

Islington U3A Leisurely Walks Group	
Walk/Distance	Highgate Wood to Alexander Palace 2.5 miles
Date/Time	Friday 18 October Start time 10.30am
Meeting up & travel	Meet at Highgate underground station, Archway Road exit, at the top of the escalator. Return from the Alexander Palace (bus to Finsbury Park, or train to Finsbury Park and Highbury and Islington).
Route & Terrain	Our route takes us through Highgate Wood, an area of ancient woodland, stopping for coffee at the Pavilion café, then along the northern branch of the Parkland Walk with panoramic views from the seventeen-arch viaduct across London looking south. We continue through the tunnel under Muswell Hill into Alexander Palace Park, passing the palace to reach the train station. There are more extensive views en route. The walk is a mix of tarmac-surfaced paths and woodland trails. There is a long flight of steps at the start from Highgate station. There is a long but fairly gentle uphill slope into Alexander Park from Muswell Hill.
Potential hazards	Possible muddy parts on the Parkland Walk if there's been recent rain.
Timing/breaks	Coffee break in the Pavilion cafe early in the walk. The walk can be cut short just before we enter Alexander Palace park by taking the W7 bus to Finsbury Park.
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella if necessary.
Toilets	Pavilion café, Alexandra Palace
Leader's Contacts	leisurewalks.iu3a@gmail.com Walk Leader: Kate Grant Leader's mobile: 07973 760206
Links	http://bit.ly/2m6Yfpr (Highgate Wood) https://en.wikipedia.org/wiki/Parkland_Walk https://en.wikipedia.org/wiki/Alexandra_Palace