

Islington U3A Shorter Walks Group

Walk Title	Cheshunt circular		
Area	South East Herts	Type	Linear
Date	16 th October		
Distance	Just over 5 miles (8.6 km)		
Timing	About two and a half hours walking time + travel. We should be back in Islington around 2.30. Pace: gentle to moderate.		
Meeting up & travel	Meet at 9.45 at H&I to catch tube to Tottenham Hale, or at Tottenham Hale at 10.00, to catch 10.10 or 10.13 to Cheshunt. Assuming you have a Freedom Pass, you should get a cheap day return from zone 6 (Enfield Lock) to Cheshunt. With a Senior Railcard, this will cost £3.85, plus 59p if you use Trainline. Frequent trains back from Cheshunt taking 10-15 minutes.		
Route	Leaving Cheshunt Station we walk into Lea Valley Country Park on wide, even and usually dry paths, heading north for 20 minutes or so, then crossing the Lea River and Navigation Canal and turning south towards Waltham Abbey. Eventually, but before Waltham Abbey, we turn west, recross the Lea, and head north again to bring us back to Cheshunt, having completed a long, thin, egg-shaped walk. For the whole of this walk we will be going through mature woods and open grassland and past a series of picturesque lakes, created from old quarry workings. None of the walk is through streets or past housing.		
Lunch	There is a café at the White Water Centre, which we pass near the end of the walk.		
Dropping out	Not really possible, unless you turn round and go back to Cheshunt station.		
Suitability	Terrain: Very easy ie good paths and largely flat. Clothing etc: Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain.		
Facilities	Toilet at Cheshunt Station, in Lea Valley Country park after about a mile and a half, and at the White Water centre after 4 miles.		
Walk source	Leader's creation.		
Leader & contact details	<u>Walk Leader:</u> Jan Filochowski <u>Beforehand</u> phone: 07879698902 (leave message if necessary) e-mail: jan@filochowski.net <u>On the day</u> mobile: 07879698902		