

Islington U3A Leisurely Walks Group	
Walk/Distance	Regents Canal / approx. 2 miles
Date/Time	10.00am, Thursday 21 November 2019
Meeting up & travel	Meet up outside the Angel Tube Station.
Route & Terrain	A flat walk along the Regents Canal, Eastwards. We will walk down City road then along Duncan Terrace Gardens to the Canal Towpath, walking eastwards. We will stop for coffee/toilet break at Kingsland Basin.
Pace	Leisurely pace.
Potential hazards	We will need to be aware of cyclists cycling along the canal. There is a short uphill over one of the locks.
Timing	This would be about 2 hours in total as it is not a long distance.
Clothing/footwear	Good walking shoes and a stick might be useful.
Toilets	At the café in Kingsland Basin.
Shortening the walk	If you don't want refreshments, you could walk back the way we came.
Leader's Contacts	Walk Leader: DEE AUSTIN Email: diane46@live.co.uk Mobile: 07951 986546
Links	None