

## Leisurely Walks (April 2018 to September 2019)

Here is a record of our leisurely walks in iU3A. There's a link to the detail of each walk at the end of each section. For more recent walks, go to our web page [here](#)

NO.	MONTH	DESCRIPTION	WALK DETAILS LINK
<b>2018</b>			
1	April	Highbury Fields to Finsbury Park.	<a href="#">Details</a>
2	May	Finsbury Park to Woodberry Wetlands	<a href="#">Details</a>
3	June	Regents Canal	<a href="#">Details</a>
4	July	Kensal Green	<a href="#">Details</a>
5	August	Bethnal Green to Hoxton	<a href="#">Details</a>
6	September	Finsbury Parkland Walk	<a href="#">Details</a>
7	October	Kenwood to Gospel Oak	<a href="#">Details</a>
8	November	Around Kings Cross:	<a href="#">Details</a>
	December	No walk	
<b>2019</b>			
9	January	Regents Park: This was an easy stroll on a cold but bright sunny day, which was possibly why record numbers took part. The 'secret' St John's Lodge garden was a new discovery for many of us and the gardeners there were a fund of interesting information. We were glad to see hints of spring in the aconites and snowdrops and even early narcissi. We may have seen a flock of winter-visiting fieldfares too, but didn't have binoculars to make sure; however, we definitely saw Egyptian geese and herons — no binoculars necessary for those!	<a href="#">Details</a>
10	February	<p>Two Cathedrals: A dry but grey day dawned for our exploration of the South Bank between Southwark Cathedral and St Paul's, which allowed our group of 15 to saunter a little and study the area's history. A common theme was looking up: Mark Titchner's new artwork suspended from the ceiling in the new Stainer St tunnel at London Bridge, unusual angles of the Shard from the courtyard of Guy's, statuary in the gardens of St Paul's. Eschewing the enticing foodie smells at Borough Market, we found greenery in the herb garden beside Southwark Cathedral, where the memorial to Native American tribal chieftain Mahomet Weyonomon was a surprise to many of us (see photo). Onward past the Golden Hinde and the Clink, we joined the tourists crossing the Millennium Bridge en route to St Paul's. Cafe 101 at the Salvation Army HQ just before the end of the walk provided a welcome refreshment stop with seats for all, to the leader's relief. We ended, as we had begun, with an art work, Elizabeth Frink's Paternoster sculpture of shepherd and sheep, in the square of the same name.</p> 	<a href="#">Details</a>
11	March	Tower Hill to Limehouse	<a href="#">Details</a>

12	April	<p>Wapping/Shadwell area: An easy journey to Wapping this walk allowed 12 of us plenty of time at the start to enjoy a coffee and chat in the quirky surroundings of the Turk's Head café before setting off along historic Wapping High Street, eventually joining the Ornamental Canal where were ducklings and coot chicks vying for our attention neighbouring nesting sites. briefly visited St Peter's Church, originally built for the</p>	 <p>on there from We poor,</p>	<a href="#">Details</a>
13	May	<p>Woodberry Wetlands, New River, Clissold Park: this was a walk from Manor House up the New River to Woodberry Wetlands (the bird reserve). A bonus was hearing from one of our members that it was her son who was the Project Manager for the redevelopment of Woodberry Wetlands. So we gleaned some inside information of its development. After a coffee stop at the Coal House we retraced our steps, down the New River, past the old pumping station on the West Reservoir and then past the Castle (now a climbing centre). After a short stretch of road we were into Clissold Park and alongside a stretch of the New River again. From there it was an easy bus ride back to H&amp;I. A glorious sunny day made this a very pleasant stroll.</p>		<a href="#">Details</a>
14	June	 <p>gentle climb, offering stunning views over Chingford Plain, we followed the boardwalk walkway around Connaught Water, taking time to enjoy spotting birdlife and yellow flag irises on the way. We retraced our footsteps to the Visitor Centre, with time for a whistlestop visit to Queen Elizabeth's Hunting Lodge before our lunch stop</p>	<p>Chingford-Epping circular: This walk was designed to show just how close we are to real countryside and how accessible Epping Forest is to leisurely walkers. Within five minutes of leaving Chingford station, 10 intrepid walkers meandered past cows grazing peacefully just below the Visitor Centre. After a</p>	<a href="#">Details</a>

15	July		<p>Hyde Park: A disappointing attendance for this walk, which was surprising. We started by looking at the Queen Elizabeth Gate and the Achilles/Wellington statue and then headed north to the Joy of Life fountain before cutting across to the old Police Station and Epstein's 'Atrocity in the Park'. We crossed the bridge to the Princess Diana Memorial Fountain and stopped for a break at the Lido Café. Then we walked back along the south side of the Serpentine, through the Rose Garden and back to Hyde Park Corner.</p>	<a href="#">Details</a>
	August	No walk		
16	September	<p>Clissold &amp; Abney Parks: a stronger attendance for this walk: was it the good weather that enticed more out? We set off from Highbury by bus then strolled through Clissold Park to meet others at the Main House for coffee. After that we went round the lakes before leaving that park along Stoke Newington High Street, then dropped into Abney Cemetery Park. Abney is one of London's 'Magnificent Seven' cemeteries. We did manage between us to name the other six. We rambled around spotting quite a few famous people's gravestones.</p>		<a href="#">Details</a>