



## ORGANISED WALKING GROUPS

Provider	Day	Time	Location	Meeting Point	Price	Contact	More info
<b>Age UK</b>	Monday	10:00-11:00	Friary Park, North Finchley	Meet at the Torrington Park entrance nearest to Ashurst Road. N12 9AJ	Free	Wendy Nutman <a href="mailto:wendy.nutman@ageukbarnet.co.uk">wendy.nutman@ageukbarnet.co.uk</a>	Followed by optional tea in the café afterwards.
<b>Age UK</b>	Monday	10:30-11:30	NW11 Northway Gardens	Meet at the corner of Northway and Litchfield Way by the	Free	Wendy Nutman <a href="mailto:wendy.nutman@ageukbarnet.co.uk">wendy.nutman@ageukbarnet.co.uk</a>	

<b>Age UK</b>	Tuesday	10:30-11:30	Dollis Valley Greenwalk	H2 bus stop bench. NW11 6NY  Meet by the mopboard at the entrance to Brook Farm Open Space, Totteridge Lane (located downhill from the entrance to Totteridge and Whetstone)	Free	Wendy Nutman <a href="mailto:wendy.nutman@ageukbarnet.co.uk">wendy.nutman@ageukbarnet.co.uk</a>	
<b>Age UK</b>	Wednesday	10:30-11:30	Montrose Park	Meet in front of Unitas building, 76 Montrose Ave. HA8 0DT	Free	Wendy Nutman <a href="mailto:wendy.nutman@ageukbarnet.co.uk">wendy.nutman@ageukbarnet.co.uk</a>	Option to socialise after in Unitas building.

<b>Age UK</b>	Friday	10:30-11:30 The walk lasts 40-60 mins	Stephens House and Gardens (lasts 40-60 mins).	Meet at Stephens House Cafe, 17 East End Road, Finchley N3 3QE	Free	Wendy Nutman <a href="mailto:wendy.nutman@ageukbarnet.co.uk">wendy.nutman@ageukbarnet.co.uk</a>	Followed by optional refreshments in local café afterwards.
<b>Age UK</b>	Friday	14:00-15:00	Oakhill Park	Meet at Oak Hill Park car park (Parkside Gardens, East Barnet, EN4 8JP)	Free	Wendy Nutman <a href="mailto:wendy.nutman@ageukbarnet.co.uk">wendy.nutman@ageukbarnet.co.uk</a>	Followed by optional refreshments in local café afterwards
<b>Barnet Health Walks</b>	Monday	9:30-10:30	Woodside Park N20	Meet at the junction of Laurel View and Laurel Way at the gate to Whetstone Stray	£2.80	<a href="mailto:sport@barnet.gov.uk">sport@barnet.gov.uk</a> <a href="#">Health walks   Barnet Council</a>	
<b>Barnet Health Walks</b>	Tuesday	9:30-10:30	Hampstead Heath, NW11	Meet at North End Road, top entrance by	£2.80	<a href="mailto:sport@barnet.gov.uk">sport@barnet.gov.uk</a>	

				café and disabled car park, Golders Hill			
<b>Barnet Health Walks</b>	Wednesday	9:30-10:30	Friary Park, N12	Meet at gate in Torrington Park opposite Ashurst Way Torrington Park	£2.80	<a href="mailto:sport@barnet.gov.uk">sport@barnet.gov.uk</a>	
<b>Barnet Health Walks</b>	Thursday	9:30-10:30	Hampstead Heath, NW11	Heath Extension meets opposite Hampstead Way	£2.80	<a href="mailto:sport@barnet.gov.uk">sport@barnet.gov.uk</a>	
<b>Barnet Health Walks</b>	Saturday	9:30-10:30	Woodside Park, N12	Meet at the entrance to Dollis Valley Walk opposite Chanctonbury Way - Finchley Central – Southover	£2.80	<a href="mailto:sport@barnet.gov.uk">sport@barnet.gov.uk</a>	
<b>Barnet Health Walks</b>	Sunday	9:00-10:00	Orange Tree Public House/Totterid	Meet outside the Public	£2.80	<a href="mailto:sport@barnet.gov.uk">sport@barnet.gov.uk</a>	

			ge, N20	House – Totteridge Lane			
<b>Barnet Health Walks</b>	Sunday		Hampstead Heath, NW11	Meet at the top of the Heath Extension on Wildwood Road, 20 metres from Hampstead Way junction	£2.80	<a href="mailto:sport@barnet.gov.uk">sport@barnet.gov.uk</a>	
<b>Barnet Men Walking and Talking group</b>	Wednesd ay	19:00- 20:00	Walk starts at Wood Street EN5 4QS	Meet War Memorial outside St John the Baptist Church EN5 4BW	Free	Scott Grover <a href="https://www.menwalkingandtalking.co.uk/walks/barnet/">https://www.menwalkingandtalking.co.uk/walks/barnet/</a>  <a href="mailto:menwalkingandtalking@outlook.com">menwalkingandtalking@outlook.com</a>	It's a men mental health support group
<b>East Finchley Wellbeing Walk</b>	Wednesd ay	10:00- 11:00	East Finchley	Meet at Opposite East Finchley Station, behind bus stop H	Free	Louis Victor <a href="mailto:efwellbeingwalk@gmail.com">efwellbeingwalk@gmail.com</a> 07779392911	
<b>BCC (Barnet Carer Centre)</b>	Every 3 <sup>rd</sup> Thursday of the month	10:00- 10:40	Child's Hill Park	Meet outside Magnolia Curt	Free	<a href="mailto:preventionandwellbeing@barnet.gov.uk">preventionandwellbeing@barnet.gov.uk</a>	Tea and coffee at Magnolia

<b>Walk &amp; talk</b>				Care Home NW2 2LH			Court after the walk
	The 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month	10:00-12:00	High Barnet	Meet at Hope Corner Community Centre		<a href="mailto:killian.enujuba@barnetcarers.org">killian.enujuba@barnetcarers.org</a>	
<b>Barnet Walking Football Group</b>	Last Wednesday of each month	11:00	5 to 10 miles Path varies	Meeting points varies accordingly to the path	Free	Kevin <a href="mailto:Kevz2009@live.co.uk">Kevz2009@live.co.uk</a>	Dogs are welcomed
<b>Colindale Community trust</b>	Every Friday	10:00-11:00	Grahame Park Colindale	Meet at Old Library	Free	Jan Brennan Community Development Manager Colindale Communities Trust 020 8200 3014 <a href="mailto:Jan.Brennan@ColindaleCCT.org">Jan.Brennan@ColindaleCCT.org</a>	
<b>RCCT Romanian Centre</b>	Thursday	10:00-11:00	Burnt Oak Edgware HA8 0LN	Livingstone House 102 A Watling Ave	Free	<a href="http://www.rcct.uk">www.rcct.uk</a> <a href="mailto:office@rcct.uk">office@rcct.uk</a> 073114848110	
<b>U3A Barnet</b>	See the website	See the website	See the website	See the website	U3A members Fee	<a href="http://barnetu3a.org.uk">Http://barnetu3a.org.uk</a>	
<b>U3A Mill Hill</b>	Fortnightly	Please contact the coordinator	Mill Hill area	Meeting point is outside the Three Hammers Pub, The	U3A members fee	<a href="#">Join Mill Hill U3A - Mill Hill U3A</a> Gill Simon 020 35564106	

				ridgeway, NW7 4EA			
		Please contact the coordinator	Location various. Please contact the coordinator.	Meeting points various. Please contact the coordinator.		<a href="mailto:rdmhu3a@outlook.com">Join Mill Hill U3A - Mill Hill U3A rdmhu3a@outlook.com</a>	
	1 day a month Thursday and Friday	Please contact the coordinator	Location various. Please contact the coordinator.	Meeting points various. Please contact the coordinator.	U3A member fee	<a href="mailto:stewart@stewartherman.co.uk">Join Mill Hill U3A - Mill Hill U3A stewart@stewartherman.co.uk</a>	
	1 day a month usually on Friday	10:00-16:00	Location various. Please contact the coordinator.	Meeting points various. Please contact the coordinator.		<a href="mailto:daveandgail47@gmail.com">Join Mill Hill U3A - Mill Hill U3A daveandgail47@gmail.com</a>	

***Information contained in this timetable was correct at the time of publish. Participants are encouraged to contact the lead organisation ahead of joining an organised walking group to ensure days, times, and meeting locations etc. are correct***