

Islington U3A Leisurely Walks Group	
Walk/Distance	Finsbury Park to Woodberry Wetlands. Circular walk. Under 3 miles.
Date/Time	Tuesday 15th September 2020
Meeting up & travel	Meet outside the Arsenal shop in Station Place, Finsbury Park Station at 10.30am.
Route & Terrain	<p>From the Stroud Green Road entrance to Finsbury Park we follow the Capital Ring signs to the New River exit and then continue along the river to Woodberry Wetlands arriving around 11.15am. We should reach the Coal House Cafe at 11.30am.</p> <p>From the exit we follow the river past the West Reservoir to the Sailing Centre and Climbing Centre (about 30 minutes) and then walk back to Finsbury Park along Gloucester Drive (a quiet street) which takes about 15 minutes.</p> <p>The walk is flat all the way.</p>
Potential hazards	It may be a bit muddy in places along the New River if it has been raining.
Timing/breaks	Coffee and snacks at the Coal House Cafe where there is suitably distanced seating outside. Payment is by card only.
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella if necessary.
Toilets	At the cafe by the lake in Finsbury Park and at the Coal House Cafe in Woodberry Wetlands.
Leader's Contacts	<p>leisurewalks.iu3a@gmail.com</p> <p>Walk Leader: Jane Pickering Leader's mobile: 07905 741705</p>
Links	<p>https://en.wikipedia.org/wiki/New_River_(London)</p> <p>https://www.wildlondon.org.uk/woodberry-wetlands-nature-reserve</p>