

Islington U3A Leisurely Walks Group

Walk/Distance	Kenwood Circular. About 3 miles and about 2 hours walking.
Date	Thursday 8 th December 2022
Meeting up & travel	Meet outside Highbury and Islington station by 10.00 to catch the 10.10 Overground train to Gospel Oak.
Route	<p>From Gospel Oak station we enter Parliament Hill Fields near the Lido and walk up to the bandstand. We then walk along past the Highgate Ponds, including first the Men's and then the Ladies' Bathing Ponds. A steady climb takes us to Kenwood House via the kitchen garden and a viewpoint.</p> <p>Leaving Kenwood House we pass sculptures by Barbara Hepworth and Henry Moore and the Dairy. We then walk south to the top of Parliament Hill (322ft). We descend to the causeway between the Hampstead Mixed Bathing Pond and no 2 Pond and thence to Hampstead Heath Overground station to return to Highbury and Islington. There are a number of cafes near the station and a branch of Daunt's bookshop.</p>
Break	Coffee, soft drinks, snacks and light lunches are available at the Brew House Café at Kenwood. Entrance to the House and the English Heritage shop is free. Prior booking is not necessary.
Dropping out	210 buses to Finsbury Park stop in Hampstead Lane near the entrance to Kenwood.
Suitability	<p>The route is mostly flat, save for the final climbs to Kenwood House and Parliament Hill, and on good paths.</p> <p>Comfortable walking shoes/boots. Waterproof jacket if necessary; check weather forecast for temperature and likelihood of rain.</p>
Toilets	There are toilets at the bandstand, near the Men's Bathing Pond, at Kenwood and near Hampstead Heath station.
Leader & contact details	<p>Walk Leader: Stuart Beare. stuart.beare@btinternet.com 020 7609 0766 Mobile on morning of walk 07951 928415</p>

Points of interest

The imposing south front of Kenwood House was designed by Robert Adam between 1764 and 1769 for the 1st Earl of Mansfield and the landscape to the south was created by Humphry Repton. The 1st Earl of Iveagh bought the House and immediate grounds in 1925 and bequeathed them to the nation with 63 Old Master and British paintings ("the Iveagh Bequest") in 1927.

Legend has it that on 5th November 1605 Guy Fawkes and the leader of the Gunpowder Plot, Robert Catesby, planned to watch the destruction of the Houses of Parliament from the top of Parliament Hill.