

Islington U3A 'Amblers' Walking Group	
Walk/Distance	Lea Valley Walks, Tottenham Hale to Hackney Wick Approx 5 miles.
Date/Time	Monday 17th February 2025 at 10.00am
Meeting up & travel	<p>Meet outside Highbury & Islington Station by 10.00am or at Tottenham Hale Station at 10.15am. Traveling via the Victoria Line from Highbury and Islington. If meeting at Tottenham Hale please let me know in case of delay. Return from Hackney Wick (Overground – Mildmay line)</p> <p>Break points at Springfield park for Stoke Newington and Millfields Park for Clapton.</p> <p>All travel within Freedom pass zones.</p>
Route	<p>The walk is on paths, pavements and canal tow paths.</p> <p>We start by joining the Lea Navigation towpath at Tottenham Hale then join the River Lea. We pass Markfield Park with the Markfield Beam Engine and Museum, as well as a café and toilets. Walking through the park alongside the river we come to Springfield Park. This part of the canal has many reminders of the timber industry. We cross the Horse Shoe Bridge into the Walhamstow Marshes following the tow path past a plaque commemorating A V Roe's first all British powered flight in 1909. Just before the Lee Valley Centre we cross back over the river and continue on the tow path to Hackney Wick.</p>
Potential hazards	Some of the tracks might be muddy and slippery in wet weather and others are uneven. Entrance to the start of the walk is down a cobbled slope.
Timing/breaks	<p>Gentle pace, about 3 hrs walk with a break to finish approx 1.30pm.</p> <p>Coffee break at Princess of Wales on the Lea Bridge road and/or Breakfast Café at Here East if required.</p>
Clothing/footwear	Comfortable walking shoes/sticks and waterproofs/umbrella if necessary.
Toilets	At Tottenham Hale Station Platform 4, Markfield Park, Princess of Wales and Hackney Bridge Centre.
Leader's Contacts	<p>amblers.iu3a@gmail.com Walk Leader: Carol Taylor Leader's mobile: 07811713079</p>
Links	www. leavalleypark.org.uk