

## Islington U3A Longer Walks Group

<b>Walk Title</b>	London Green Spaces. Finsbury Park to Green Park & many parks in between.	<b>Walk No.</b>	343
<b>Area</b>	Greater London	<b>Type</b>	Linear
<b>Date</b>	Tuesday, 11 <sup>th</sup> January, 2022		
<b>Distance</b>	11-12 miles (17.7 - 19.3 km)		
<b>Timing</b>	5.5 hours walking time + travel + lunch stop (45 minutes). Therefore expect to be at Green Park Station at 4pm.		
<b>Meeting up &amp; travel</b>	<p>All within the Freedom Pass zone.</p> <p>We'll meet at Finsbury Park Station at 10:00am.</p> <p>Feel free to join the walk at any location along the route, but please let the walk leader know if you plan to do this, so there is a successful rendezvous!</p> <p>The finish will be at Green Park Station about 4pm.</p> <p>From there you can take the tube (Victoria, Piccadilly or Jubilee Lines). Or the number 19 bus which travels to Angel, Highbury and Finsbury Park.</p>		
<b>Route</b>	<p>Starting at Finsbury Park Station, we travel a route roughly as follows:</p> <p>Gillespie Park, Emirates Stadium, Paradise Park, Regents Park, Hyde Park to Kensington Palace and back via a loop, Green Park, St James Park and back to Green Park and finally Green Park Station.</p> <p>Lunch which will be about 12 noon, just before we get to Hyde Park, at "Bonne Bouche" in Thayer Street, eating outside.</p>		
<b>Lunch</b>	<p>We will stop at "Bonne Bouche" in Thayer Street to buy a takeaway lunch (baguettes, quiche, coffee etc). Very delicious food and considering the location, at quite reasonable prices.</p> <p>Or bring your own picnic.</p> <p>There is an area of table and chairs outside the bakery or we will walk 10 minutes to Hyde Park to eat there. You may want to bring a waterproof to sit on.</p>		
<b>Dropping out</b>	Feel free at any time to finish your walk. There will be numerous public transport options to do this.		
<b>Suitability</b>	<p>Health: all members attending should be fully vaccinated and consider taking a Lateral Flow Test for Covid within 24 hours of this walk.</p> <p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: Pavement and green parks. Relatively flat, no obstacles anticipated.</p>		

	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>	Toilets at Finsbury Park Station, Caledonian Park, Regents Park. If others needed we will consult "Toilets4London" App.
<b>Walk source</b>	Walk Leader's Creation
<b>Map &amp; other references</b>	Any map of central London.
<b>Leader &amp; contact details</b>	<p><u>Walk Leader:</u> Jo-Ann Kennedy</p> <p><u>Beforehand</u> phone: 07973186167 (text or leave message if necessary) e-mail: jakennedynz@gmail.com</p> <p><u>On the day</u> mobile: 07973186167</p>
<b>Interesting facts</b>	Too numerous to mention.