

Winer 2021/22



Langley Court, Beckenham

Welcome to the latest edition of the Langley Court Newsletter. Read on to find out what is happening in your local area and to find out about the various travel options available to you. If you would like to contribute towards future issues or provide us with any feedback, please email us at travelplans@stuartmichael.co.uk

Making the Most of Winter

With temperatures dropping and nights closing in, being outside doesn't always sound like a pleasant idea— however in this issue of the newsletter there are some examples of fantastic local events you can take advantage of.

Popping to the shops?

Thinking of going Christmas shopping? Its important to think about how you will be travelling to the shops. Could you walk or cycle rather than drive? Office for National Statistics (ONS) Data suggests that 40% of urban journeys are under 2 miles. Replacing this by walking or cycling could burn between 150 to 250 calories which could significantly add up as time goes on. Replacing short car journeys by walking or cycling benefits both you and the environment, so everyone benefits.



There are various family friendly events in the local area to participate in, with a small selection detailed below. They offer a great way of meeting other people in Beckenham, as well as a place to improve fitness.

Beckenham Place Park Walk

Situated just 2 miles from your new home, the Beckenham Place Park Walk is an easy route for you and your family.

At just 3 miles long, it can be completed in around an hour.

This route takes you along the beautiful Ravensbourne River, where you can take in plenty of winter scenery.

Once completed, you can sample some refreshments from the Mansion café.

For more information, please visit: <https://www.walkingclub.org.uk/short-walk/beckenham-place-park/>



Beckenham Place Parkrun

Beckenham Place Parkrun is a free 5K running event held every Saturday morning at 9am at Beckenham Place Park, BR3 1SYT. Parkrun offers the perfect place for beginners to develop their running skills, or for the more experienced to beat their personal best.

Find out more at: <https://www.parkrun.org.uk/beckenhamplace/>

Beckenham Place Mansion

The newly– opened Beckenham Park offers beautiful natural scenery to be enjoyed from its dedicated Nature Trail. The redesigned Park opened in 2019, and features protected historic woodland, a swimming lake, children's' playground, running track, cycle track, and café.

On 19th December, you can take part in the Christmas Community Celebrations from 10am-7pm. You can book online at: <http://www.gracechurchbeckenham.org/>

In the park's restored stable block, The Homestead Café serves coffee, sour-dough pizza, beer and wine. It is the perfect place to relax after taking in the sights around Beckenham Place Park, and is open daily from 8am.

Car parking is available on site, where there is a pay and display machine in place. Electric vehicle charging is also provided. Excellent public transport links means the park is easily accessible via bus or train.



Beckenham Rugby Cyclists

Founded by members of Beckenham Rugby Club, this easy– going cycling club welcome members of all abilities for social rides that focus on having a good time.

Every Wednesday a training ride takes place, embarking on a 22 mile course to Sharnham via Biggin Hill. During winter the group organises a 10 mile time trial around Hayes; perfect for testing your speed or for beating your personal best.

For more information, visit: <https://www.beckenhamrugbycyclists.co.uk/weekly-training-rides>



Where to find your bus stops:

The number 358 service is accessible via stops located on South Eden Park Road and The Chinese Garage, approximately a 2 minute walk from your home. There are direct bus services half hourly to Crystal Palace and Orpington Bus Station Monday to Saturday, and half hourly on Sundays. See the Transport for London Map and enclosed timetables for more information.

Bus time information:

To help plan your journey, you can text the bus stop code from which you are travelling from to **Traveline '84268'** and receive the real time information for upcoming services. Or you can visit www.nextbus.mobi and search for your bus stop online.

For further travel information on routes and timetables, please contact:

Transport for London
☎: 0343 222 1234
Traveline
☎: 0871 200 2233

📞: <https://tfl.gov.uk/>

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