

SMARTER TRAVEL

# SMARTER TRAVEL walking guide



020 8489 5351

[www.haringey.gov.uk/haringeywalks](http://www.haringey.gov.uk/haringeywalks)

HARINGEY WALKS

Haringey LONDON

Shqip

Polski

Ky është udhëzuesi juaj për ecjet dhe grupet e ecjes në Haringey. Nëse e doni këtë të përkthyer në gjuhën tuaj, ju lutem shkruani adresën dhe dërgojeni tek adresa e mëposhtme me postim falas.

Jest to przewodnik na temat spacerów i grup spacerowych w Haringey. Aby otrzymać kopię w swoim języku, należy zaznaczyć odpowiednie pole i formularz na bezpłatny adres podany poniżej.

Français

Soomaali

Voici votre guide des promenades et clubs de marche de Haringey. Si vous souhaitez le faire traduire dans votre langue, veuillez cocher la case et renvoyer à l'adresse en port payé ci-dessous.

Kani waa haggahaagi soodka iyo kooxaha soodka ee Haringey. Haddaad rabto in lagu tarjumo luqaddaada fadlan calaamadi sarduuga oo ku soo celi cinwaanka boostisuu lacag la'aanta yahay ee hoose ku qoran.

Kurdi Kurmanci

Türkçe

Ev rêbera we ji bo meş û komên meşê li Haringeyê ye. Heke hun dixwazin ev ji bo zimanê we were wergerandin, ji kerema xwe qutikê nişan bikin û ji navnîşana posta bêpere ya jêrin re bişînin.

Bu belge Haringey'de yürüme guzerâhları ve yürüme grupları kılavuzunuzdur. Bu kılavuzun Türkçe çevirisini edinmek isterseniz, lütfen uygun kutucuğu işaretleyip aşağıdaki ücretsiz posta adresine geri 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: .....

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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.

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This is your guide to walks and walking groups around the paths, parks and open spaces in Haringey, to help you get active all year round.

Walking is the easiest and cheapest way to exercise. It saves you money and helps the environment too. Walking for just 30 minutes a day helps keep your heart healthy and strengthens muscles.

Haringey benefits from sixteen parks with green flag status, the benchmark gold standard for parks and green spaces in the UK.

## healthy walks

### walk your way to health

Walks are led by trained volunteers and are a great way to meet new people and discover your local neighbourhood.

For more details call **020 8885 7307** or email [afl@fusion-lifestyle.com](mailto:afl@fusion-lifestyle.com)

### PRAM ATTACK

Designed for mums who want to keep fit. Classes are held in Finsbury Park and Caledonia Park.

For more details contact Vicky on **07903 272 934** or [info@pramattack.co.uk](mailto:info@pramattack.co.uk) or visit [www.pramattack.co.uk](http://www.pramattack.co.uk)

### PUSHY MOTHERS

This is a pregnancy and post-natal fitness initiative providing safe and effective exercise for mums and mums to be in local parks. No childcare worries - you bring your baby in your buggy.

Visit [www.PushyMothers.com](http://www.PushyMothers.com)

## historical walks

### highgate society

The Highgate Society has published several guided walks available on its website at [www.highgatesociety.org.uk](http://www.highgatesociety.org.uk)

### TOTTENHAM CIVIC SOCIETY

The Tottenham Civic Society organises regular historic walks. The programme includes walks around conservation areas, parks and housing estates, as well as visits to various buildings of interest both new and old.

To find out more visit [www.tottenhamcivicsociety.org.uk](http://www.tottenhamcivicsociety.org.uk)

## BRUCE CASTLE

Bruce Castle opened as a museum in 1906 and now houses history collections relating to the Borough of Haringey. Park visitors can follow the Tree Trail and the park is part of the Better Haringey Walking Trail.

For more details call **020 8808 8772** or visit [www.haringey.gov.uk/brucecastlemuseum](http://www.haringey.gov.uk/brucecastlemuseum)

## walk yourself fitter

Taking a frequent walk is one of the most effective ways of improving your health.

If 30 minutes exercise at one time is inconvenient, shorter bouts of 10-15 minutes exercise spread over the day can be just as good.

Walking is virtually injury-free and has the lowest drop-out rate of any form of exercise.

Walking a mile in 20 minutes is a highly effective workout and burns approximately the same amount of energy as:

- Running a mile in 10 minutes
- Swimming breast stroke for 10 minutes
- Doing aerobics for 16 minutes
- Playing football for 12 minutes
- Cycling for 16 minutes

## what's your target?

### 2 x 15 minutes

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

### 3 x 30 minutes

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

### 10,000 steps a day

The British Heart Foundation recommends 10,000 steps a day for a healthy heart. Use a pedometer to check you are walking about four and a half miles a day (10,000 steps).



## DISTANCE, TIMES, CALORIES TABLE

Park/Recreation ground	Lap distance metres	Lap time minutes	Calories burnt per lap
Albert Road	625	6.5	39
Bruce Castle	750	7.5	51
Chestnuts	680	7	42
Downhills	965	10	60
Down Lane	850	8	48
Finsbury	2230	21	126
Lordship	1200	12	72
Markfield	700	7	42
Priory	500	5	30

## walking resources

### walkit.com

A great online walk planning resource and simple to use, Walkit.com lets you know how many calories you burn walking at slow, medium or fast pace. It even lets you know how much Co2 you are saving by not using a car.

Visit [www.Walkit.com](http://www.Walkit.com)

### walk to school

Walk to School is a national campaign that was launched in 1995 – to encourage all parents and children to make walking to school part of their daily routine.

Visit [www.walktoschool.org](http://www.walktoschool.org)

### walk london

There are lots of downloadable routes to choose from at Walk London including the Lea Valley Walk.

Find your walk at [www.walklondon.org.uk](http://www.walklondon.org.uk)

### walk 4 life

Find new routes, upload your own routes and record your progress on this great online resource. You can also use the website to find out about your local walking groups and take a charity challenge.

Visit [www.walk4life.info](http://www.walk4life.info)



## RAMBLERS

If you are planning a more ambitious walk then the Rambler's website is a great resource and has a useful walks finder to help you plan further afield.

Visit [www.ramblers.org.uk/walksfinder](http://www.ramblers.org.uk/walksfinder)

## walking trails

### BETTER HARINGEY WALKING TRAIL-FREE WALKING GUIDE

The Better Haringey Trail is a 12-mile borough-wide circular walk, joining places of interest and environmental importance. It gives residents and visitors a great opportunity to enjoy walking and to explore different areas of Haringey.

Visit [www.haringey.gov.uk/betterharingeytrail](http://www.haringey.gov.uk/betterharingeytrail) to download a free walking guide.

### CAPITAL RING WALK

The Haringey section of the Capital Ring Walk passes through Highgate down to Finsbury Park and Manor House.

A walking guide is available from [www.walklondon.org.uk](http://www.walklondon.org.uk)



## LEA VALLEY WALK

This is an 18 mile (29 km) walk along the Lea Valley that follows the Lee Navigation towpath from Waltham Abbey through Haringey to Limehouse Basin.

For more guides and maps visit [www.walklondon.org.uk](http://www.walklondon.org.uk)

## GREENWAYS

These are safe routes running through parks, forests, waterways, and quiet residential streets. Greenways in Haringey run from Finsbury Park to Tottenham Marshes and Finsbury Park to Alexandra Palace. See map overleaf for details.

## MOSELLE RIVER WALK

This is a seven and a half mile walk along the course of the Moselle, Haringey's river, flowing from the heights of Queens Wood in the west to the river Lea at Tottenham. A detailed brochure is available at [www.haringeyfriendsofparks.org.uk](http://www.haringeyfriendsofparks.org.uk).

## NEW RIVER WALK

The New River Action Group leads regular walks along the New River. Visit [www.newriver.org.uk](http://www.newriver.org.uk)

## ALEXANDRA PALACE

For nature trails, environmental walks and walking maps visit [www.alexandrapalace.com](http://www.alexandrapalace.com) and [www.friendsofalexandrapark.org](http://www.friendsofalexandrapark.org)

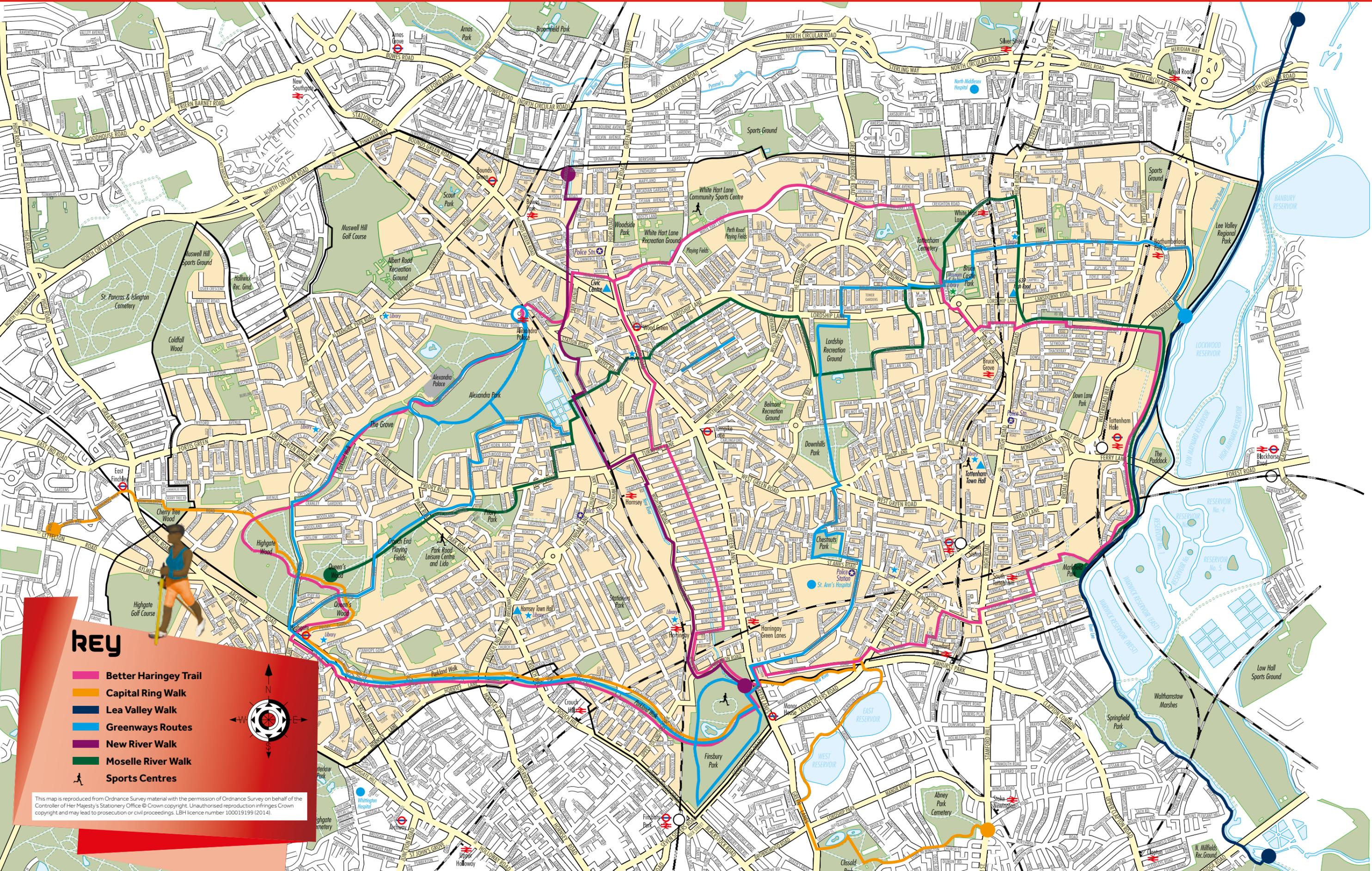
## HARINGEY PARKS

To find out more about your local parks or report a problem call 020 8489 1000, email [parks@haringey.gov.uk](mailto:parks@haringey.gov.uk) or visit [www.haringey.gov.uk/greenspaces](http://www.haringey.gov.uk/greenspaces)

More details of walking events and groups and downloadable walking maps are available at [www.haringey.gov.uk/smartertravel](http://www.haringey.gov.uk/smartertravel)



# trails AROUND HARINGEY



## KEY

-  Better Haringey Trail
-  Capital Ring Walk
-  Lea Valley Walk
-  Greenways Routes
-  New River Walk
-  Moselle River Walk
-  Sports Centres



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