



### **Len Banister:**

A founder member and now Chair of the Greater London Ramblers' Forum, Len Banister is a prolific route deviser and author of guides to walking routes.

Notes from the podcast interview by Andrew Stuck: Interviewed in October 2010, and published in June 2011 on <http://talkingwalking.net>

Greater London Ramblers' Forum: <http://www.rglf.org.uk/>

Walk London: <http://www.walklondon.org.uk/>

The Loop: <http://www.walklondon.org.uk/route.asp?R=5>

Is one of six strategic walking routes for London, the others being:

Capital Ring: <http://www.walklondon.org.uk/route.asp?R=1>

Thames Path: <http://www.walklondon.org.uk/route.asp?R=6>

Lea Valley Walk: <http://www.walklondon.org.uk/route.asp?R=4>

The Green Chain: <http://www.walklondon.org.uk/route.asp?R=2>

Jubilee Walkway: <http://www.walklondon.org.uk/route.asp?R=3>

Ramblers' 75<sup>th</sup> Anniversary <http://www.ramblers75.org.uk/> – the Greater London Ramblers undertook to walk the London Loop.

Ramblers and the Olympics: <http://www.innerlondonramblers.org.uk/olympics.html>

Inner London Boroughs – definitive mapping of rights of way:

<http://www.ramblers.org.uk/Campaigns+Policy/maplondon+FAQs>

Walthamstow conservation area: [http://en.wikipedia.org/wiki/Walthamstow\\_Village](http://en.wikipedia.org/wiki/Walthamstow_Village)

Ramblers already has many thousands of volunteers, many contribute to working parties, overseen by local councils, that maintain rights of way – why not join in:

[http://www.ramblers.org.uk/rights\\_of\\_way/volunteer\\_opportunities/get\\_involved](http://www.ramblers.org.uk/rights_of_way/volunteer_opportunities/get_involved)

Len is a regular contributor of walking routes to Country Walking Magazine:

<http://www.greatmagazines.co.uk/store/displaybrand.asp?sid=4269&gclid=CLqhkpisrsgkCFUEa4QodowjZJw>

An example of one of Len's walks for Country Walking Magazine:

<http://www.livefortheoutdoors.com/upload/pdf/Paglesham-Churchend.pdf>

He devises bespoke walking routes for example a heritage trail for Leighton Orient Football Club – the Orient Line: <http://www.leytonorient.com/page/NewsDetail/0,,10439~2349110,00.html>

His books include:

Essex: A Dog walkers guide: <http://www.countrysidebooks.co.uk/book-catalogue-book-details.php?book=1851>

Drive & Stroll in Essex: <http://www.countrysidebooks.co.uk/book-catalogue-book-details.php?book=1743>

### **Len recommends these walks:**

The desolate coastline of Essex: a walk from Bradwell on Sea to Tillingham and beyond to St Chad's returning via the 13<sup>th</sup> century St Peter's Way: <http://mediafiles.thedms.co.uk/Publication/EE-Ess/cms/pdf/Len%20Banister%20-%20Bradwell-on-Sea.pdf>

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A walk through Essex villages, beginning at Chipping Ongar, through Greenstead Green and returning via Cripsey Brook.

<http://www.westsexramblers.org.uk/General%20Images/0908%20Essex%20Areas%2025th%20-%202009.pdf>

When he walked the London Loop, Len encountered fabulous views of London from a vantage point close to Bromley and some unexpected views of the Queen Elizabeth Bridge as he came close to the end of the walk at Purfleet. The Loop: <http://www.walklondon.org.uk/route.asp?R=5>