

Islington U3A Shorter Walks Group	
Walk/Distance	New River & Pymmes Brook Trail from Bowes Park to Oakleigh Park 5 miles
Date/Time	Thursday 29 th October 2026 10.15 start
Meeting up & travel	Meet outside Bowes Park rail station. Great Northern Rail trains on Hertford North Line from Highbury & Islington (09.54), Finsbury Park (10.00), arrives Bowes Park 10.11 Return trains from Oakleigh Park rail station to Finsbury Park, Highbury & Islington etc (Moorgate train, every half hour .24 and .54)
Route & Terrain	A walk following the New River Path and Pymmes Brook Trail through the parks of Southgate and Barnet. From Bowes Park station we follow the New River Path towards the Victorian Broomfield Park and an early coffee break in the Palmers Greenery outdoor community café. We continue through Arnos Park, with the impressive Piccadilly Line viaduct, then along Waterfall Walk, which is a stretch of woodland. Finally through Oakhill Park and a woodland nature reserve in East Barnet, and finally a short walk up to Oakleigh Park station. Firm paths and pavements and a mostly level route.
Pace	Moderate
Potential hazards	Possible mud following rain, in Oakhill park nature reserve.
Timing	Coffee break will be early in Broomfield Park community café. About 2 hours of walking, plus coffee break. Lunch is possible in the cafes or restaurants of East Barnet, or the Prince of Wales pub.
Clothing/footwear	Comfortable walking shoes/boots, waterproofs unless the forecast is dry.
Toilets	Arnos Park, Broomfield Park, Oakhill Park
Shortening the walk	Short walk to Palmers Green station after the coffee break.
Leader's Contacts	Email: shorterwalks.iu3a@gmail.com Walk Leader: Kate Grant Leader's mobile: 07973 760206
Links	https://en.wikipedia.org/wiki/Pymmes_Brook_Trail https://www.goparks.london/park/broomfield-park/