

Islington U3A Shorter Walks Group	
Walk/distance	Circular walk from Cheshunt around the Lea Valley country park and to Waltham Abbey ruins and village. ~5 miles.
Date/time	Tuesday 14 February 2023, 9:50
Meeting up & travel	<p>Meet at the front of the Seven Sisters Overground northbound platform by 9:50. We will take the 10:03 Overground train from Seven Sisters, arriving Cheshunt 10:24. Seven Sisters is on the Victoria line with frequent trains from Finsbury Park, Highbury & Islington, and King's Cross.</p> <p>Alternatively meet us at Cheshunt station at 10:30 outside the booking office. Let me know if you're doing this.</p> <p>There are return trains at 02 and 32 minutes past the hour so we will probably aim for 14:02 or 14:32 and it's about 20 minutes back to Seven Sisters.</p>
Route & terrain	<p>All level and hardstanding footpaths. Specifically chosen to avoid the mud at this time of year. In doing a recce I got completely bogged down on a different route so I'm playing safe!</p> <p>The route will take us immediately into the country park, through the outdoor sculpture gallery ('the shrine'), past the white water centre, then a short stroll to Waltham Abbey with its interesting 12th C church and abbey ruins, probable burial site of King Harold. There are several cafes in the picturesque Sun Street and also a local museum so I suggest we allow a generous break and people can either explore the history or tuck into a second breakfast.</p> <p>Then we return via the park and the River Lea towpath.</p>
Pace	Leisurely.
Potential hazards	<ol style="list-style-type: none"> 1. Short stretch along a busy road, which we have to cross, but there is a proper pavement and zebra crossing. 2. Greggs vegan sausage rolls.
Timing	Cheshunt 10:25, Waltham Abbey 12:00-12:30, back at Cheshunt 14:00-14:30
Clothing/ footwear	Suitable for forecast weather; heavy walking boots will not be necessary unless it's pouring with rain.
Toilets	None at Cheshunt station; at the Lee Valley White Water centre (after 1.5 miles) and in cafes in Waltham Abbey village (after 3 miles)
Shortening the walk	From Waltham Abbey there are buses direct to Waltham Cross (Overground) and Epping (Central Line).
Leader's contacts	<p>Walk leader: Keith Mason Mobile: 079 199 25231 Email: keithuk@gmail.com</p>
Links [click]	Lee Valley country park ; Waltham Abbey church