

This is your guide to walks and trails around the paths, parks and open spaces in Haringey, so you can get active all year round.

Walking is an excellent way to adopt a more active lifestyle and the health benefits can really make a difference. It's also a great way to get out and meet people.

Haringey has over 380 hectares of green open space and nine parks with the coveted Green Flag status - available for you to use and enjoy. Use them, with pride.

Tips for an enjoyable walk:

- make sure you are suitably dressed for walking and the weather
- ensure shoes are comfortable
- stay hydrated and if it is hot, take some water
- walk at your own pace to avoid injury, slow down if you can't talk and walk use a pedometer and aim to take 10,000 steps a day
- be safe – take your phone (and don't keep it on display), or even better go with a friend
- remember to take inhalers or medication
- mix and match your route with public transport so you can see more in the same time, or use to get you back

All NHS Haringey, BTCV group walks are led by NHS trained walk leaders, Haringey Council's Library Service's walks are led by qualified personal trainers.



Walker Incentive Scheme
Haringey Council's ACTIVE leisure centres offer a loyalty card to all walkers, please ask your Walk Leader for your loyalty card.

Please call to confirm the event, and discuss the route before arriving.

All walks in the calendar of monthly organised walks are provided by BTCV (020 8348 6005) except:

- * Tottenham Civic Society (020 8347 7684)
- ** Noel Park Neighbourhood Walkers, call (020 8348 6005)
- *** Islington Ecology Centre (0207 354 5162)

Types of walks:

-  **Point to point walk**
– starts at one place finishes somewhere else
-  **Circular walk**
– starts and finishes at the same place

Distance, times, calories			
Park / Recreation ground	Lap distance metres (yards)	Lap time (mins)	Calories burnt per lap
Albert Rd	625 (683)	6.5	39
Bruce Castle	750 (820)	7.5	51
Chestnuts	680 (744)	7	42
Downhills	965 (1055)	10	60
Down Lane	850 (930)	8	48
Finsbury	2230 (1m 682)	21	126
Lordship	1200 (1313)	12	72
Markfield	700 (766)	7	42
Priory	500 (547)	5	30

Times and calories burnt assume 4mph (brisk walking) and are for guidance only (100m takes approx. 1 minute)

Convert steps to distance: Steps x length of step = distance

Free Weekly Organised Walks

These weekly walks are mostly between 30-45 minutes long and are designed to improve and benefit your health. (Please call to confirm the event, and discuss the route before arriving.)

Monday

9.20am
Downhills Park Road, N17 by Lordship Lane Recreation entrance.
Organised by NHS Haringey with West Green Neighbourhood - **020 8489 8802**

11.30am

Castle View Surgery, 119 Lordship Lane N17
Organised by NHS Haringey - **020 8442 6878**

Tuesday

10am
Whymark Avenue, N22, going to Downhills Park
Organised by NHS Haringey with West Green Neighbourhood - **020 8489 8802**

Wednesday

11am
Laurence House Surgery, 107 Philip Lane, N15, going to Downhills Park
Organised by NHS Haringey - **020 8442 6878**

11am

Markfield Park, Crowlands Road entrance, by the pavilion
Organised by BTCV - **020 8348 6005**

11.30am

Neighbourhood Resource Centre 177 Park Lane, N17 (in foyer)
Organised by NHS Haringey with Northumberland Park Neighbourhood - **020 8489 2458**

2pm

Hornsey Library, Haringey Park, N8
Organised by Haringey Council's Library Service - **020 8489 1118**

Thursday

11am - 12pm

Russell Park Outside Salvation Army, Lymington Ave. Organised by BTCV, **020 8348 6025**

11am

Shropshire Hall, Gladstone Ave/Darwin Rd N22
Organised by NHS Haringey and BTCV with West Green Neighbourhood - **020 8489 8802**

Friday

2.30pm

Muswell Hill Library, Queen's Avenue, N10
Organised by Haringey Council's Library Service - **020 8489 8773**

Pram Walks

Pushy Mothers

Wednesday
10.45 - 11.45am at Albert Road Recreation Ground (also known as Durnsford Park). We meet at the Pavilion Cafe and mums must call to book as places are limited. Contact Belle on **07980 727 528** for more details and price.

Pram Attack

Designed for mums who want to keep fit. Warm up with power walking in beautiful outdoor surroundings.

Mondays and Wednesdays, 12 - 1pm
Friday 10 - 11am

£3.50 per session

For more info contact Vicki on **07903 272 934** or email **vix71@yahoo.co.uk**

*Haringey Council is in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/change4life or call **0300 123 4567** for more information.*

Health Walks 2009 - 2010

April 19, 11am - 1pm

Tottenham Marshes
Meet: Tottenham Hale tube station, N17

May 22, 7 - 8pm

New River
Meet: New River path (Green Lanes entrance), N4

June 21, 10.30am-1pm

Woodside Park to Picketts Lock sporting event, Lee Valley
Meet: Wood Green tube station, N22

July 21, 7 - 8pm

Markfield to Springfield Park
Meet: Crowland Road entrance, Markfield Park, N15

August 8, 2 - 4pm

Tottenham Marshes
Meet: Tottenham Hale tube station, N17

September 26, 11am - 12pm

Finsbury Park
Meet: Manor House tube station, park entrance gates, N4

October 11, 2 - 3.30pm

Queen's Wood & Highgate Wood
Meet: Muswell Hill Road entrance, Queen's Wood, N10

November 28, 11am - 12.30pm

Chestnuts Park - Lordship Rec
Meet: Chestnuts Park café, N15

December 12, 11am - 1pm

Parkland Walk
Meet: Finsbury Park café, N4

January 17, 2010 11am - 12pm

Coldfall Wood
Meet: Creighton Ave. entrance, Coldfall Wood, N10

February 20, 2010 11am - 1pm

Alexandra Palace to Bruce Castle Park
Meet: Outside BBC Tower, Alexandra Palace, N22

March 13, 2010 11am - 12pm

Markfield Park to The Paddock
Meet: Crowland Road entrance, Markfield Park, N15

One-off walks*

Exploring the old railway line from Palace Gates to Seven Sisters

2.00pm Sunday 17 May
Meet: Outside the Gate pub on Station Road opposite Alexandra Palace station. Buses W3 and 184 from Wood Green tube station pass the door. Finish: Seven Sisters station.

A history walk through Downhills Park

11.30 am Sunday 24 May
Meet: Philip Lane gate of Downhills Park (junction of West Green Road and Philip Lane). Buses 41 or 230 from Turnpike Lane tube, 41 from Seven Sisters tube (West Green Road).

North Tottenham conservation area and the proposed Spurs development

11am Sunday 31 May
Meet: Outside Council Planning Office, 639 High Road (junction with Lordship Lane), N17. Bus 243 from Wood Green tube, numerous buses along the High Road from Seven Sisters tube.

Historic pubs of Tottenham

7.00pm Tuesday 2 June
Meet: Inside (for those who want to start with refreshments) or outside the Beehive Pub, Stoneleigh Road (just off the High Road), N17. Nearest tube is Seven Sisters, numerous buses along the High Road.

Architectural walk around Tottenham Green conservation area

11.00am Sunday 21 June
Meet outside Old Tottenham Town Hall, Town Hall Approach Road, N15. Nearest tube is Seven Sisters, numerous buses along the High Road.

St. Ignatius Church

3.00pm Saturday 4 July
Meet outside the church, High Road, (junction with St Ann's Road), N15. Nearest tube is Seven Sisters, 67 bus from Turnpike Lane, numerous buses along the High Road.

Walks and talks

May 1, 9.15pm

Downhills Park bat walk
Meet: Philip Lane entrance, Downhills Park, N15

June 4, 6.30 - 8pm

Granville Road Spinney herbal walk
Meet: Granville Road entrance, N4

July 10, 9pm

Queen's Wood bat walk
Meet: Muswell Hill Road entrance, Queen's Wood, N10

July 22 6.30 - 8pm

Albert Road Rec. herbal walk
Meet: Albert Road Rec cafe, N22

August 28, 8.45pm

Railway Fields bat walk
Meet: Railway Fields entrance gates, Green Lanes, N4

September 12, 10.30am - 12pm

Tottenham Green history walk to Lordship Rec festival
Meet: Markfield Park Beam Engine Museum, Markfield Park, N15

October 24, 11am - 1pm

Downhills Park nature walk
Meet at Philip Lane entrance, Downhills Park, N15

Noel Park Walkers**

(Special walks 1st Thursday of every month at 11am)

April 2

Albert Rd Rec.
Meet: Wood Green tube station, N22

May 7

Highgate Woods
Meet: Turnpike Lane tube station, N15

June 4

Finsbury Park
Meet: Turnpike Lane tube station, N15

July 2

Chestnuts Park
Meet: Turnpike Lane tube station, N15

August 6

New River
Meet: Turnpike Lane tube station, N15

September 3

Alexandra Palace
Meet: Wood Green tube station, N22

October 1

Bruce Castle Park
Meet: Turnpike Lane tube station, N15

November 5

Parkland Walk (Muswell Hill)
Meet: Turnpike Lane tube station, N15

December 3

Woodside Park
Meet at Wood Green tube station, N22

January 7 2010

Lordship Rec
Meet: Wood Green tube station, N22

February 4 2010

Downhills Park
Meet: Turnpike Lane tube station, N15

March 4 2010

Queen's Wood
Meet: Turnpike Lane tube station, N15

2009 April to July Events at Islington Ecology Centre and at Islington's Nature Reserves***

Herbal Walk

Tuesday 26 May, 6.30 - 8pm
To book your place, contact the Ecology Centre on **020 7527 8033**

Have Faith in Nature

Sunday 3 May, 2 - 4pm

Dawn Chorus Walk

Sunday 10 May, 4am - 6am
A breakfast of tea and toast will be provided after the walk.

Nature's Forgotten Folklore

Sunday 17 May, 2 - 4pm
Free of charge but booking is essential

Brilliant Botany

Mondays: 1, 8, 15, 22, 29 of June
6, 13, 20, 27 of July,
3 Aug 6.30 - 8pm

Bee Flowerful

Wednesday 27 May, 2 - 4pm

Bats of the Parkland Walk

Meet at the corner of Ella Road on Crouch Hill.
Friday 5 June, 9pm - 10.30pm
Free but booking essential.

The Parkland Walk Tree Trail

Meet at the corner of Ella Road on Crouch Hill.
Sunday 21 June, 2 - 4pm
Free but booking is essential.

Wildlife Explorers Event

Barnsbury Wood
Sunday 5 July, 2 - 4pm
Free but booking essential.

Bookings are essential where indicated. Call **020 7527 4462** or email **ecologycentre@islington.gov.uk** for more information.

Useful contacts for Haringey Council services:

Parks Customer Care Line
020 8489 5662
parkscustomercare@haringey.gov.uk
www.haringey.gov.uk/greenspaces

For carers
020 8489 3420
carers.supportteam@haringey.gov.uk

For people with physical disabilities
020 84893092
physdisduty@haringey.gov.uk

For adults with learning difficulties
020 8880 3515
hldp@haringey.gov.uk
020 8489 1384

For older people
020 8489 1400
over65@haringey.gov.uk
www.haringey.gov.uk

Age Concern Haringey
020 8801 2444
info@acharingey.org.uk
www.ageconcernharingey.org.uk

Other contacts for walking information:
Bruce Castle Museum local heritage walking guides
020 8808 8772
museum.services@haringey.gov.uk

Hornsey Historical Society
020 8348 8429
www.hornseyhistorical.org.uk

Haringey Sports Development Trust
07595 315 520
Pushy Mothers
General enquiries:
rachel@pushymothers.com or call 07989 831 256



Parks Trails • Group Activities • Weekly Guides
Spring 2009 to 2010

Get Up and Walk

Shqip

Për një kopje në gjuhën tuaj të kësaj fletushke që radhit mundësitë e ecjes në Haringey, ju lutem shënjoni ✓ kutinë dhe dërgojeni tek adresa e mëposhtme me Postim Falas.

Kurdî Kurmancî

Ev lîflet lîsteya hemû rê û cîhên ku mirov di nav Haringeyê de bi pêyên xwe dikare tê de bimeşe dide. Ji bo qopyeke vê lîfletê ya bi zimanê xwe, ji kerema xwe qutiyê îşaret bikin û vê formê vegeîrinin edresa bêpere ya li jêr.

বাংলা

হারিংগো এলাকায় পায়ে হেঁটে বেড়ানোর বিভিন্ন সুযোগ সম্পর্কে এই প্রচারপত্রের কপি আপনার নিজের ভাষায় পাওয়ার জন্য বাস্তব চিহ্ন দিন এবং নিচের ফ্রীপোস্ট বা বিনা ডাকখরচের ঠিকানায় এটা পাঠিয়ে দিন।

Soomaali

Qoraalkani waxaa ku xusan fursadaha socodka/lugaynta ee Haringey. Si laguuyo soo daro asaga oo ku qoran afkaaga hooyo, fadlan calaamadee sanduudqa kadibna u soo dir cinwaanka hoos ku xusan.

Français

Pour obtenir un exemplaire de ce dépliant qui dresse une liste des parcours de promenade à Haringey dans votre langue, veuillez cocher la case et le renvoyer à l'adresse au port payé ci-dessous.

Türkçe

Haringey'deki yürüme fırsatlarının yer aldığı bu broşürü kendi dilinizde isterseniz lütfen kutuyu işaretleyip ücretsiz olarak aşağıdaki 'Freepost' adresine gönderin.

Please tell us if you would like a copy of this leaflet in another language that is not listed above or in any of the following formats, and send the form to the Freepost address below.

- In large print On audio tape In Braille In another language, please state: _____

Name: _____
Tel: _____
Address: _____
Email: _____

Please return to: Freepost RLXS-XZGT-UGRJ, Haringey Council, Translation and Interpretation Services, 8th Floor, River Park House, 225 High Road, London N22 8HQ

Haringey Council offers this translating and interpreting service to Haringey residents. We can translate this document into one language per resident ONLY.

Get up and Walk 2009

