

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 Wellbeing Walks for Haringey Residents

Haringey Wellbeing walks, are free, guided walks for 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.

[Free weekly wellbeing walks](#) are offered across the Borough and vary in duration and difficulty. There is a walk for everyone. Please click on the above link.

Other Walks & Walks News...

[Spring Forward with a Walk in the Parkland](#) | Mind in Haringey
Tel: 0208 340 2474 www.mindinharingey.org.uk

The Mind in Haringey team will be walking on [Sat 26th March at 11am](#) and you are more than welcome to join, or walk the route on a day or time that suits you. The walk starts at the Mind in Haringey building: 73C Stapleton Hall Rd Finsbury Park, N4 3QF

Walking is hugely beneficial for your mental health and we wanted to bring the community together in time for the clocks going forward, to raise money and try and improve our mental health as the days get brighter!

If you are interested in taking part, please [visit our website](#) where you can register and receive the Parkland pack including the sponsorship form.

[LGBT+ heritage walk & drop-in with free refreshments](#)

Thursday 31 March, 12.30pm to 3.30pm

Meet at The Antwerp Arms 168-170 Church Rd, London N17 8AS

Contact Karen for more info: 07308 966 375

Come and talk to us about: ·Connecting with the LGBT+ community

www.reachandconnect.net

[Newly formed, Haringey SEND Parent Carer Forum](#)

Organise a monthly Walk & Talk at a different park in the Borough.

For further details on the next walk contact : sendpcf@bridgerenewaltrust.org.uk

[Paul's Meet Up Group](#)

Paul offers a series of walks across North London via his MeetUp group Paul and Tim's Greater London Walks and Talks. Booking can be made via the Greater London Walks website <https://greaterlondonwalks.com/> Walks cost £10 each.

You can follow Paul's walks via [Footprints of London guiding group](#)

[Join The Conservation Volunteers at The Paddock](#) Community Nature Park, Ferry Lane, N17 9NG for guided wildlife walks. Families welcome.

6:00-7:30 am: Dawn Chorus Bird Walk on Sat. 9th April.

Outdoor activities may change due to weather.

10:00 - 11:00, Birding Walks on 1st, 8th, 22nd, 29th April.

11:15 - 12:15: Butterfly Walk on 8th, Bumblebee Walk on 29th April.

Sign up: please email: thepaddock@tcv.org or visit our [website](#):

[Wheely Tots](#)

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

[ROJ Women's Association](#) offer [Women's Walks](#) at 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**

[Contact Lily](#) for information on this year's [People Need Parks](#) activities programme. [Funding opportunity here](#):

Plus

For further information on [Free walk leader training and rewards](#) (inc. Tempo time credits and Fusion Leisure membership) [Lily in the Active Communities Team](#)

[Ambitious Walking and Cycling Action Plan adopted](#)

Residents are set to benefit from a detailed and ambitious 10-year blueprint that will help Haringey become a green walking and cycling borough.

This week the Cabinet adopted the Walking and Cycling Action Plan after residents overwhelmingly backed measures in the strategic roadmap to encourage active travel and create safe, pollution-free, people-focused neighbourhoods.

Read more: [Ambitious Walking and Cycling Action Plan adopted](#).

[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](#)

