

Islington U3A Leisurely Walks Group	
Walk/Distance	Highbury & Islington Fields to Finsbury Park, 3.4km, (2.1 miles), approx. 4,000 steps. And can extend a bit along the Parkland Walk if people want to.
Date/Time	Tuesday 14 February 2023. Start time: 2.00pm.
Meeting up & travel	Meet outside Highbury & Islington station. Return from Finsbury Park station. Make your own way to start point & from end point.
Route & Terrain	(2.00) Our route from leaving Highbury & Islington station is through Highbury Fields, over to the Emirates Stadium, through Gillespie Park, passing the Ecological Centre (2.30). The track alongside the railway takes us to Finsbury Park station. We'll stop for coffee at the café next to the boating pond (3.00). Members can leave here by the nearby Finsbury Park station or buses back to Highbury. Or some might want to walk a bit further along the Parkland Walk. All the route is on pavement or paths.
Potential hazards	There are 10 up stairs & 40 down stairs at the Emirates stadium and 20 down stairs at the end of Gillespie park.
Timing/breaks	1½ to 2 hours in total walking. Coffee available at the end (in Finsbury Park).
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella if necessary.
Toilets	Toilets near the beginning at the Ecological Centre in Gillespie park and at the end at Finsbury Park café.
Leader's Contacts	leisurewalks.iu3a@gmail.com Walk Leader: Derek Harwood Leader's mobile: 077 5931 4096
Links	None