

Islington U3A Shorter Walks Group	
Walk/Distance	Folly Brook and Darlands Lake Nature Reserve Circular 5.2m
Date/Time	Friday 14th August 2026 10.30am
Meeting up & travel	Woodside Park Northern Line station (High Barnet branch) From the northbound train, leave the station without crossing over the tracks and meet on Station Approach Road just beyond Minicab office
Route & Terrain	A rural walk on the borders of Finchley and Totteridge through woods and farmland and around the hidden Darlands Lake. Largely level ground and well-made paths but a few short rough stretches on stony or rutted ground.
Pace	Moderate
Potential hazards	Rutted ground where mud has dried, or mud following rain.
Timing	2.5 hrs walking plus coffee break halfway at Finchley Nurseries The walk can be lengthened for an extra mile by following the Dollis Valley Greenwalk to Totteridge and Whetstone station (Northern Line)
Clothing/footwear	Walking shoes or boots and a stick could also be handy for the rougher paths.
Toilets	Woodside Park station and Finchley Nurseries
Shortening the walk	Not possible
Leader's Contacts	Kate Grant Email: shorterwalks.iu3a@gmail.com Mobile: 07973 760206 Please note that members who will be joining the walk should advise the Walk Leader of their Emergency Contact phone number in advance, if they have any health concerns or in case of accident.
Links	www.Darlandsconservationtrust.org