

Islington U3A Longer Walks Group

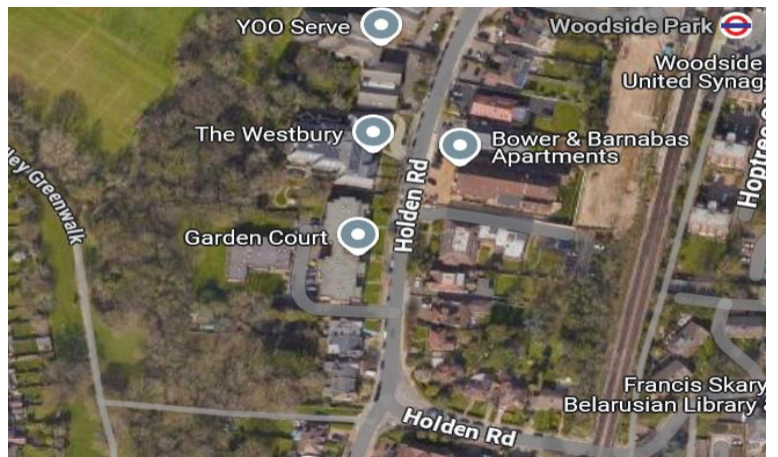
Walk Title	Dollis Valley Greenway	Walk No.	500
Area	Grater London	Type	Linear
Date	Friday 24 th January 2025		
Distance	12 miles (19 km).		
Timing	4½ hours walking time + travel + lunch stop. Allow 6 hours in total. Then 'tea' at Finsbury Park (at 4.30pm).		
Meeting up & travel	<p>Meet at Highbury & Islington by 9.30.</p> <p>By Underground we'll travel to Euston then transfer to Northern line Totteridge & Whetstone (High Barnet branch – Platform 3).</p> <p>Or if you want to join Northern line at Archway, show on Sign Up form - & meet at T&W.</p> <p>We walk back and finish at Finsbury Park.</p> <p>All within the Freedom Zone.</p>		
Route	<p>Leave Totteridge & Whetstone station (10.30am, 0mls), turn right down the hill, crossing over the road. Turn left into Dollis Valley Greenway (Ref 1). We head south and follow the DVG. We pass Woodside tube station (Ref 2, 10.50am, 1ml).</p> <p>Keeping on the DVG, under the A1, leave the Brent Brook, turn left joining the Capital Ring (11.45am, 4mls). We follow the Capital Ring for 3½ miles skirting Little Wood and Big Wood and Hamstead Garden Suburb, through to East Finchley (7½ mls, 1.30pm). We stop here for our late lunch.</p> <p>This next section is repeat of our Christmas Social. We leave East Finchley after lunch (2.30pm) and carry on, on the Capital Ring, through Cherry Wood to Highgate Woods (8½ mls). Then through Queens Wood to the start of the Parkland Walk(10ml) and arrive at the Finsbury Park café (12 miles, 4.30pm). Tea / coffee there, and hopefully joined by a few more members.</p>		
Lunch	Food is available at the Old White Lion		
Dropping out	Several drop out points (by tube or bus).		
Suitability	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: one easy up; dry paths most of the way. But hence walking on hard surfaces.</p> <p>Possible obstacles: there is one stile to cross.</p> <p>Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.</p>		
Facilities	Toilets at Totteridge & Whetstone, HGS (if open) and Cherry Wood., Then at pub and at the café at the end.		
Walk source	https://ldwa.org.uk/ldp/members/show_path.php?path_name=Dollis+Valley+Greenwalk		
Map & other references	<p>OS Explorer</p> <p>Links:</p>		

<p>Leader & contact details</p>	<p><u>Walk Leader:</u> Derek Harwood <u>Phone:</u> 077 5931 4096 <u>e-mail:</u> derek.harwood@live.co.uk</p>
<p>Interesting Facts</p>	<p><u>Dollis Valley Greenwalk</u> The Dollis Valley Greenwalk is a 10-mile walk linking green spaces along the Dollis Valley, starting in Moat Mount, Mill Hill through Barnet and into Hampstead Heath.</p> <p>The route can take up to 6 hours to walk and is mostly flat with hard surfaces making it suitable for walkers, runners and wheelchair users. The weather can make parts of the walk muddy or icy.</p> <p>Some sections of the walk can be cycled and there are signs to tell you where you can do this.</p> <p><u>Capital Ring</u> The Capital Ring is an urban walk in a smaller and more central loop around London than the London Loop, staying within 10 miles of Big Ben. Opened in 2005, it crosses the Thames at Richmond in the West and Woolwich in the East, and takes in many of the city's open spaces including Crystal Palace Park, Syon Park, Highgate Woods, Finsbury Park and Hackney Marshes.</p> <p>The Capital Ring was originally set up by the London Walking Forum. It was maintained for some years by Transport for London but is now the responsibility of the boroughs through which the sections pass.</p>

Ref 1:



Ref 2:

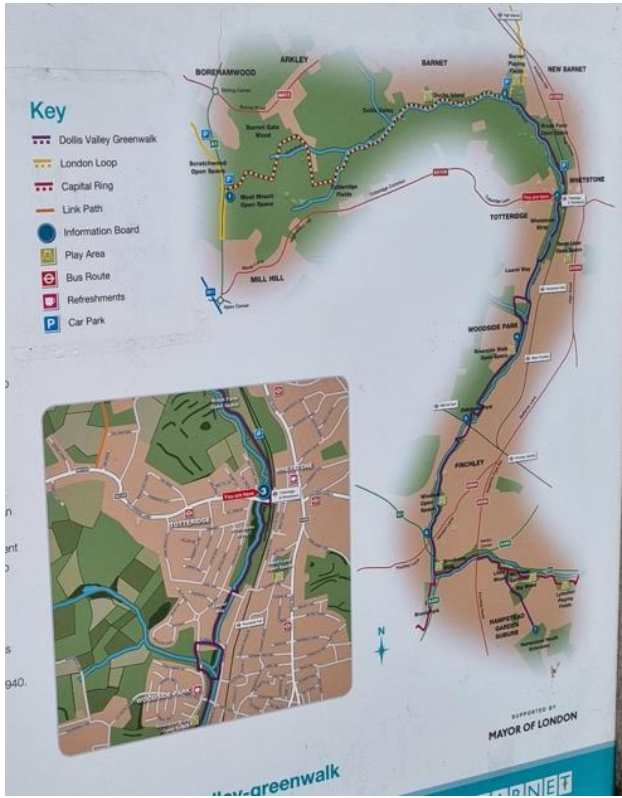


Ref 3:



Ref 4:





- 1 Moat Mount Open Space
4½ miles
- 2 Barnet Playing Fields
1 mile
- 3 **Brook Farm Open Space**
1¾ miles
- 4 Riverside Walk
¾ miles
- 5 Oakdene Park
1 mile
- 6 Windsor Open Space
1¼ miles
- 7 Hampstead Heath Extension