

Islington U3A Shorter Walks Group

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| Walk/Distance | New Barnet to Cockfosters via Pymmes Brook and Trent Park 5 miles |
| Date/Time | Tuesday 11 October 2022 |
| Meeting up & travel | Meet on the arrival platform at New Barnet rail station. Great Northern line train to Welwyn Garden City from Highbury & Islington at 09.38, Finsbury Park at 09.44. Also on the same line: Essex Road, Old Street, Drayton Park and Harringay stations. Return from Cockfosters tube station on the Piccadilly Line. |
| Route & Terrain | We walk first along the Pymmes Brook, after a few suburban pavements then woodland path , before entering Hadley Wood, and pausing to admire the lovely Jack's Lake, then a gradual climb through woodland to reach Cockfosters, where we are on pavements for a few minutes before entering Trent Country Park at the main gate. We take a circular route in woodland and open country and around lakes. The paths are mostly trails and the route has a few gentle slopes up and down and a few steps. Lunch is at the Cock Inn, across the main road from the Trent Park gate, from where it's a 5 min walk to Cockfosters station. |
| Pace | Moderate |
| Potential hazards | Occasional mud and tree roots. |
| Timing | Coffee break in Trent Park café just after we enter the park. Lunch at the Cock Inn. Walkers not staying for lunch can walk straight to nearby Cockfosters station (5 mins walk). M&S Food store next to the station. About 2.5 hours of walking, plus breaks. |
| Clothing/footwear | Sturdy walking shoes or boots, and waterproofs, if the weather forecast suggests rain. |
| Toilets | Trent Park café, Cock Inn |
| Shortening the walk | Only possible 2 miles in to the walk, by omitting the Trent Park loop. |
| Leader's Contacts | Email: shorterwalks.iu3a@gmail.com Walk Leader: Kate Grant Leader's mobile: 07973 760206 |
| Links | http://trentcountrypark.com/Welcome.html https://www.thecockinncockfosters.co.uk https://en.wikipedia.org/wiki/Charles_Jack |

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