

# Walkingtogether

## Themed Walks 2017/2018

Join our **free** themed walks as we explore the local area.  
Meet new people and reap the health and wellbeing benefits  
of being outdoors, active and learn something new.



# Walkingtogether Programme of Free Themed Walks

Title of walk	Walk Description	Date	Duration	Start Point
<b>Finsbury Park Festival Walk</b>	**Special walk to tie in with the annual Finsbury Park Festival of Cycling & Walking ** From urban history to Mother Nature, there's more to Woodberry Down than you might think. Walk with us as we discover its different layers and environments, before finishing at a free festival that celebrates another great form of exercise.	<b>Sunday 18 June 2017</b>	<b>11.00am – 12.30pm</b>	The former <b>Happy Man pub</b> , 89 Woodberry Grove, London N4 2SB
<b>Hackney Markets Old and New</b>	Explore the famous Ridley Road Market and take a brisk walk through the ages to the new Well Street Market, to see how markets are still bringing communities together.	<b>Saturday 1 July 2017</b>	<b>11.00am – 12.30pm</b>	<b>Dalston Eastern Curve Garden</b> , 13 Dalston Lane, London E8 3DF
<b>Pocket Parks and Hidden Dalston</b>	We promise you a rose garden and to leave the traffic behind. See how much green space can be found in the city and how great walking is, as we take a stroll along the back roads and hear interesting stories of Hackney past and present.	<b>Sunday 16 July 2017</b>	<b>11.00am – 12.30pm</b>	Outside the main entrance of <b>Britannia Leisure Centre</b> , 40 Hyde Road, London N1 5JU
<b>Hampstead Heath – Parliament Hill &amp; Poetry</b>	Check out one of the best views in London and explore the back streets of village Hampstead. See the home of Keats and the treasure house of one of London's famous architects (exteriors only).	<b>Saturday 12 August 2017</b>	<b>11.00am – 12.30pm</b>	<b>Gospel Oak Overground station</b> , Gorden House Road, London NW5 1LT
<b>My Hackney – Millfields</b>	Clapton hosts mosques, churches and synagogues; explore its history and diversity, followed by a visit to the Middlesex Filter Beds nature reserve and finish at East London's new Overground station.	<b>Saturday 16 September 2017</b>	<b>11.00am – 12.30pm</b>	Outside <b>Madina Mosque Trust</b> 2a Lea Bridge Road, Clapton, London
<b>My Hackney – Black History</b>	Discover and enjoy a walk which covers Ancient African civilisations, Black history of food, Hackney Black Peoples Defence Committee, Operation Spanner, Maurice Bishop, Black. Victorians, Olaudah Equiano, Black Scientists and Inventors and more.	<b>Sunday 1 October 2017</b>	<b>11.00am – 12.30pm</b>	Outside <b>Hackney Central Library/ Museum</b> , 1 Reading Lane, London E8 1GQ
<b>My Hackney – Black History</b>	This walk takes you on a journey where you will hear about Centerprise, 4 Aces, National Front, Mr Newmont, World War 2, Sus, Commission for Racial Equality, Colin Roach and more.	<b>Sunday 29 October 2017</b>	<b>11.00am – 12.30pm</b>	Outside <b>Dalston CLR James Library</b> , Dalston Lane, E8 3BQ
<b>Spooky Hackney</b>	Take a walk around Dalston and hear some ghostly tales of Hackney then finish up at the legendary Eastern Curve Garden pumpkin display (come dress up if you dare!!).	<b>Tuesday 31 October 2017</b>	<b>6.30pm – 8.00pm</b>	<b>Dalston Eastern Curve Garden</b> , 13 Dalston Lane, London E8 3DF
<b>My Hackney – Stamford Hill</b>	Explore the northern edge of Hackney, an area rich in cultural diversity. Come up the old stagecoach route (A10) and hear of the exploits of Dick Turpin as we find out which famous people resided in the area over the last few centuries.	<b>Sunday 12 November 2017</b>	<b>11.00am – 12.30pm</b>	<b>Stamford Hill Overground station</b> , Amhurst Park, London N16 5AG
<b>My Hackney – Woodberry Down</b>	Discover more about the estate that was the biggest social housing scheme in Europe and is now one of the UK's largest regeneration projects. Hear some urban history then find out what's happening with Mother Nature in Stoke Newington reservoirs.	<b>Saturday 17 March 2018</b>	<b>2.00pm – 3.30pm</b>	The former <b>Happy Man pub</b> , 89 Woodberry Grove, London N4 2SB
<b>Priority will be given to those who have booked!</b>		If you are interested in attending an above walk(s), contact <b>Hackney Leisure &amp; Physical Activity Team</b> on <b>020 8356 7459/4897</b> or <b>surbjit.mahey@hackney.gov.uk</b> For further information, please visit <b>www.hackney.gov.uk/walking</b>		

“Exercise ... made easy.

Did you know that  
walking briskly for just 10  
continuous minutes counts  
as exercise?

It's easier than you think  
to fit into your day!”

The Active 10 app tracks your walking and shows you when to increase your pace to benefit your health. The app is designed to quickly and simply help you do more brisk walking in bursts of 10 minutes, known as Active 10s. It tracks all your walking and rewards your progress. Visit [www.hackney.gov.uk/walking](http://www.hackney.gov.uk/walking) to download app.



**For further information** on attending a walk contact  
**Hackney Leisure & Physical Activity Team** on **020 8356 7459/4897** or  
email [surbjit.mahey@hackney.gov.uk](mailto:surbjit.mahey@hackney.gov.uk)  
Alternatively visit [www.hackney.gov.uk/walking](http://www.hackney.gov.uk/walking)

