

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Cockfosters to Turkey St London Loop Section 17	<b>Walk No.</b>	399
<b>Area</b>	Enfield	<b>Type</b>	Linear
<b>Date</b>	Friday, 10 Feb, 2023		
<b>Distance</b>	8.0 miles (12.8 km) with options to extend via Forty Hall or on to Enfield Lock		
<b>Timing</b>	4 hours walking time + travel + lunch stop. Allow 6 hours in total. Therefore expect to be back in Islington by 4.30 pm (later if walk extended)		
<b>Meeting up &amp; travel</b>	Meet at Cockfosters underground station (Piccadilly line) at 10.00. Grab a quick coffee from garage next door if wished or 15 mins into walk in Trent Park. Return from Turkey St to Seven Sisters, or Enfield Lock to Tottenham Hale. All within Freedom Pass zone.		
<b>Route</b>	Via Trent Park, Salmon's Brook, Turkey Brook and Hilly Fields. Mainly fields and woodland.		
<b>Lunch</b>	Food is available from 12.0 pm at the Rose and Crown at Clay Hill, one of the oldest pubs in Enfield, at one time owned by Dick Turpin's grandfather. Usual range of pub food available – soup £7, mains £12 -£15, sandwiches £7 - £9.		
<b>Dropping out</b>	Available by bus at various points		
<b>Suitability</b>	Suitable for any reasonably fit regular walker. There are no particular difficulties. Terrain: a bit of mud at the beginning but mainly flat, well surfaced paths. Possible obstacles: One busy road to cross. No stiles. Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.		
<b>Facilities</b>	There are toilets at the beginning at Cockfosters station, 15 mins on in Trent Park, the lunchtime pub and on train from Enfield Lock (not train from Turkey St)		
<b>Walk source</b>	London Loop		
<b>Map</b>	OS Explorer 173 North London		
<b>Leader &amp; contact details</b>	<u>Walk Leader:</u> Berry Beaumont <u>Beforehand</u> phone: 07808 724694 e-mail: berry.beaumont@gmail.com <u>On the day</u> mobile: 07808 724694		
<b>Interesting facts</b>	Will be given along the route of the walk.		