

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:

- * Noel Park Neighbourhood Walkers, call (020 8348 6005)
- ** Tottenham Civic Society (020 8347 7684)

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

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.)

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**
www.pushymothers.com

Pram Attack Winter Warmer

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
Admissions £3.50 per session
For more info contact Vicki on **07903 272 934** or email vix71@yahoo.co.uk
www.pramattack.co.uk

Monday

9.20am

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

11am

Albert Recreation Ground, Albert Road N22
Organised by NHS Haringey with Bounds green Group Practice **08444773391**

Tuesday

9.15 am (Term Time ONLY)

Belmont Park Walk. Meet at Belmont Rec gates on Boundary Road N22. Organised by Haringey Council contact Mitchell Browning on 07595315520 for more information.

10am

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

Wednesday

9.15 am

Markfield Park Walk Meet at Markfield Park Café N15 Begins May 19th run by BTCV

11am

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

11am

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

2.15pm

Stonecroft Children's Centre, 100 Priory Road Hornsey N8. Organised by NHS Haringey Buggies welcome call **020 83407050**

Thursday

11am - 12pm

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

Friday

10.30am

Tottenham Marshes Walk meet at The Watersedge Café, Stonebridge Lock, Tottenham Marshes N17
Organised by Haringey Council contact Mitchell Browning on **07595315520** for more information.

11:00am

Tottenham Green Leisure Centre 1 Philip Lane, N15 (Meet at Reception). Organised by NHS Haringey

11:00am

Albert Recreation Ground, Albert Road N22
Organised by NHS Haringey with Bounds green Group Practice **08444773391**

*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.*

Noel Park Health Walks

2010-2011

2-4pm, Sat 17th Apr

Nordic walking in Alexandra Palace, meet: underneath BBC Tower, N22

7-8pm, Tues 25th May

Queen's Wood & Highgate Wood, meet: Queen's Wood Lodge café, N10

10am-12pm, Sun 13th Jun

Tottenham Marshes to Markfield Park launch event, meet: Tottenham Hale Station, N15

7-8pm, Tues, 20th Jul

Priory Park, meet: Priory Rd. gate of park, N8

7-8pm, Tues 10th Aug

Coldfall Wood, Meet: Western gate of park, Creighton Road, N10

2-4pm, Sat 18th Sep

Finsbury Park to Clissold Park, meet: outside Finsbury Park café, N4

10.30am-1pm, Sat 23rd Oct

Tottenham Marshes, meet: outside Tottenham train/tube station, N15

11am-12.30pm, Sat 20th Nov

Chestnuts to Lordship Rec, meet: Outside park café, N15

11am-1pm, Sun 5th Dec

Parkland Walk, meet: Finsbury Park café, N4

11am-12pm, Sat 15th Jan

Downhills Park & Lordship Rec, meet: Philip Lane gate of park, N15

11am-12pm, Sat 5th Feb

Bruce Castle Park & Tottenham Cemetery, meet: outside Bruce Castle Museum, N17

11am-12pm, Sun 20th Mar

Finsbury Park, meet: Manor House tube station, N4

One off walks**

Green Lanes Haringey history walk

10.30am Sunday 30th May 2010
Green Lanes, Haringey, became on a major North London shopping parade when it was developed at the end of the nineteenth century. The walk will start at the oldest pub, the Beaconsfield Hotel, and make its way to the most celebrated pub, the Grade II listed Salisbury Hotel. **Meet** at the Beaconsfield Hotel, Green Lanes, N22 7AY (opposite Arena Retail Park). Nearest tube station Manor House. Bus 141, 341, and 29 to Endymion Road.

Heritage-led Regeneration on Tottenham High Road

11.00am Sunday, 13 June 2010
Over a number of years, Haringey Council regeneration and conservation departments have accessed funding from English Heritage, the Heritage Lottery Fund and various other partners to carry out a major heritage-led regeneration programme to repair the external façade of historic buildings in Bruce Grove on Tottenham High Road.

Meet at the Bruce Grove exit of Bruce Grove railway station (near San Marco Restaurant). Buses 243/123 from Wood Green tube station or 123 from Turnpike Lane tube station.

Alexandra Palace to Bruce Castle: a walk across the old parish of Tottenham

11.00am Sunday 27th June 2010
This five-mile walk starts at Alexandra Palace, goes through nine parks and seven conservation areas (Alexandra Park and Palace, Wood Green Common, Trinity Gardens, Noel Park, Tower Gardens, Bruce Castle, Tottenham Cemetery), takes in various listed buildings and ends at Bruce Castle Museum at about 1.00pm. Light refreshments will be available at Bruce Castle. You might wish to bring a packed lunch. **Meet** in front of the BBC TV Tower at Alexandra Palace, N22 7AY. W3 bus from Finsbury Park or Wood Green tube stations.

Tower Gardens: Tottenham's Hampstead Garden Suburb

11.00am Saturday 3rd July 2010
A tour of the Tower Gardens Estate and Conservation Area. Tower Gardens Estate is the most successful housing achievement of the early London County

Council. **Meet** by the gates of Lordship Recreation Ground, Lordship Lane (opposite Waltheof Road), N17. Bus 243 from Wood Green tube station or bus 123 from Turnpike Lane tube station.

Redemption Brewery

2.30pm Saturday 24th July 2010
Redemption Brewing Company started brewing in Jan 2010 bringing commercial brewing back to Tottenham after a long absence. **Meet:** Unit 2, Compass West Estate, 32 West Road (turning off Brantwood Road), Tottenham, N17 OXL

Architectural walk around Tottenham Green conservation area

(this is an Open City event)
11.00am Sunday 19th September 2010
External historical guided tour around the buildings of Tottenham Green, including C18 Georgian houses, C19 Jewish Hospital, Prince of Wales Hospital and Holy Trinity Church, ancient High Cross Monument, old Swan pub, Edwardian Town Hall complex, recent housing developments, new Bernie Grant Arts Centre and recent Banksy mural. Tour will last up to two hours with optional visit afterwards to Book House Turkish Restaurant for refreshments. **Meet:** outside Old Tottenham Town Hall, Town Hall Approach Road, N15 4RY. Nearest tube is Seven Sisters, numerous buses along the High Road.

*Although all reasonable care is taken, people taking part in TCS events do so at their own risk. For information about other TCS events **020 8347 7684** or jrosser@lineone.net*

www.tottenhamcivicsociety.org.uk

Walks and talks

8.15pm, Fri 30th Apr

Lordship Rec/Downhills Park bat walk
Meet: Philip Lane gate of park, N15

2-4pm, Sat 1st May

Markfield Park nature walk
Meet: Markfield Park café, N15

2-4pm, Sat 15th

May Railway Fields nature walk
Meet: Railway Fields hut, N4

7pm, Fri 4th Jun

Downhills Park herbal walk
Meet: Philip Lane gate of park, N15

11am-1pm, Sun 11th Jul

Parkland Walk nature walk
Meet: Finsbury Park café, N4

8pm, Fri 20th Aug

Markfield Park bat walk
Meet: Markfield Park café, N15

7pm, Fri 10th September

Railway Fields bat walk
meet: Railway Fields hut, N4

11am-12pm, Sat 11th Sep

Lordship Rec festival/heritage walk
meet: outside Tottenham Green Leisure Centre, N17

Noel Park Walkers*

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

1st April

Clissold Park
Meet: outside Turnpike Lane Station, N15

6th May

Clissold Park
Meet: outside Turnpike Lane Station, N15

3rd Jun

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

1st Jul

Markfield Park
Meet: outside Turnpike Lane Station, N15

5th Aug

Lordship Rec, meet: Wood Green tube station, N22

2nd Sep

Highgate Woods
Meet: outside Turnpike Lane Station, N15

7th Oct

Downhills Park
Meet: outside Turnpike Lane Station, N15

4th Nov

Woodside Park
Meet: Wood Green tube station, N22

2nd Dec

Finsbury Park
Meet: outside Turnpike Lane Station, N15

6th Jan

Bruce Castle Park
Meet: outside Turnpike Lane Station, N15

3rd Feb

Parkland Walk/Alexandra Park
Meet: outside Turnpike Lane Station, N15

3rd Mar

Queen's Woods
Meet: outside Turnpike Lane Station, N15

2009 April to July Events Highgate Wood Events 2010

April

Wed 14 – The Story Telling Tree 10:30am – 12:30pm
Thurs 15 – Treasure Hunt 11am – 2pm *
Wed 28 – Historical Walk 6pm START

May

Sat 1 – Birds of Bray (birds of prey display) 11am – 3pm
Sat 8 – Spring Guided Walk 2:30pm START
Sat 15 – Birds and their Song Walk 9am START

June

Sat 5 – Beetle Safari 10:30am – 12:30pm
Thurs 10 – Evening Bat Watch 9:15pm – 10:15pm *
Sat 12 – Tree Identification Walk 11:30 START
Sat 26 – Come Meet The Bees 10:30am – 12:30pm

July

Thurs 8 – Evening Bat Watch 9:15pm - 10:15pm *
Mon 26 – Treasure Hunt 11am – 2pm *
Tue 27 – The Story Telling Tree 10:30am – 12:30pm
Meet at the Information Hut 020 8444 6129

August

Fri 6 – The Great Green Picnic 11am – 4pm
Wed 11 – Birds of Bray (birds of prey display) 11am – 3pm
Fri 13 – Bugs and Butterflies 11am – 4pm
Tue 17 – Historical Walk 6pm START
Fri 20 – Wildwood Play Day 11am – 4pm
Sat 21 – Summer Guided Walk 2:30pm START
Thurs 26 – Evening Bat Watch 7:45pm – 8:45pm *
Fri 27 – City Critters Circus Play Day 11am - 4pm

September

Thurs 2 - Evening Bat Watch 7:30pm - 8:30pm *
Wed 8 - Moth Identification Evening 6:15pm - 7:15pm
Sunday 19 - Heritage Day 11am – 4pm

October

Wed 6 – Walk To Look at Fungi 2:30pm START*
Sat 23 – Autumn Guided Walk 1:00pm START

November

Sat 20 – Walk To Look at Fungi 11:30am START

December

Sat 4 – Winter Guided Walk 11:30am START

*PRE-BOOKING REQUIRED

(all events are free of charge)

<p>Useful contacts for Haringey Council services:</p> <p>Parks Customer Care Line 020 8489 5662 parks.customercare@haringey.gov.uk www.haringey.gov.uk/greenspaces</p> <p>For carers 020 8489 3420 carers.supportteam@haringey.gov.uk</p> <p>For people with physical disabilities 020 84893092 physdisduty@haringey.gov.uk</p> <p>For adults with learning difficulties 020 8880 3515 hdp@haringey.gov.uk 020 8489 1384</p> <p>For older people 020 8489 1400 over65@haringey.gov.uk www.haringey.gov.uk</p>	<p>Age Concern Haringey 020 8801 2444 info@acharingey.org.uk www.ageconcernharingey.org.uk</p> <p>Other contacts for walking information:</p> <p>Bruce Castle Museum local heritage walking guides 020 8808 8772 museum.services@haringey.gov.uk</p> <p>Hornsey Historical Society 020 8348 8429 www.hornseyhistorical.org.uk</p> <p>Haringey Sports Development Trust Mitchell.Browning@haringey.gov.uk or call 07595 315 520</p> <p>Pushy Mothers General enquiries: rachel@pushymothers.com or call 07989 831 256</p>
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Spring 2010 to 2011
Parks Trails • Group Activities • Weekly Guides

Get Up and Walk

Shqip
Për një kopje të rrjetit të bujtë të kësaj rrethshke e një rrah të mundës të e e pjesë të Haringey, ju lutem shkëmboni / kutinë e internetit të adresës e mëposhtme me Postim Falas.
Kurdi Kurmanci
Ev lîlet lîte ya he mî rê d'în ên ku mirav lî hav Haringeyê de li pîyên xaw e î kêre tê de lîmeşe lîle. Jîlo herpeke vê lîletê ya lî zimani xaw e, jî kêrema xaw herpeşe lîaret lîkî d'vê fo rmê veje rîmî eî res a lîyere ya lîjêr.

বাংলা
কম্পিউটারের মাধ্যমে এই ডকুমেন্টটি ইমেইল করে পাঠান।
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Soomaali
Qoraalkani waxaa ku xusan fursadaha socodka/bayaynta ee Haringey. Si bayaynta soo dalaa asaga oo ku qoraan calaamadeeda ama luuqada kaalinta usoo dir dawaadanka hoos ku xusan.

Français
Pour obtenir un exemplaire de ce dépliant qui illustre une liste des parcs ou de promenade à Haringey dans votre langue, veuillez cocher la case et le renvoyer à l'adresse ou par payé ci-dessous.
Türkçe
Haringey'deki yürüme fırsatlarının yer aldığı bu broşürü kendi dilinize istediğiniz dilin dilini kullanarak 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

Trails around Haringey

Parks open at dawn and close at dusk.

KEY

Better Haringey Trail

12-mile circular walk around Haringey, joining places of interest and environmental importance.

020 8489 3249 or visit www.haringey.gov.uk/betterharingeytrail

Capital Ring Walk

Leaflets available from the London Strategic Walks Information Service, 0870 240 6094 www.tfl.gov.uk/walking

Lea Valley Walk

www.leavalley-online.co.uk

Greenways Routes:

- > Finsbury Park N4 to Tottenham Marshes N17
- > Finsbury Park N4 to Alexandra Palace N10

New River Walk

Covering Hertfordshire, Enfield, Haringey, Hackney, Islington. 0845 9200 800 www.thames-water.com

Bruce Castle Tree Trail

A fun and exciting trail for families and schools especially. Explore the park and museum to find out more about trees. www.haringey.gov.uk/treetrail

Alexandra Palace

Nature trails, environmental walks and walking maps www.alexandrapalace.com

What's your target?

3 x 30

Walk continuously at a fast or fairly brisk pace for 30 minutes, at least three times a week

10,000 a day

Use a pedometer to check you are walking about four and a half miles a day (10,000 steps)

Further away bus stop

Build up gradually to regular 30 minutes continuous walking by starting with two 15 minute walks a day, at least five days a week

Can you lead, walk and talk?

Free training is available if you want to become a Volunteer Walk Leader. Call NHS Haringey on 020 8442 6878.



Key

- Better Haringey Trail
- Capital Ring Walk
- Lea Valley Walk
- Greenways Routes
- New River Walk
- T Toilet

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