

Islington U3A Leisurely Walks Group	
Walk/Distance	Parkland Walk 2.5 - 3 miles (about 1.5 hours walking)
Date/Time	Monday 19 th February, 2024. At 10.00am
Meeting up & travel	Meet outside Highgate tube station on Archway Road. To get there, depends on where you are coming from, probably a bus such as No. 43. Or tube, the Northern line, to Highgate station.
Route & Terrain	After gathering we'll walk down Archway Rd a few hundred metres to then pick up the Parkland Walk. From the start there is a slight gradient all the way down to Finsbury Park. Just over 2 miles. At Finsbury park we'll stop for coffee &/or end there. If some want to go further then after coffee we'll cross over Seven Sisters Road into Gillespie Park and walk down to the Emirates stadium. About another mile. Then we can disperse there or cross over to Highbury Fields to finish there.
Potential hazards	It's paths all the way but there might be muddy bits in places on the Parkland Walk.
Timing/breaks	At Finsbury Park for coffee/ end just after 11.00am. Depending on time for coffee break, we should be at Highbury Fields by 12.30pm.
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella if necessary.
Toilets	Available at the Finsbury Park café.
Leader's Contacts	Email: leisurewalks.iu3a@gmail.com Walk Leader: Derek Harwood Leader's mobile: 077 5931 4096