

Islington U3A Leisurely Walks Group	
Walk/Distance	Regents Canal, Islington to Victoria Park 2.5 - 3 miles (about 1.5 hours walking)
Date/Time	Friday 17 th November, 2023
Meeting up & travel	We will meet outside the Angel tube station at 10.00am.
Route & Terrain	From the Angel we'll weave our way down to Noel Road and pick up the canal there. We'll head east toward the De Beauvoir Estate and Haggerston. We continue along the canal side until we reach Victoria Park. We might have a bit of an extra stroll into Victoria Park if there is interest or just immediately stop for coffee. Afterwards we return via the 277 bus to Hackney Central and Overground from there to Highbury & Islington station.
Potential hazards	Flat and fairly smooth walk surface. We'll have to watch out for passing cyclists.
Timing/breaks	We should finish the walk by about 12.00am and then an optional tea/ coffee stop then travel back to Islington by about 1.30pm.
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella if necessary (forecast looks dry currently).
Toilets	There are toilets in Victoria Park
Leader's Contacts	Email: leisurewalks.iu3a@gmail.com Walk Leader: Derek Harwood Leader's mobile: 077 5931 4096

