

Islington U3A Shorter Walks Group	
Walk/Distance	Crofton Park to Crystal Palace Green Chain Walk 6m
Date/Time	Friday 28 November 2025 10.10am
Meeting up & travel	Starts at Crofton Park station (follow Green Chain sign and meet outside the exit) at 10.10am. Thameslink trains starting Welwyn GC to Sevenoaks from Finsbury Park (09.30) and St Pancras (09.37) Return from Crystal Palace on Windrush Overground (.02 and .32) All within Freedom Pass and Oyster Card zones.
Route & Terrain	This is a varied walk in South East London following section 11 of the Green Chain Walk. It is hilly, though no slopes are either particularly long or steep. It has several fairly short sections of pavement walking, linking the more scenic parks and woodland. The first half hour takes us through two Camberwell cemeteries, one modern and unprepossessing, the other less so. After an hour or so, the coffee break is in the café next to the Horniman museum and our route takes in the interesting gardens. Then in contrast we walk up through Sydenham Hill Wood, the first London Wildlife Trust nature reserve. Then it's mostly downhill through the lovely Sydenham Wells Park and into Crystal Palace Park with its interesting features (the remains of the palace, the dinosaurs and international sports stadia, as well as a tribute to Jimi Hendrix). Lunch is possible in the café. Return from the historic station.
Pace	Moderate (slower in places because of the ups and downs.)
Potential hazards	Paths are firm throughout even in Sydenham Hill Wood, though there are a few series of steps along the route
Timing	2.5 hours of walking plus a coffee break
Clothing/ footwear	Comfortable walking shoes or boots, or, depending on previous rainfall, the walk could be done in trainers if preferred. Hiking poles optional, though you might find them helpful for steps and slopes.
Toilets	Crofton Park station, Horniman Garden café, Sydenham Wells Park, Crystal Palace café, Crystal Palace station.
Shortening the walk	Train from Forest Hill station after Horniman Gardens Train from Sydenham Hill station after Sydenham Hill wood
Leader's Contacts	Walk Leader: Kate Grant Mobile: 07973 760206 Email: shorterwalks.iu3a@gmail.com
Links	https://innerlondonramblers.org.uk/images/GreenChainWalk/guides/GCW11-Nunhead-to-Crystal-Palace-Mar23.pdf

