

Islington U3A Leisurely Walks Group	
Walk/Distance	Trent Country Park circular walk. Approximately 3 miles.
Date/Time	Wednesday 04 August 2021
Meeting up & travel	Meet outside Finsbury Park Station in Station Place, near the former Arsenal shop, at 10.30am. If anyone wishes to meet at Cockfosters Station at 11am instead please contact the leader. Plenty of seating on the platform.
Route & Terrain	We will take the Piccadilly Line to Cockfosters (23 minutes) Paths and paved surfaces through woodlands and meadows in this remnant of the ancient royal hunting ground of Enfield Chase.
Potential hazards	It may be a bit muddy in places if it has been raining.
Timing/breaks	Coffee in Trent Park cafe soon after arrival. Possibility of lunch in the Cock Inn not far from the gates of Trent Park
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella if necessary.
Toilets	At Cockfosters Station and near cafe in Trent Park. Also at the Cock Inn.
Leader's Contacts	Walk Leader: Jane Pickering Email at: janepickering@hotmail.com Leader's mobile: 07905 741705
Links	https://friendsoftrentcountrypark.org.uk/wp-content/uploads/TRENT-COUNTRY-PARK-MAP-BROCHURE-EDITV2.pdf https://friendsoftrentcountrypark.org.uk/wp-content/uploads/Summer-2021-Newsletter.pdf https://friendsoftrentcountrypark.org.uk/wp-content/uploads/History_of_Trent_Country_Park_version_3_Revised_June_2015.pdf https://en.wikipedia.org/wiki/Trent_Park#:~:text=9%20External%20links-,History,the%20then%20Duke%20of%20Gloucester.