

Islington U3A Leisurely Walks Group	
Walk/Distance	Regents Park 2.5 miles
Date/Time	Thursday 27 January 2022 Start time 10.00
Meeting up & travel	Meet outside Great Portland Street underground station. Hammersmith & City, Circle and Metropolitan Lines Return travel: Great Portland Street, Baker Street or buses along Euston Road
Route & Terrain	Our walk takes us on a meandering route through Regents Park, and will include the St John's Lodge 'secret' garden (unfortunately this may be closed temporarily), the winter garden, the Japanese water garden and the lake with its birdlife. The coffee break will be at the Boathouse café on the lake (which might also may be closed temporarily). We'll be on firm level paths all the way except for a short walk on the lawns in the St John's Lodge garden.
Timing/breaks	Coffee break at the Boathouse café on the lake (hopefully). The walk itself should take about two hours including the coffee break.
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella if necessary.
Toilets	We'll pass close by at least two WCs (which need a credit card swipe to access).
Leader's Contacts	leisurewalks.iu3a@gmail.com Walk Leader: Jane Pickering Leader's mobile: 07905 741705
Links	https://en.wikipedia.org/wiki/Regent%27s_Park