

Islington U3A Shorter Walks Group	
Walk/Distance	Trent Park - Cockfosters Circular 5 miles
Date/Time	Wednesday 28 th October 2026 10.00am
Meeting up & travel	Meet outside Cockfosters tube station (Piccadilly Line) at 10.00am. Return from Cockfosters.
Route & Terrain	Following the LOOP initially we enter Trent Park via a cemetery and then meadow paths. Trent Country Park was once part of the ancient royal hunting ground of Enfield Chase. The walk is a pleasant mixture of woodland and grassland and includes a lake, water gardens, and extensive views. There is an early coffee break at the new café in the Mansion House. Then through open country and beside the lake with a detour to the water gardens (steps up from the gardens to the path). We ascend gently through woodland with views over countryside. The paths are mostly trails and the route has a few gentle slopes up and down and a few steps. At the end of the walk, the lunch option is at the Cock Inn, a few mins walk from the main gate. Otherwise Cockfosters station is a 5 min walk along the pavement.
Pace	Moderate
Potential hazards	Occasional mud if it's been wet and tree roots.
Timing	Coffee break in the Mansion House café just after we enter the park. Optional Lunch at the Cock Inn. About 2 hours of walking, plus breaks.
Clothing/footwear	Sturdy walking shoes or boots, and waterproofs, if the weather forecast suggests rain. Hiking poles optional.
Toilets	Trent Park café, Cock Inn, Cockfosters tube station
Leader's Contacts	Email: shorterwalks.iu3a@gmail.com Walk Leader: Kate Grant Leader's mobile: 07973 760206 Members 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	http://trentcountrypark.com/Welcome.html https://www.thecockinncockfosters.co.uk