

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Broxbourne to Cheshunt via Lea Valley Country Park	<b>Walk No.</b>	397
<b>Area</b>	Hertfordshire	<b>Type</b>	Linear
<b>Date</b>	Tuesday 24 January 2023		
<b>Distance</b>	10 miles (16 km) including to/ from stations.		
<b>Timing</b>	4 hours walking time + travel + lunch stop. Allow about 6 hours in total. Therefore should be back in Islington by 4.00, 4.30 pm latest.		
<b>Meeting up &amp; travel</b>	Meet at Tottenham Hale at 9.25 outside ticket barriers to catch the 9.40 to Broxbourne. With Freedom Pass and Senior railcard you can buy a return ticket from zone 6 (Enfield Lock) to Broxbourne for £4.10. About 15 mins on the train each way.		
<b>Route</b>	<p>(10.00) Starting from Broxbourne, we travel through meadowland near to the Lea Valley canal, then veer away into lightly wooded walks with pools/lakes (mainly filled-in gravel pits but very pretty) abounding. Near to Cheshunt we come into the Lea Valley Country Park proper, with well laid out, dry paths, mostly passing close to water, typically large lakes (also ex-gravel pits) teeming with birdlife. For lunch, (1.30pm) well over half way, we stop in the town of Waltham Abbey, close to its famous abbey(!), near where King Harold is said to be buried.</p> <p>After lunch (2.30) we wander through town gardens and more meadowland before taking a different route through the Park and going via the Lea Valley White Water Centre to Cheshunt for the return train.</p>		
<b>Lunch</b>	Food is available at the Gatehouse Café by the Abbey or nearby pubs (the Crown, the Sun), Waltham Cross.		
<b>Dropping out</b>	At lunch. Shortish walk to Waltham Cross rail station.		
<b>Suitability</b>	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: really easy; flat all the way; good, dry paths.</p> <p>Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.</p>		
<b>Facilities</b>	There are toilets on the train, at the stations, at the lunch stops and at Lea Valley White Water Centre.		
<b>Walk source</b>	Leader's creation using Saturday Walker's Club Cheshunt to Broxbourne as inspiration!		
<b>Map &amp; other references</b>	OS Explorer 174		
<b>Leader &amp; contact details</b>	<p><u>Walk Leader</u>: ????</p> <p><u>Phone</u>: ????</p> <p><u>e-mail</u>:</p>		