

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Ponders End to Hackney Wick	<b>Walk No.</b>	296
<b>Area</b>	London, Lea Valley	<b>Type</b>	Linear
<b>Date</b>	Tuesday, 20 October 2020		
<b>Distance</b>	9 miles (14 km) including to/ from stations.		
<b>Timing</b>	3.5 hours walking time + travel + lunch stop. Allow 5.5 hours in total. Therefore should be back in Islington by 5.00 pm.		
<b>Meeting up &amp; travel</b>	Meet outside Tottenham Hale station by 10.15. We will get the 10.25 to Ponders End. We'll return from Hackney Wick on the Overground. All within the Freedom Zone.		
<b>Route</b>	This walk keeps us within the Tier 2 London Boroughs area and minimises travelling. (10.30, 0 mls) From Ponders End station we walk directly to the Lea Valley and pick up the walk there. We head south following the canal path. We'll probably cut through Walthamstow Wetlands. We follow the Lee Valley Walk most of the way then after the Olympic Park we end up at Hackney Wick.		
<b>Lunch</b>	Food is available at the Princess of Wales pub (outside) at Walthamstow or bring a packed lunch.		
<b>Dropping out</b>	First one is at Tottenham Hale (1.5hrs, 5 mls) by Underground. Second one could be after Walthamstow after lunch (2.5 hrs, 6mls) by bus.		
<b>Suitability</b>	We will comply with the latest Government Guidance re Covid-19 and our own Risk Assessment. Suitable for any reasonably fit regular walker. There are no particular difficulties. Terrain: should be dry paths all the way. Possible obstacles: none. Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.		
<b>Facilities</b>	There are toilets at Tottenham Hale station and at the lunch pub.		
<b>Walk source</b>	Leaders own – based on link		
<b>Map &amp; other references</b>	OS Explorer: 174 and 162 Links: <a href="https://ldwa.org.uk/ldp/members/show_path.php?path_name=Lea+Valley+Walk">https://ldwa.org.uk/ldp/members/show_path.php?path_name=Lea+Valley+Walk</a>		
<b>Leader &amp; contact details</b>	<u>Walk Leader</u> : Derek Harwood <u>Phone</u> : 077 5931 4096 <u>e-mail</u> : derek.harwood@live.co.uk		

