

Haringey Wellbeing Walks are **FREE** and led by trained walk leader volunteers, offering group walks across Haringey's parks and green spaces. Most wellbeing walks start and end close to cafes and toilets. Please arrive a few minutes before the start time of the walk, where you will be welcomed by the walk leader.

The walks take place every week. Wear appropriate footwear and bring water. No walks on Bank Holidays.

Day	Time	Meeting Place	Leaders / Walking To	Duration
Monday	9:20am	Lordship recreation ground, at the gates near the traffic lights on Downhills Park Road N17 6NY	Storm & Gloria Walking in Lordship Rec	30-45 mins
Monday	11:00am	Bottom gates of Alexandra Park N8 7HP (by Safe store).	Annette & Bridget Alexandra Palace	30-45 mins
Monday	2:00pm	Hornsey Vale Community Centre, inside room 1, Mayfield Road N8 9LP	James Stationers Park circular	45 mins
Tuesday	9:45am	The Engine Room, Unit A, Eagle Heights, Lebus Street, N17 9FU	Janet Tottenham Marshes	60 mins
Tuesday	2pm	Bruce Castle Park Cafe (opposite the Tennis courts) N17 8NJ	James Two circuits of Bruce Castle Pk	30-45 mins
Wednesday	10:00am	New River Sport & Fitness Centre N22 5QW, (meet inside reception)	Qasim walk through the open green spaces of New River Centre	35 mins
Wednesday	10:00am	Outside Café in Markfield Park N15 4RB	Steve & Bob Markfield Park/River Lea	45+ mins
Wednesday	10:30am	Russell Park Café, N22 6PU	Rich A circular walk to Belmont Rec	45 mins
Wednesday	10:45am	Bruce Castle Park, in front of the Museum, N17 8NU	Rebecca & Phyllis A walk around the park	45+ mins
Wednesday	11:15am	In the cafe at Queenswood Surgery N8 8JD	Anthony Priory Park	45+ mins
Wednesday	2:30pm	The Goods Office Café, Ferme park Road N4 4DS	Sam & Paul - Men on the Move Parkland Walk Finsbury Park Cafe	45mins
Wednesday	5:00pm	Next to Cafe Forks & Green, West Green Road N15 4AB	Hanna Downhills Park & Lordship Rec	45+ mins
Thursday	11:00am	Morum House GP practice 3-5 Bounds Green Road N22 8HE	Anita X2 circuits Nightingale Gardens	30 mins
Thursday	10:30am	Lordship Rec at the Rockstone Gate Lordship Lane N17 6AB	James Lordship Recreation walk ending at Lordship Hub	45+ mins
Friday	10:30am	Stonebridge Lock Waterside centre/Near Café N17 0XD	Janice Tottenham Marshes	45+ mins
Friday	10:45am	Bruce Castle Park, in front of the Museum, N17 8NU	Rebecca & Phyllis A walk around the park	45+ mins
Friday	11:00am	Inside Chestnuts Community Centre 280 St Ann's Rd N15 5BN	Paul & Neil A walk around Chestnuts Pk	45 mins

Please contact: **Anita:** 07973 571 921 or **Lily:** 07971 113 463 or E: get.active@haringey.gov.uk Updated July 2024

Use this QR code to access more information

