



ISLINGTON u3a AMBLERS GROUP

WALK 38 DETAILS: WANSTEAD PARK AND VALENTINE PARK

Date: Monday 12th October 2026

Length: 4.5 miles / 7 km

Meet: 10:00am at Manor Park Station (Elizabeth Line - Shenfield branch).

Timing: About 3 hours walk including coffee break, so back to Highbury about 1:30pm.

Getting there: To get to Manor Park station (latest possible trains - note that Elizabeth Line can be unreliable so check timings and go a bit earlier if possible):

- From Highbury: 9:26am Windrush Line to Whitechapel, then Elizabeth Line
- From Farringdon: 9:38am Elizabeth Line

Route: We follow part of the Centenary Walk across Wanstead Flats then turn north to enter woods in Wanstead Park. We walk along the edge of Heronry Pond and cross the River Roding, then via a short suburban section to Valentine Park, visiting the ornamental lake and cafe for our coffee stop. [Cafe website](#). Finally we continue north past the Mansion (recently featured in Antiques Roadshow) to Gants Hill station.

Toilets: At Manor Park station, Wanstead Park (2 mls), cafe (3.5 mls), mansion (4mls).

Hazards: Suitable for any reasonably fit regular walker. Mostly on well formed or tarmac paths. Members should advise the walk leader of their 'ICE' (in case of emergency) if they have any health concerns. We cross a few busy roads: take personal responsibility, don't just follow the person in front.

Breaking the journey: Buses to Leytonstone after 3 miles (bus 146, stop VT).

Getting back: From Gants Hill, Central Line trains to Stratford, Liverpool St etc.

Map: You can see the route below and on OS maps ([link](#)).

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