

Islington U3A Longer Walks Group

Walk Title	Roydon to Broxbourne via Stanstead Abbots	Walk No.	360
Area	South East Herts	Type	Linear
Date	Tuesday, 6 th May 2022		
Distance	10 miles (16km)		
Timing	4 hours walking time + travel + lunch stop. Allow 7 hours in total. Therefore expect to be back in Islington by 4.15pm		
Meeting up & travel	Meet outside H&I, leaving at 9.10am for Tottenham Hale, or at Tottenham Hale by/on platform to catch 9.40 to Roydon, arr 9.57. Return from Broxbourne leaving there by no later than 4.00pm. Buy Off peak day return Zone 6 (Enfield Lock) to Roydon. With Freedom Pass and Senior Railcard, £5.40.		
Route	From Roydon we travel through gently rolling open country, meeting and using first the Harcamlow Way, then the Hertfordshire Way, bringing us down to Stanstead Abbots for lunch. After lunch we walk beside the New River (canal) past Rye House, ending up at Broxbourne, where we take the short train journey back to Tottenham Hale.		
Lunch	Pub and café food available in Stanstead Abbots.		
Dropping out	At lunch, train from St Margaret's (in Stanstead Abbots) or Rye House (halfway back to Broxbourne).		
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 and at lunchtime.		
Walk source	Leader's creation.		
Map & other references	OS Explorer 174		
Leader & contact details	<u>Walk Leader: Jan Filochowski</u> <u>Beforehand</u> phone: 07879698902 (leave message if necessary) e-mail: jan@filochowski.net		