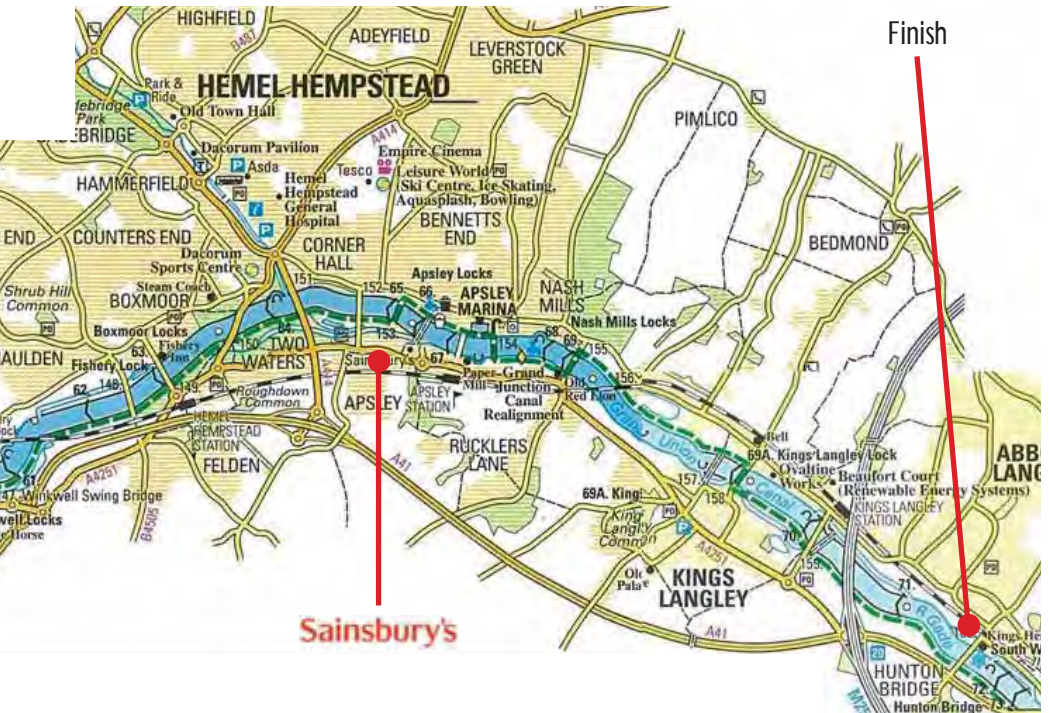
Raffle

Other Information

Rooms available at £40



Kings Lodge Hotel



26th DAY 6

Start: Kings Langley

Finish: Uxbridge - Swan & Bottle

Time: 8h 15m

Miles:12

Locks: 17

Boat Departures:

8.30 Wagtail/Chiltern

8.45 Dipper/Moorhen

9.00 Crane/Grebe

9.15 Teal/Tern

9.30 Dashwood/Pennine

Walkers depart at their leisure or with the boats.

Breakfast

Kings Lodge Hotel Kings Langley 7.30

Bacon/ Sausage sandwiches. Please give priority to crew.

Shops on route

10 minute walk to town centre of Rickmansworth from bridge 173

Canal side Tesco close to Bridge 174 see map

Uxbridge – Tesco short walk from canal.

Lunch

No lunch provided. Walkers to make sandwiches to take with them in the morning or purchase own food on route.

Pubs on Route

Bridge 177 Coy Carp

Bridge 180 Horse and Barge

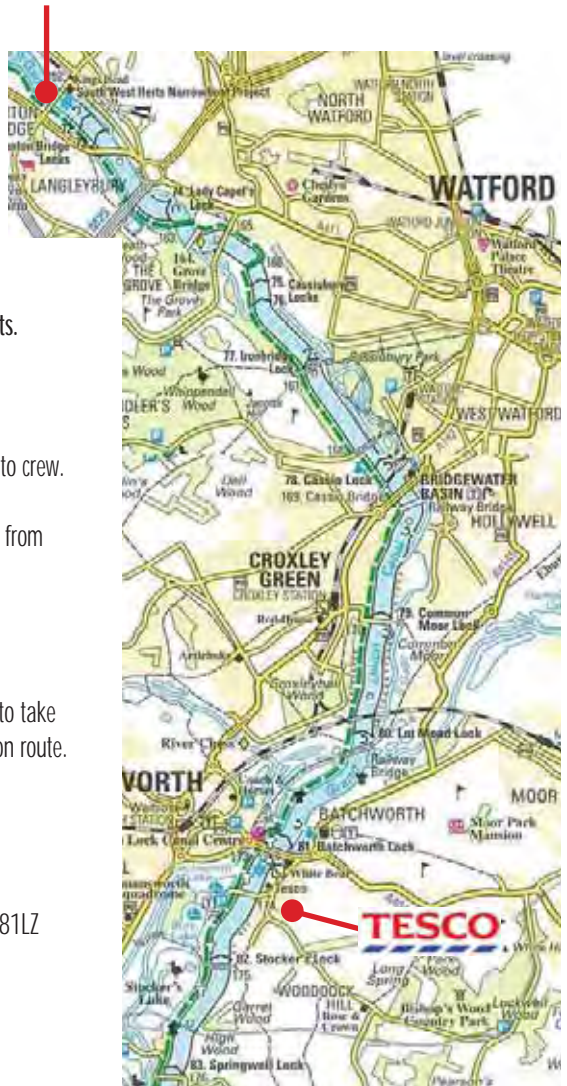
Mooring Location

The Swan and Bottle, Oxford Road, Uxbridge. UB81LZ

Moorings before and after bridge 185.

Boats arrive from 5pm.

Start



Inspiring and supporting young people seriously injured through sport.



Evening Food (Complimentary)

Hot and cold buffet from 7.00pm. Available to the public at £5 per head, Free to the walkers/crew with an ID badge.

Entertainment

Quiz and Raffle.



Finish



27th DAY 7

Start: Swan and Bottle, Uxbridge

Finish: Brentford Lock

Time: 6h 20m

Miles: 10.9

Locks: 11

Boat Departures:

7.00 Wagtail/Chiltern (1,2)

7.15 Dipper/Moorhen (3,4)

7.45 Crane/Grebe (5,6)

8.00 Teal/Tern (7,8)

8.15 Dashwood/Pennine (9,10)

Please note departure times are **not** all 15mins apart to allow for pump outs. Walkers depart at their leisure or with the boats.

Shops on route

Tesco at Bulls Bridge Junction, see map before bridge 201.

Lunch

No lunch provided. Walkers to make sandwiches to take with them in the morning or purchase own food on route.

Pubs on Route

The Dolphin Bridge 186, The General Elliott Bridge 186

The Malt Shovel Bridge 188, The Blue Anchor Bridge 199

The Old Oak Tree Bridge 202, The Lamb Bridge 203

Mooring Location

Allocated mooring at Brentford Vistor Moorings

Evening Food

Chicken or Veg Curry at The Sun Inn Richmond around 7.30pm.

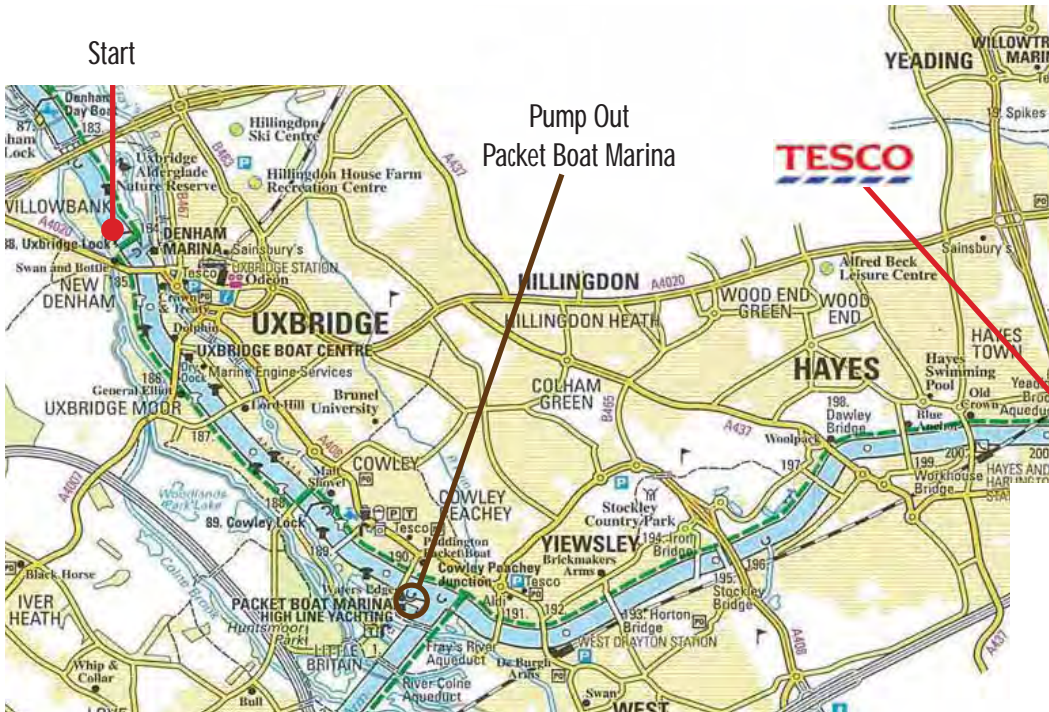
Entertainment

Walk4Matt Court, Presentations

Other Information

• Get a taxi to The Sun Inn. 17 Parkshot Richmond TW9 2RG.

Black and White cars 0208 891 4424, others are: 0208 973 4699,



Inspiring and supporting young people seriously injured through sport.

0203 375 3562, 0208 568 0022, 0208 898 9999,
0208 560 0000, 0208 392 9800, 0208 568 7222
or a black cab

- All boats must be pumped out, filled with water and cleaned thoroughly today.
- Boats 3&4 5&6 and 9&10 will pump out at Packet Boat Marina. Please see the location on the map. This pump out is being done for us FOC. There is only room for 1 boat at a time, 2nd boat in each pair to pull over onto the towpath just after bridge 190 to wait. Boat 1&2 and 7&8 will pump out at Brentford. Boats need to turn around before mooring.
- All boats must be cleaned thoroughly and emptied of any rubbish today. They will need to be vacated by 8.30am on Saturday morning ready to be handed over to return crews at 9am.
- Any left over food or drink should be taken to Wagtail or Chiltern.



- Cleaning kits will be provided for all boats.
- Please hand all boat keys and manuals to Jane or Glen Coleman once your boat has been vacated on Friday or Saturday morning.

Pump Out Brentford

Finish



28th DAY 8

Meet in the Holiday Inn bar at 10.30 and depart for the Barmy Arms for around 12pm for a complimentary BBQ lunch. Leave the Barmy Arms to be at Twickenham in time for the 3pm kick off, meeting in the Cardinal Vaughan Car Park by the MHF Vehicles for a pre-match beer. Exact details to be confirmed!

Inspiring and
supporting
young people
seriously injured
through sport.

Donate today at
www.matthampsonfoundation.org