

HARINGEY WALKS

[Walking Groups](#) | [Walk Leader Training](#) | [Get Involved](#)

Walks-stepping out

Look out for walks information in the links provided or at key Haringey borough events and we can help you, your members, patients and residents find a walk that's right for them or you.

Spotlight: Free guided Haringey walks every day of the week. [click here](#)

Links for up-to-date walks information

- [Walks](#)
- [Free Walk Leader training](#)
- [Parks & Borough Events](#)
- [Contact information](#)
- [Active 10](#)

OneYouHaringey

One You Haringey is a free integrated lifestyle programme for residents. Tel: 0208 885 9095. [Sign-up here](#)

[Move More](#)

[Be smoke free](#)

[Lose weight](#)

[Drink less](#)

[Check yourself](#)

Free guided walks for residents

Haringey Walks, working to deliver free, guided walks to all of our Haringey residents. Supporting mental and physical health, reducing isolation and feeling part of the community, helping residents to better know their borough and one another.

[Weekly walks](#) are offered across the Borough and vary in duration and difficulty. There is a walk for everyone.

Walks & Walks News

Newly formed, Haringey SEND Parent Carer Forum will be running a monthly Walk & Talk.

Date: Monday 7th February 2022

Time: 11:30am to 12:30pm

February's meeting point: Park View Café, opposite Manor House tube station. Cafe and Changing Places Toilet available.

Contact email: sendpcf@bridgerenewaltrust.org.uk

Wheely Tots new walk

Connecting Well - Age-friendly walking activities in Lordship Rec.

Friday's 10am to 11am

Meet outside the Hub - join us for a walk and chat. Meet new people and enjoy what is happening in nature. [Click here for more information](#)

Living Under One Sun (LUOS) Walk Group

Wednesday's 9.30am-10.30am. Meet at the LUOS Hub & Cafe inside Down Lane Park N17 please email : info@livingunderonesun.co.uk



[Heritage Walks with Carol](#) meet at T on the Green, Bruce Castle Park: Carol is an experienced walk leader with outstanding knowledge of the local area. These free walks start at 10.30-11.30am on 2,9,16,23 February.

[Women's Walks](#) -Lordship Rec' Mon & Weds 9.30-11.30am For details Tel: 07904288052

Komeleya Jinên Roj, ji bo jinên Kurd û Tirk, li Lordship Rec meş û meşqa bêpere pêşkêşî dike, ji bo bêtir agahdarî, ji kerema xwe bi Saadet re telefon bikin 07904288052.

Roj Kadın Vakfı Tottenham bölgesinde yaşayan kadınlara yönelik, Lordship Lane Parkında, Pazartesi ve Çarsamba 9.30 ile 11.30 arası bedava egzersiz ve yürüyüş grupları düzenliyor. Detaylı bilgi için 07904288052, numarayı arayabilirsiniz.

[Friends of Parks](#) Click the link for **self guided walks around Haringey**

[Haringey Conservation team](#) - click the link for **bird/nature walks**

The Tottenham Hotspur Foundation (THF) is looking for participants to trial out a **Heritage Walk: Spurs double cup win 1961**. The walk trial will take place soon. Please email: Joanna.Yeung@tottenhamhotspur.com.

[Contact Lily](#) for information on this year's Haringey Winter & People Need Parks activities Programmes

Walk Leader Training - Weds 2nd March from 9.30am - 12.30pm.

For further information on [Free walk leader training and rewards](#) (inc. Tempo time credits and Fusion Leisure membership) [Please contact Pamela](#) or call: 0208 885 7307

[Anita, Haringey walks co-ordinator](#) [Get in touch](#) to find the walk that's right for you or your clients/patients or call [Anita on 07973 571 921](#)

