

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Dollis Valley Path & Hampstead Heath	<b>Walk No.</b>	346
<b>Area</b>	North London	<b>Type</b>	Linear
<b>Date</b>	Tuesday, 1 <sup>st</sup> February 2022		
<b>Distance</b>	9 miles		
<b>Timing</b>	3-4 hours walking time + travel + refreshment stops. Allow 7+ hours		
<b>Meeting up &amp; travel</b>	<p>Walk starts at 10.30 from Woodside Park tube station which is on the Northern Line, High Barnet Branch.</p> <p>Meet at Woodside Park station at 10.20</p> <p>Walk ends at Hampstead Heath overground station for direct return to H&amp;I.</p> <p>Both in Freedom Pass zone</p>		
<b>Route</b>	<p>The route follows the pretty and meandering Dollis Valley Greenwalk path (mostly paved) southwards to join Mutton Brook and a short section of Capital Ring (traffic noise as it passes the A1 and North Circ). Passing through Little Wood and Big Wood the DVG ends. We then carry on to the imposing Central Square of Hampstead Garden Suburb with its 2 Lutyens churches. From here we cross Hampstead Heath Extension to exit at North End and the pub lunch stop (at approx. 5.5 miles) The afternoon walk crosses to West Heath, and through Hill Garden and Pergola. We then enter East Heath near Jack Straw's Castle (now apartments) to follow a loop around the heath via Kenwood, Highgate Ponds, Parliament Hill to end at Hampstead Heath overground station.</p>		
<b>Lunch/coffee</b>	Lunch at the Old Bull and Bush		
<b>Dropping out</b>	<p>There are several possible drop out points. Before lunch, at Hampstead Garden Suburb (walk to Golders Green tube), or at lunch at North End (walk to Golders Green or 210 bus to Finsbury Park). After lunch it is possible to take various shorter routes to leave the Heath .</p>		
<b>Suitability</b>	<p>Suitable for any reasonably fit regular walker. Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.</p> <p>The Heath can be very muddy in places, especially on the Extension section.</p>		

<b>Facilities</b>	Toilet may be open at Woodside Park station. Toilets on the Heath Extension before lunch, then several on the main Heath in the afternoon.
<b>Walk source</b>	Mainly from Dollis Valley Greenwalk (barnet.gov.uk); map of Trails on Hampstead Heath
<b>Maps</b>	OS Explorer 173; London A-Z
<b>Leader &amp; contact details</b>	<u>Walk Leader:</u> Rowena Mobile 07741 311531 Text or leave message Email inzanir@yahoo.co.uk