



Leisurely Walks (October 2020 to September 2021)

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](#)

The Covid19 Pandemic interrupted our schedule of Leisurely walks. Hence some of the gaps below.

October 2020



Rotherhithe (October): we started in the heart of Rotherhithe Village with coffee at the Watch House, taken al fresco in the adjoining St Mary's Churchyard gardens. Then leaving behind the narrow, cobbled streets we headed for the river and strolled along the Thames Path admiring the views for a mile or so before turning inland to enter Russia Dock Woodland. We continued on the main path through this extensive area, passing streams, ponds and water birds, and briefly visited the Ecological Park. The high point of the walk was climbing Stave Hill, an artificial hill made by using waste material and rubble. A cast bronze relief map of the former docks stands at the top of the hill. With rain clouds gathering most headed back to Rotherhithe station but some stayed for lunch and more conversation at the riverside Salt Quay pub.

November

No walk.

December

Victoria Park (December): during a brief period of no lockdown or other restrictions the Group managed a walk from Hackney Wick to and around Victoria Park.

January 2021

No walk.

February

No walk.

March

No walk.

April

Shoreditch High Street to Hoxton (April): this was a pleasant typical inner London walk. After leaving Shoreditch High Street Station we walked along Sclater Street, crossed Brick Lane (not so busy these days) and passed St Matthew's Church. We crossed Bethnal Green Road and turned into Columbia Road (the home of Columbia Road Flower Market, also quiet on a weekday), and then walked through the park next to Hackney City Farm and through Haggerston Park. After a short stretch along the canal path we stopped for coffee at the Chalet Café. We then wound our way toward Hoxton Street, which led us through Hoxton Market and to Hoxton station. It was not the warmest day but at least there was no rain.

May

Regent's Park: despite the persistent drizzle, four walkers enjoyed a walk around the delightful flowerbeds and magnificent trees of Regent's Park. We visited the St John's Lodge garden, admiring tulips which seem to be intent on flowering indefinitely this spring. Queen Mary's rose garden was on the cusp of bursting into bloom with a few brave roses already starting to flower. Somehow, in the rain, the Japanese garden looked even more beautiful than usual. The lake provided bird-life entertainment including herons and coots with fluffy chicks.



June



Tower Hamlets Cemetery and Mile End Park — the quiet, shady paths of Tower Hamlets Cemetery Park turned out to be perfect for a leisurely walk on a hot, sunny morning. Only five minutes from busy, noisy Mile End Road, we saw almost none and heard only birdsong, following the Heritage Trail past monuments and headstones through this nature reserve. There were wild plants flourishing amongst the many old neglected gravestones and lining the woodland paths. The group photo shows us at the highest point, by the Francis Vault, which had been designed with a brick removed from a wall so that the sun would shine through a wrought iron cross in a door on the

western side of the vault at dawn on Midsummer's Day. After an hour or so, we left the cool of the cemetery to join the Ackroyd Drive Greenlink meadows, stopping for coffee outside in the shade at the Bow Brew café, before walking back to the station through Mile End Park.

July

July, Kenwood — eight of us walked from Gospel Oak station past the Highgate Ponds — Men's Bathing, Boating and Women's Bathing, but no actual bathing, except by dogs, due to the recent torrential rain. We then ascended the hill up to Kenwood House where we enjoyed a coffee break in the sun at the Brew House after appreciating the herbaceous borders in full flower in the kitchen garden. Next came the Barbara Hepworth and Henry Moore sculptures before a descent on a narrow path through the woods to the Viaduct, which survives from attempts to develop the Heath before it came into public ownership 150 years ago. We finished by walking down to Hampstead Heath station past the Mixed Bathing Pond and a large circus marquee.

August

August, Trent Park — 11 walkers followed the London Loop signpost from the car park by Cockfosters station, which avoided the busy Cockfosters Road by means of woods and fields. From the cafe, after walking through woods to the fishing lake and, at the end of a broad path, turning uphill through more woods to Camlet Moat, we stopped for a rest and photograph at the Sassoon Obelisk. From here we came straight down through the meadow and took a path to the Japanese Water Garden. Some of the new buildings (apartments, penthouses and detached houses), near Trent Park House could be seen from here.



Returning to the broad path we retraced our steps to the cafe. Some members decided to return to the station, others thought that lunch in the nearby pub, The Cock Inn, might be a good idea but we changed our minds when we discovered that only two members of staff were on duty. A great discovery, when we had almost given up on lunch, was Miracles Cafe and Restaurant in Cockfosters

Parade close to the station. Thoroughly recommended are an HLT (grilled halloumi cheese with avocado, cherry tomatoes, lettuce, herbs and olives etc) and a Lemon Breezer (lime cordial, lemon and mint). Details [here](#).

September



September — Brixton to Herne Hill. From Brixton station we walked through Windrush Square passing the Ritzy Cinema and Tate Library and noting the various Black History monuments. Then through St Matthew's Churchyard (where John Major married Norma) to admire the newly planted fruit trees in the nearby small Brixton Orchard. There being fewer walkers than usual, we took a short diversion to visit the Brixton Windmill before going on to Brockwell Park Lido for a welcome coffee in the sunshine. We strolled around the park in warm, sunny weather taking in the wildlife ponds and The Walled Garden, which was looking lovely with its hot Autumn colours, then up to Brockwell Hall and views of the London skyline and downhill again for a short bus ride back to Brixton station. Details [here](#).

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