

Islington U3A Longer Walks Group

Walk Title	Cheshunt to Roydon	Walk No.	354
Area	Southeast Hertfordshire	Type	Linear
Date	Thursday, 31 March, 2022		
Distance	10/11 miles (17km)		
Timing	4 hours walking time + travel + lunch stop. Allow 7 hours in total. Therefore expect to be back in Islington by 4.15/30 pm		
Meeting up & travel	Meet at H&I tube entry at 9.10 am or Tottenham Hale at 9.30 am to catch train at 9.40 am or next to Cheshunt, arr before 10.00 am Return from Roydon, est dep 3.30 pm to 4.00 pm. Zone 6 to Roydon off peak day return with senior railcard, about £6.		
Route	From Cheshunt through woods to River Lea and Lea Valley Country Park with lakes, trees and easy walking. Then out north east with an easy hill climb giving superb views west to the Lea and beyond. We head down and back to the Lea still going north, reaching our lunch stop at the Fish and Eels riverside pub. After lunch we navigate various waterways east of the Lea itself then head off into open country bringing us eventually to Roydon, the Lea again, and our train home.		
Lunch	Food is available at the pub.		
Dropping out	To Broxbourne just before lunch		
Suitability	Suitable for any reasonably fit regular walker. There are no particular difficulties. Terrain: Not difficult. Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain.		
Facilities	There are toilets on the train, in the country park, and at the pub.		
Walk source	Leader		
Map & other references	OS Explorer		
Leader & contact details	<u>Walk Leader: Jan Filochowski</u> <u>Beforehand</u> phone: 07879698902 (leave message if necessary) e-mail: jan@filochowski.net <u>On the day</u> mobile: 07879698902		