

# A Walk in the Park

Specially designed walks to guide you through some of  
Haringey's varied parks and green spaces



Blossom by the tennis courts in Downhills Park

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# Introduction

This walking book has been produced to showcase many of the parks and green spaces in Haringey and nearby.

The walks are designed to take you on a stroll through a variety of green spaces and parks in different parts of Haringey. Some are linear and some are circular. The times given for the walks are approximate and are without stops or time spent exploring the places you pass through, which is recommended, and will be rewarding. So you will need to take that into account.

Most of the walks are easy walking, but some are longer than others or have some steeper paths and some are not wheelchair accessible because the paths are not surfaced and can get very muddy after periods of rain or there are steps.

In the making of this book we have walked each route and have endeavoured to describe them as best we can. Some woodland routes are harder

to describe than others, but you will always be quite near to a road so you can't get lost.

There are different benefits in doing the walks at specific times of year for instance, if you want to see the rhododendrons in flower in May or bluebells in the woods or baby birds on the water, or if you want a picnic, but most of the walks are good at any time of year. We did the Western Circular Walk in torrential rain, but still enjoyed it, especially as we dived into one of the many cafés on our way!

There are more parks and green spaces in Haringey that are not included because they did not fit easily into a walk and not because they are not worth a visit! All parks are listed on the Haringey Website: [www.haringey.gov.uk](http://www.haringey.gov.uk).

**We hope you will enjoy discovering Haringey through its parks and green spaces!**



Rhododendrons in Alexandra Park

## Haringey – A great place for walking

This map of Haringey shows just how much green space there is to explore across the Borough



Most public green spaces in Haringey are managed by Haringey Council Parks Service. For more information about all parks in Haringey see Parks A-Z on [www.haringey.gov.uk](http://www.haringey.gov.uk)

### Friends Groups in Haringey

There are 40+ Friends Groups active in parks and green spaces in Haringey. They do everything from clearing litter and conservation work to organising events, talks and walks. If you want to get information about a Friends Group near you then see: [www.haringeyfriendsofparks.org.uk](http://www.haringeyfriendsofparks.org.uk)

# Gallery



Alexandra Palace from Priory Park



Finsbury Park



Coldfall Wood



New River Path



The Paddock



Barratt Gardens



Nightingale Gardens



Downhills Park



Lordship Rec



Highgate Wood



Woodside Park



Queen's Wood

## A Circular Walk in the West of the Borough

Taking in 2 public parks, woods, meadows, and wildlife nature reserves.

**Distance** 7.45km (4.6miles) **Time** 2.5hrs **Moderate**

Only parts of this walk are accessible

### Alexandra Park

This historic park includes woodland, open grassland, formal gardens, pitch and putt, boating lake, cafés, skate park, children's playground, landscaped gardens, soft play adventure playground and Tree Top Adventure to entertain the kids! It also includes Alexandra Palace itself, see: [www.alexandrapalace.com](http://www.alexandrapalace.com), for what is on offer. You can get some of the best views of London (on a good day).

We start our walk at Alexandra Palace Overground Station on Buckingham Road. You can start at Wood Green Tube, Piccadilly Line, and walk to Alexandra Palace Station going up Station Road or get a W3 or 184 bus. Being a circular walk, you can join the walk anywhere along the route.

From the bus stop at Alexandra Palace Station walk to the station and go over the railway via the footbridge that leads you onto Bedford Road and turn left there. This becomes the main road through the park, Alexandra Palace Way. Walk a little way up the road and pass a parking bay and 2 rough roads on your left. Take the first small unsurfaced path down to your left. Keep on this path with meadow on your left and it continues on into woodland on your left and the pitch and putt on your right.

Almost at the end of the pitch and putt the path divides and you take the right fork that heads steeply up to Alexandra Palace. Below the road, take the first surfaced path to the left and carry on walking parallel to the road. This path goes the length of the Palace and takes you back to the road opposite



Looking out across London from Alexandra Park.

the Palace's Palm Court entrance. You will get great London views along this path.

Cross the road carefully at the bus stop and then turn left. Around the bend you will see the Grove Car Park. Turn right before the steps to the car park along a narrow hedged path keeping the car park on your left. Before a brick bridge leading to a park exit take a path uphill on your left following another side of the car park.

### Transport Links

Alexandra Palace overground station can be reached from stations between Herford North and Moorgate (via Finsbury Park). There is no step free access at this station. The **W3** bus goes there from Finsbury Park or Wood Green, or **184** from Wood Green, Turnpike Lane or Bounds Green.

**144, W7, 134, 43** or **102** bus all go to Muswell Hill Broadway if you want to start this walk from Parkland Walk North Section from the top of Muswell Hill (on your right looking down the Hill).

For information about Alexandra Park see the Friends of Alexandra Park website: [www.friendsofalexandrapark.org/](http://www.friendsofalexandrapark.org/) You will find maps and information about walks you can do around Alexandra Park.



Trees in Crouch End Open Space



**MAP KEY**

- Walk Route
- Railway
- Rivers
- Parks & Green spaces

This path takes you past the Friends information centre on your right, open on Sundays and first Saturday of the month 11-1pm. You will pass a small café. Stay on this path and you come to a covered bridge that takes you down and through a tunnel under Muswell Hill, a busy main road. You will be in the Northern part of **Parkland Walk**, a long strip of land that was once partly a railway and is now kept as a nature reserve.

## Parkland Walk

This northern section of the **Parkland Walk** nature reserve is only 750 metres long and ends at Cranley Gardens where it meets Muswell Hill Road.



The Parkland Walk at the Northern end near Muswell Hill

For information about Parkland Walk see the Friends of Parkland Walk website: <https://www.parklandwalk.org.uk/> You will find maps and information about Parkland walk and what trees and flowers you are likely to see.

Depending on the season you can see a variety of trees and wildflowers.

At the end of the **Parkland Walk** you will go under a bridge and up onto Muswell Hill Road. You will see the ornate metal gates to **Highgate Wood** (Cranley Gate) on your right just before a row of shops. Enter the wood here.

## Highgate Wood

Highgate wood is an ancient woodland. It is a haven for wildlife, with many accessible woodland trails. There is a sports ground where formal cricket and informal picnics and ball games can be enjoyed and also a well equipped children's playground. There is also a good café with toilets and an information hut with leaflets and trail guides nearby.



Highgate Wood



Lush green trees in Highgate Wood

For information about Highgate Wood see the City of London website: <https://www.cityoflondon.gov.uk/things-to-do/green-spaces/highgate-wood>

Once through the Cranley Gate take the path to the left. This path runs along the edge of the wood with houses visible on your left. Ignore any signs further on to the café and toilets to the right unless you want to visit them.



Wildlife pond in Queen's Wood.

Take the third exit on the left, New Gate, leaving the wood at pedestrian lights across Muswell Hill Road where you enter **Queen's Wood**.

## Queen's Wood

**Queen's Wood** is an ancient woodland, continuously wooded since at least AD 1600. The wood principally consists of hornbeams and oaks. A wide variety of birds



Queen's Wood

For information about Queen's Wood see the Friends of Queen's Wood website: [www.fqw.org.uk/](http://www.fqw.org.uk/) You will find maps and information about Queen's wood and what you can do and see there.

live in the wood. This is also where the Moselle, Haringey's hidden river, has its source. This part of the walk will not be good for wheelchair users or those with mobility problems as some of the paths are quite steep, uneven or cut into steps.

You will see the Café on your left and take the right fork of the 2 paths ahead, which is part of the Capital Ring. Stay on this path, passing a small pond on your right. You come to a sign post and go straight on signposted Queens Wood

Road. The path bends up to the road on your right. Emerging at the road, you will see a small path across from you which you take. This widens out and bends off to the left and becomes steps. At the bottom of the steps you come to a junction with a low wall to your right. Turn left here and take the small unsurfaced path towards a metal gate. Through the gate the path runs through woodland between backs of houses and allotments. At the end of this path turn left and you will soon

see a notice board for **Crouch End Open Space** by a metal gate which you go through.

## Crouch End Open Space

This area of Grade 1 ecological importance is a mix of woodland, meadow, allotments and playing fields.

Take the path straight on, named meadow path on the notice board. You will soon enter a meadow and carry straight on through it. You re-enter woodland beyond it and carry on down a path. At the end of this path you turn left. Exit into a carparking area on your right and continue on a rough road with tennis and



The lush summer meadow of Crouch End Open Space

cricket clubs on either side. This path joins up with another path at the junction with Park Road.

Carefully cross Park Road and walk up Park Avenue South. At no. 82 on your right you will see an alley way that leads to the end of Abbeville Road where there is the entrance to **Priory Park**.

## Priory Park

**Priory Park** has some stunning plane tree avenues, a quiet **Philosopher's Garden** to sit in and a former bowls pavillion where events are held.

Enter **Priory Park** and walk straight on past the children's playground. At the end of this path is a café (with toilets) and paddling pool ahead of you and tennis courts to the left. Turn right at the café and then a little way along take a sharp left and left again and walk through the ornamental garden. It has a large ornate fountain, originally from the churchyard of **St Pauls Cathedral**. This path takes you out onto Priory Road.

Turn left at Priory Road and cross via the lights. Turn left and



The St Paul's Fountain in the formal gardens in Priory Park

take the first turning on the right, Nightingale Lane. Walk the whole length of the road and you will see Alexandra Park ahead. Turn right onto Newland Road and walk along the edge of the sports field. At the end of the field take a surfaced path back into the park. This runs along the nature reserve on your right which you could explore. This path joins a rough road that takes you back to the parking bay where you turn right to Alexandra Palace Station on Bedford Road.

The Friends Groups in both these green spaces have been established for many years and do lots of work to improve, maintain and develop their spaces.

For information about Crouch End Open Space see:

<http://www.crouchendopenspace.org>

For dates of volunteer work days if you want to help with conservation work.

For information about Priory Park see:

<http://www.fopp-n8.org.uk/>

You will information on events in the park, future projects the Friends are planning and how to join the Friends



Keeper's Cottage in Highgate Wood

# A Circular Walk in the Wood Green Area

Taking in public parks, and green walkways.

**Distance** 3.3km (2miles)    **Time** 45minutes    **Easy**

We start and end this walk at Wood Green Tube Station. From the Tube cross the busy High Road to Station Road. Walk up Station Road and cross over at the first pedestrian lights. Keep walking in the same direction and cross over the road when you come to a mini roundabout and enter the park gate. This is **Wood Green Common/Barratt Gardens**.



Pergola in Barratt Gardens

crossing. You can see a very short exposed section of the **New River**. Turn left after the crossing, cut across a green and cross Park Avenue via another pedestrian crossing. Walk straight across the green space, **Avenue Gardens**, and then take the path to the right before the road which is part of the New River Path and straight on is **Nightingale Gardens**. Before this you may wish to take a detour left up Dorset Road from **Avenue Gardens** to see some lovely cottages.

## Wood Green Common (Barratt Gardens)

This is a small green space with a beautiful brick pergola with wisteria in the spring/summer. Walk through the pergola and turn right across the green field to the children's play area. Go through the play area and out to Station Road. Turn left and cross via the pedestrian

All parts of this walk are accessible. You can bypass the green field at Wood Green Common by walking past it on station road.

## Nightingale Gardens

This is a thin strip of ornamental green space with trees, shrubs and flowers in summer. Follow the path through the middle of the space until you meet Bounds Green Road where you turn left. You will see a red, flint Church at Braemar Avenue. Go across Bounds Green Road via pedestrian lights and take a path across **Trinity Gardens** and Trinity Road. Keep straight on along a



Wooden sculpture – Finsbury Gardens

path through another strip of green space between the backs of houses until you reach Nightingale Road.

## Finsbury Gardens

Cross Nightingale Road and you will enter **Finsbury Gardens**, a small green space with a children's play area and some fun wooden animal sculptures. Walk straight through the park and then turn right at Truro Road. Stay on this road and you will eventually reach the High Road. Turn right then cross at the pedestrian lights. You will then see the entrance to another park in front of you.

## Woodside Park

**Woodside Park** is a medium sized park with a dip in the middle, housing children's play



Trees in Nightingale Gardens

## Transport Links

Wood Green is on the Piccadilly Line. There are several bus routes that pass through or terminate there. **29** and **141** from Manor House, **230** and **W4** from Tottenham Hale, **221** or **184** from Bounds Green, **67** from Stamford Hill, **239** from Palmers Green.

For information about local groups in these parks:  
 Nightingale Gardens  
**07908 164105**  
 Avenue Gardens/Wood Green Common  
[agra@pobox.com](mailto:agra@pobox.com)  
 Finsbury Gardens  
[www.bowespark.org.uk](http://www.bowespark.org.uk)  
 Friends of Woodside Park  
[www.facebook.com/Friends-of-Woodside-Park-219106644917319](http://www.facebook.com/Friends-of-Woodside-Park-219106644917319)



Crescent Gardens in Wood Green





Woodside Park

and kick about area. The Friends of Woodside Park hold a regular Jazz Festival there in late summer.

Walk diagonally across the park above the play area and past a small former bowling club building, now used as a nursery. After the building your path forks off to the right. Stay on this path and keep right along the perimeter of the park. You will reach a road, Earlham Grove, where you turn left and almost immediately right along Newnham Road which goes past Earlham Primary School. Turn down a small passage on your left and this takes you into White Hart Lane Rec.

## White Hart Lane Rec

This is a large recreation ground for which, as we go to print, Haringey Council are working on a new master plan.

Carry on straight along the path through the park and then take a right fork that skirts a disused paddling pool. Exit the park. Turn right and follow White Hart Lane along the perimeter of the park until you reach some buildings and pedestrian lights where you cross. Turn right and continue up White Hart Lane until you reach a left fork, Stuart Crescent. Cross the road to the green opposite, **Crescent Gardens**. Take the path round the green to the left. You will be walking parallel to the High Road. Cross over Ewart Grove and the path continues through this formal strip of land. You will pass the back of a 1st World War memorial which you may want to go round and see. When you leave this green space you will be on the High Road and a very short walk back to Wood Green Tube.

## Parks and Green Spaces in West Haringey

### Albert Road Recreation Ground



Albert Road Recreation Ground provides a wide range of sporting and recreational facilities.

Whether you fancy a game of tennis or basketball, are interested in bowls, or simply want to play a game of football, Albert Road Recreation Ground has all you need.

There is also a good children's playground and some lovely trees and flowers.

The **Pavillion Café** provides meals and snacks and also hosts activities and is the base for the **Friends of Albert Rec**.

You can also see the bust of Oliver Tambo, sculpted by Ian

Walters who sculpted the statue of Nelson Mandela in Parliament Square. Oliver Tambo was a leader of the African National Congress during the apartheid years in South Africa who was exiled from his native country, coming to live near the park where his children played.



### Transport Links

184 bus from Bounds Green or Wood Green/Turnpike Lane  
102 bus from Muswell Hill or Bounds Green.  
It is a short walk from Bounds Green Tube, Piccadilly Line, along Durnsford Rd (N22 7XL)

For information about Albert Rec see the Friends of Albert Road Recreation Ground [www.farrg.org.uk](http://www.farrg.org.uk), or [psandc.co.uk](http://psandc.co.uk) for information on events at the Pavillion Café



## Coldfall Wood

Coldfall Wood is an ancient wood in Muswell Hill, N10 1NT. It covers an area of approximately 14 hectares and is presently surrounded by allotments, the St. Pancras and Islington Cemetery, and residential roads. It is the site of the discoveries which first led to the recognition that glaciation had once reached the south of England.

Until the early 20th century **Coldfall Wood** covered more than twice its current extent, reaching south to the houses bordering Fortis Green. The southern section was felled and partially excavated for gravel, before being used for residential development and schools.

Hornsey Council purchased **Coldfall Wood** in 1930 and the remaining section is now owned and managed by the London Borough of Haringey with much help from The **Friends of Coldfall Wood**.

The Wood is dominated by oak standards and also contains hornbeams, Hazel, Beech, Mountain ash and Wild Service Trees.

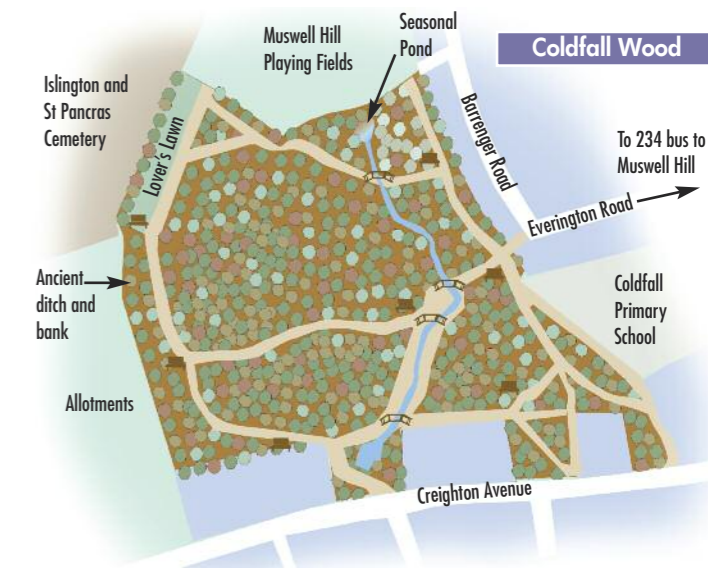
Areas of coppicing in the wood have been extended to increase levels of light and create more welcoming entrances to the wood, as well as enhancing the biodiversity value of the wood.

The western and northern boundaries are demarcated by the remains of an ancient woodbank with a ditch on the outer side. This would have

prevented grazing animals from the surrounding Finchley Common and Horseshoe Farm (as they then were) from entering the wood.

One stream flows North through the wood, creating a seasonal pond before draining beneath the Playing Fields and eventually joining Pymmes Brook.

The **Friends of Coldfall Wood** organise walks, nature talks and conservation work.



### Transport Links

234 bus from Muswell Hill and a short walk up Everington Road  
134 or 43 bus from Muswell Hill or Highgate and walk up Wilton Road and Everington Road

For information about Coldfall Wood see: [www.coldfallwoods.co.uk](http://www.coldfallwoods.co.uk)  
Find out about conservation work days or special interest walks and talks

# Pymmes Brook, River Lea, Marshes and the Paddock

Taking in rivers, a nature reserve and marsh meadows

**Distance** 4km (2.5miles)

**Time** 1 hour

**Easy**

Accessibility could be difficult in wet weather

We start and end this walk at Tottenham Hale tube station on the Victoria Line. From the tube or bus, exit the bus station into Ferry Lane and turn left up the hill over the railway. Cross over Mill Mead Way via traffic lights and almost immediately go through a metal gate on your left which takes you up the **Pymmes Brook**. The Brook will be on your right along with a Lea Valley information board.



View from Stonebridge Lock

## Pymmes Brook

The **Pymmes Brook** is a tributary of the River Lea which it joins at Tottenham Hale. It starts in Hadley Wood, Barnet.

Walk along the towpath by Pymmes Brook and you will soon see some well used allotments on your left, one of which is run by **Living Under One Sun**, a local charity and community organisation.

## Tottenham Marshes

At the end of the allotments, the path enters **Tottenham Marshes**. This is large area of grassland, wildflower meadows and waterways with a variety of plants trees and wildlife. You will soon reach a picnic area with a couple of public art installations where you turn right to **Stonebridge Lock**.

Cross **Pymmes Brook** and you will see **Waterside Café** on your left, and **Stonebridge Lock** to your right.

## Lee Navigation

Walk past the lock and stay on the towpath with the **Lee Navigation** on your left and you will see painted narrow boats moored on both sides of the river. You are now walking parallel to the way you came back towards Ferry Lane again.

When you reach the Ferry Lane exit from the river you have to go up a fairly steep cobbled ramp (this could be difficult for wheelchair users) to the road and then turn left. (If you were to carry on under the bridge, you would eventually reach **Markfield Park** where there is another café and toilets.) Carry on up Ferry Lane and cross the river Lea. Very

soon you will see the gate to **The Paddock** on your left.

## The Paddock

**The Paddock** is a Community Nature Reserve which has been developed as a haven for birds, trees, flowers and nature lovers. The area is now managed by an active friends group who are working to improve it.

Once inside **The Paddock** you will see a small wildlife pond on your left. Keep on past the pond and stay on the path in front of you which runs around the perimeter of **The Paddock**. At one point the path passes by a picnic area in a dip on your left. The path carries on round, back to the gate where you entered. Turn right on to Ferry Lane and retrace your steps to Tottenham Hale crossing over Mill Mead Way again.

## Transport Links

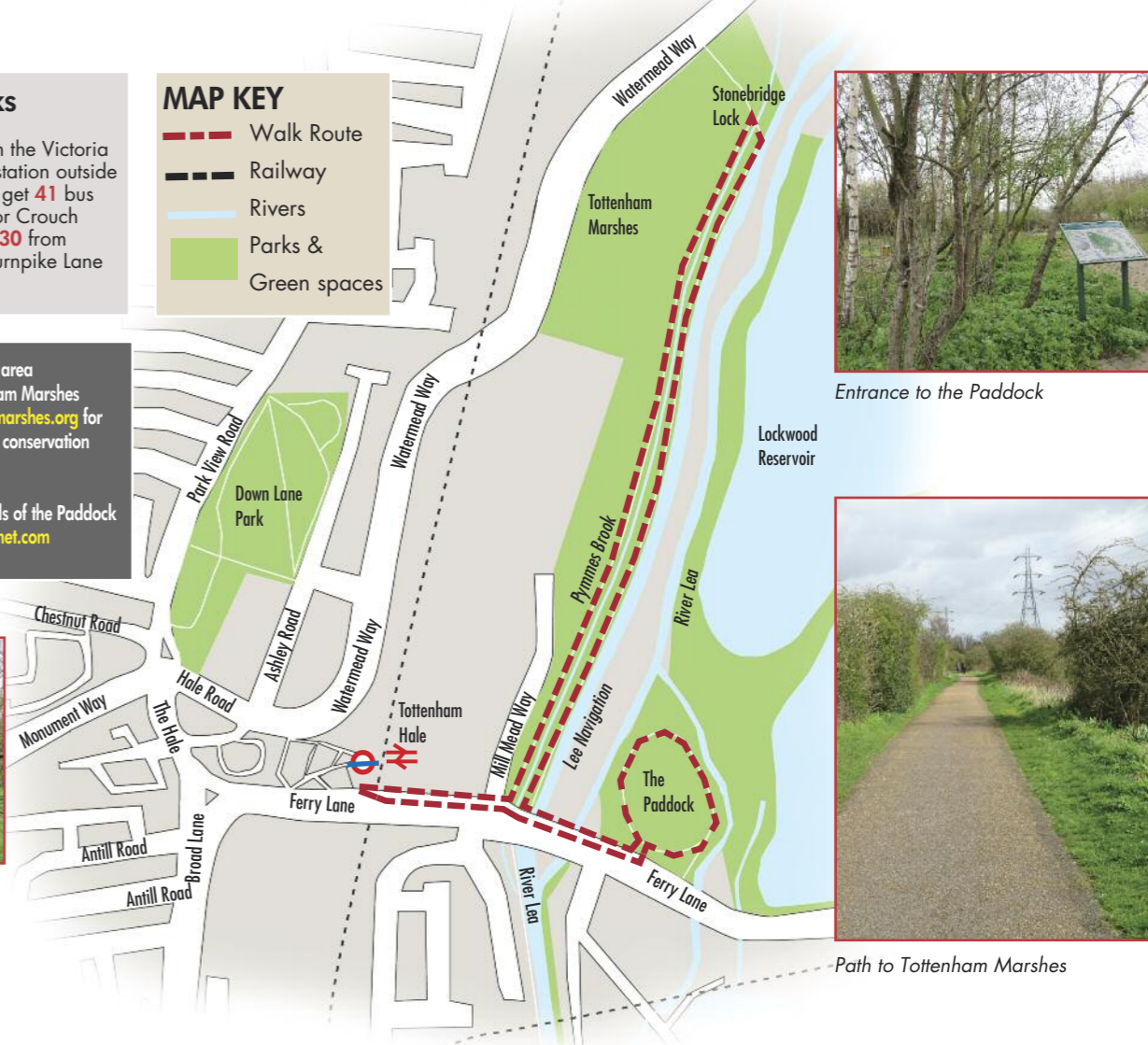
Tottenham Hale is on the Victoria Line. There is a bus station outside the Station. You can get **41** bus from Turnpike Lane or Crouch End, **W4**, **123** or **230** from Wood Green and Turnpike Lane or Tottenham Green.

## MAP KEY

- Walk Route
- Railway
- Rivers
- Parks & Green spaces

For information about the area see the Friends of Tottenham Marshes website: [www.tottenhammarshes.org](http://www.tottenhammarshes.org) for information on walks and conservation activities

You can contact the Friends of the Paddock at: [quentin.given@btinternet.com](mailto:quentin.given@btinternet.com)



Entrance to the Paddock



The Paddock



Path to Tottenham Marshes



Colourful boats on the River Lea

## Railway Fields

### Local Nature Reserve and Education Centre

381 Green Lanes  
Haringey, N4 1ES  
Buses: 29, 141, 341 and W5 all pass by the entrance.

Railway Fields, for 100 years, was a coal and railway goods yard and the overground railway still passes by it today.



Remains of the tracks from when Railway fields was a goods yard.



Wild roses along the path

The site was bought by Haringey Council in 1970, and in 1975 was used as a Social Services community centre. After this closed a small group of local ecologists took an interest in the site in the 1980s and started to develop it as a wildlife area. They planted trees, dug a pond and built a wooden education hut. Railway Fields gained Local Nature Reserve status in 1990.

The site was closed due to budget cuts in 1991 but it was soon opened again with great local support and it was

used as a base for Haringey's Conservation Officer.

Now, the site has gone from strength to strength and it gains a Green Flag for environmental excellence every year and is now a protected area. It is the base for an active conservation charity, **The Conservation Volunteers (TCV)** who support Friends Groups in many other parks across Haringey.

Railway fields is extremely biodiverse which is mainly due to its urban location next to the railway line and near the **New River**. There are a variety of habitats including woodland, meadows, a pond, scrubland and marsh.

Over 200 different types of wildflowers have been



Wildlife pond.

recorded at Railway Fields. There are several different types of trees, most planted since the site was adopted but at least one tree, a field maple, survives from the original 19th century plot.



Minibeast 'village'

As well as plants, there are numerous mini-beasts in loggeries and the 'Bug Skyscraper', amphibians in and around the pond and a variety of birds and bats.

Railway Fields is open Mon-Fri 9-5pm and special weekend openings for events can be found on the **Friends of Railway Fields** website on the Forthcoming Events page:

[www.friendsoftrainwayfields.wordpress.com](http://www.friendsoftrainwayfields.wordpress.com)

# Finsbury Park and New River Path

Taking in a Park, a waterway and a reservoir.

**Distance** 4.6km (2.9miles) **Time** 1.5 hours **Easy**

We start this walk at Manor House Tube. If coming by Tube take the exit for The Park, exit 6. Enter **Finsbury Park** through the large gate with the Park View Café on your right.



Trees in Finsbury Park

## Finsbury Park

This grade II listed Park was officially opened in 1869. It is large and has a lot to offer in terms of recreation and nature. There is a tree trail available on the Park's Friends' website.

The facilities include a boating lake, children's playgrounds, basketball, bowling club, tennis, café and toilets, skatepark, picnic areas, formal gardens, kick about area, Track and outdoor gym.

Walk straight, cross the park perimeter road and take the left hand path of the 2 opposite, signposted to the boating lake and café. Keep left

where the path splits and then stay on the same path until its end. Turn left through the Mackenzie Garden (this is part of the Capital Ring, a round-London Path). You will see the playground in front of you and then turn right towards the boating and wildlife lake. Take the path round the lake to the left which runs between the lake and café and it eventually joins the perimeter park road. Follow the road with tennis courts on your left and take the first path on your right which is again signposted lake and café. Follow this path and opposite the entrance to the sports

The New River part of walk is not accessible

ground turn left on a path that takes you back to the perimeter road and to the **New River**. Turn right before the river and follow the path next to the river fence which bends left, down to the park exit at Green Lanes. Cross the road via pedestrian lights and turn left to find the green metal entrance gate for the New River Path.

## The New River

This incredible feat of engineering flows for 38 km (24 miles) from New Gauge,



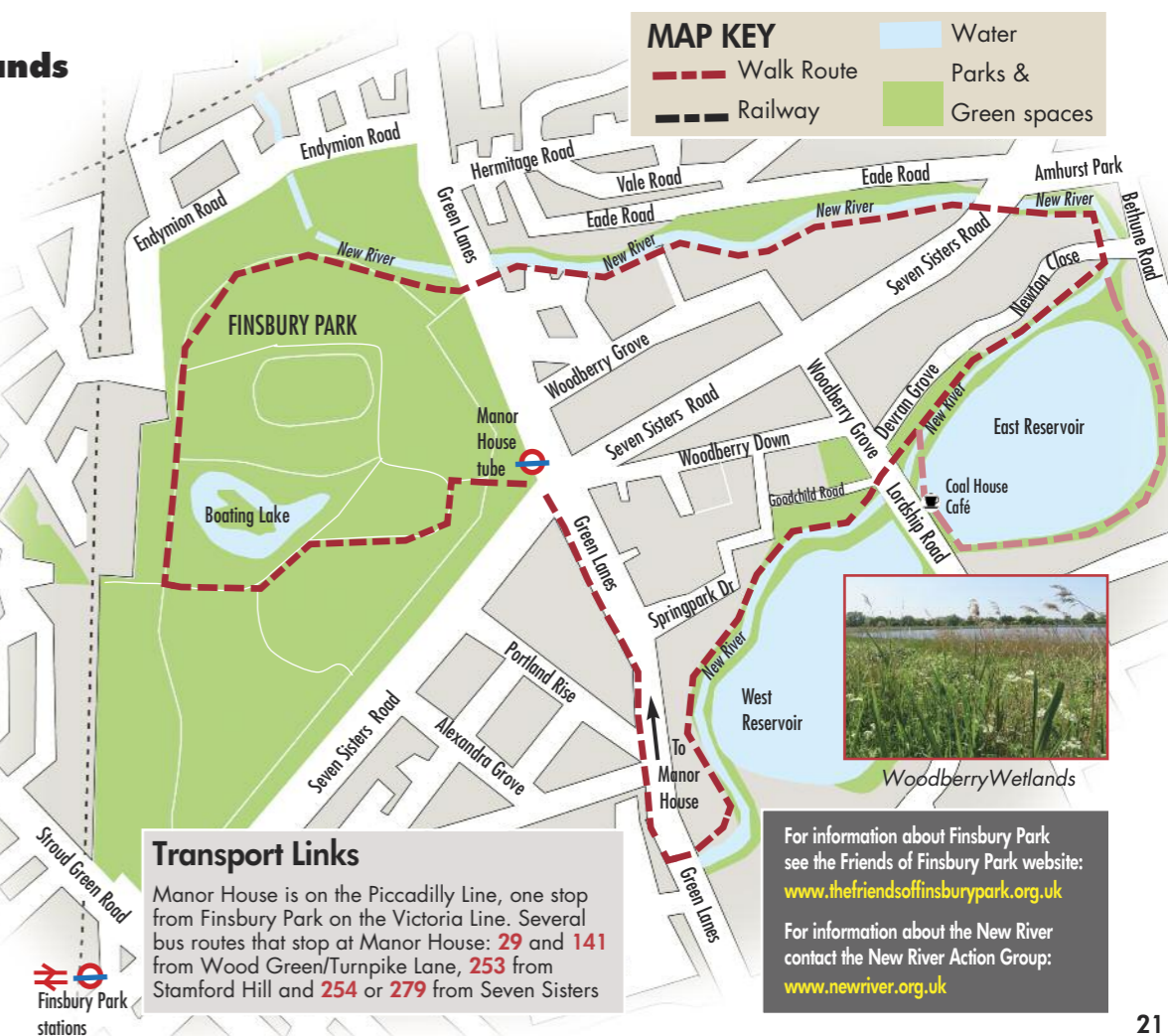
New River Path

Hertford to New River Head, Islington. It was built in the 17th Century to bring fresh water into London and still has a role to play to this day.

Follow the **New River Path** along the river (This is not wheelchair accessible as the path is rough grass and can be muddy and there are some steps). You will have to exit the path at Seven Sisters Road and will see the entrance to the continuing path on the opposite side of the road but turn left and go across 2 sets of lights to get there as this is a very busy road. The river bends round to the right and you continue until you reach a bridge. At this point you can either carry on along the New River Path or take a slight detour to go around the East Reservoir in **Woodberry Wetlands**. You will rejoin the New River Path further along.

## Woodberry Wetlands

You are now in Hackney. If you decide to take the longer route round the reservoir you leave the **New River Path** and turn left across the bridge and then right where **Woodberry Wetlands** is signposted. The gate to the wetlands is open 9-4.30pm and the gate at the other end, open till 5.30pm. Take the left path around the Reservoir. You will reach the lovely **Coal House Café**. Carry on along a boardwalk. This ends up crossing the New River and takes you back onto the **New River Path** where you turn left. Follow the river path and cross Woodberry Grove/ Lordship Road and pick up the path again on the other side. With the West Reservoir visible on your left, keep on the **New River Path** and when you come to the bridge cross it and then turn right to get to Green Lanes with the Castle Climbing Centre on your left. Cross over and turn right onto Green Lanes and walk or take a bus back to Manor House.



Woodberry Wetlands

# Parkland Walk

A long nature reserve and a wood

Distance 6.5km (4 miles) Time 1.5 hours Easy

The **Parkland Walk Local Nature Reserve** is a 3.5km (2.2miles) green walkway. It follows part of the course of the old railway that used to run between Finsbury Park and Alexandra Palace.

The **Parkland Walk** is a chance for people to enjoy the green environment in the very heart of the city. It was opened in 1984 following extensive re-surfacing and improvements to access. It is London's longest Local Nature Reserve and supports a remarkable range of habitats and wildlife. Over three hundred species of wild flower have been recorded and it is probably the only place in Haringey where ivy climbs up fig trees. Foxes, butterflies and a vast array of birds are spotted on a daily basis.

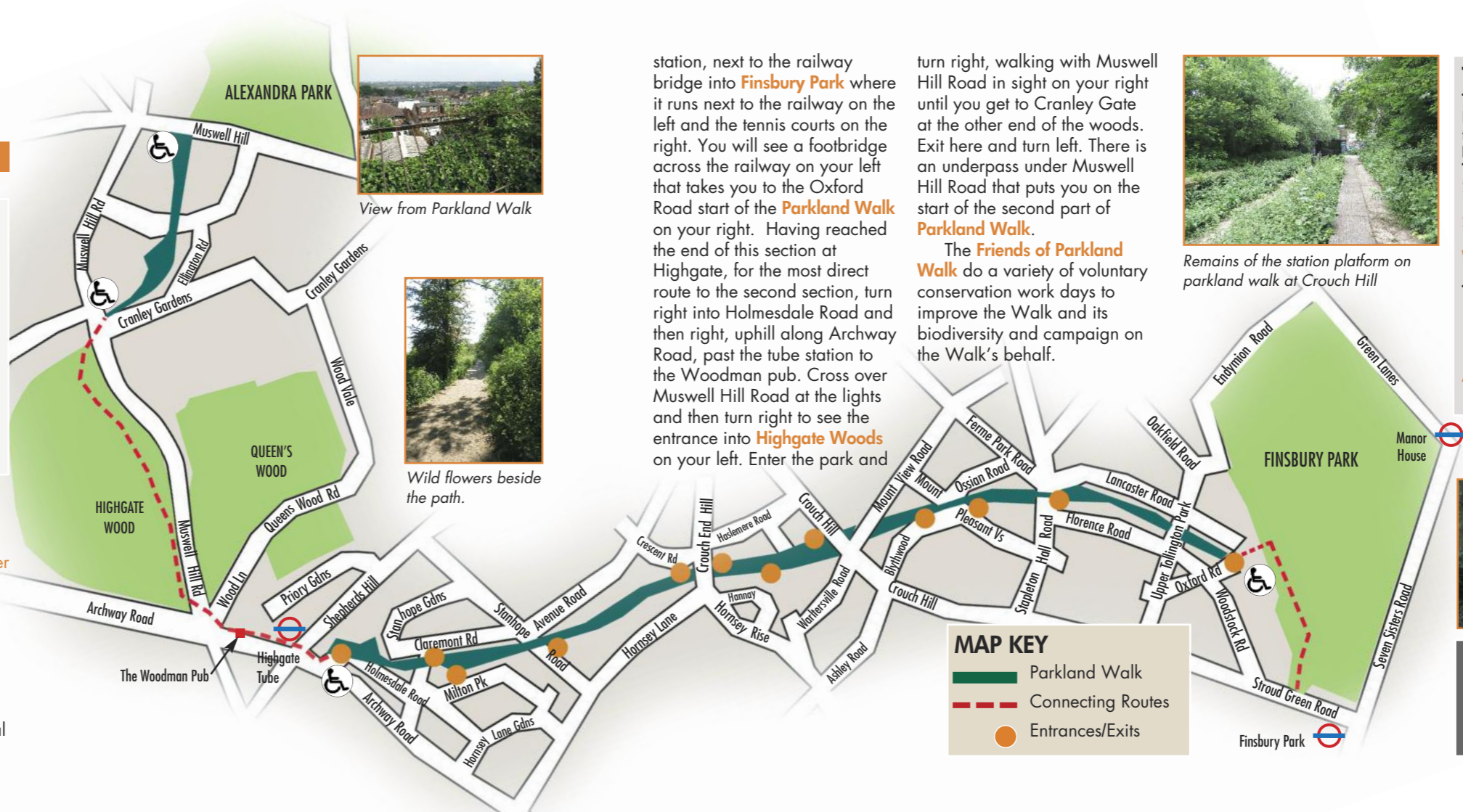
The **Parkland Walk** is in two sections. The longest section goes from Oxford Road (near

 Wheelchair accessibility is not perfect. The whole route now has a firm surface with almost level access at the Oxford Road entrance at the Finsbury Park end and at Blythwood Road, with a reasonably firm surface between. There are some stoney parts and a few slopes. There is a steep slope at the Holmesdale Road exit. It can get very muddy after rain.

Finsbury Park) to Holmesdale Road in Highgate. A second section in Muswell Hill includes a viaduct with terrific views over London.

This walk starts at Finsbury Park station. You could end at Highgate or carry on through **Highgate Wood** to the second part of the **Parkland Walk**.

**Start the walk** from Stroud Green Road. Follow the Capital Ring Link path opposite the



station, next to the railway bridge into **Finsbury Park** where it runs next to the railway on the left and the tennis courts on the right. You will see a footbridge across the railway on your left that takes you to the Oxford Road start of the **Parkland Walk** on your right. Having reached the end of this section at Highgate, for the most direct route to the second section, turn right into Holmesdale Road and then right, uphill along Archway Road, past the tube station to the Woodman pub. Cross over Muswell Hill Road at the lights and then turn right to see the entrance into **Highgate Woods** on your left. Enter the park and

turn right, walking with Muswell Hill Road in sight on your right until you get to Cranley Gate at the other end of the woods. Exit here and turn left. There is an underpass under Muswell Hill Road that puts you on the start of the second part of **Parkland Walk**.

The **Friends of Parkland Walk** do a variety of voluntary conservation work days to improve the Walk and its biodiversity and campaign on the Walk's behalf.



Remains of the station platform on parkland walk at Crouch Hill

## Transport Links

- Tube**  
Finsbury Park - Victoria Line and the Piccadilly Line.
- Buses**
- To Finsbury Park**
  - 29** from Wood Green & Turnpike Lane
  - 259** from Edmonton via Seven Sisters & Manor House
  - W7** from Muswell Hill via Crouch End
  - To Muswell Hill**
  - 144** Edmonton via Wood Green & Turnpike Lane
  - 134** via Archway/Highgate
  - 102** Edmonton via Bounds Green
  - 43** via Archway & Highgate



For information about Parkland Walk see the Friends of Parkland Walk website: [www.parkland-walk.org.uk](http://www.parkland-walk.org.uk) You will find information on walks and conservation volunteering.

# Tottenham Park Café Trail

Taking in 8 Parks, Tottenham Marshes, Pymmes Brook and the River Lea (and cafés)

Distance 9.53km (6 miles)

Time 3hrs

Easy

All parts of this walk are accessible

This amble through Tottenham is all on paths or pavements so is accessible to wheelchair users. We are describing the walk from **Chestnuts Park** in St. Ann's Road, N15 to **Markfield Park** near Tottenham Hale but the walk can be done in either direction or done in sections.



Plane trees in Chestnuts Park

## Chestnuts Park

Our walk starts at the **Chestnuts Café** on St Ann's Road opposite St. Ann's Hospital. This café is

good for a full english breakfast to see you on your way!

The Friends of Chestnuts park have done a lot of work improving the park, including planting an orchard.

Leaving the café behind you walk towards the children's play area. Follow the path around the main field with the playground on your right. Turn left at the community centre and pass the outdoor gym on your right. The path continues through an avenue of plane trees. Turn right at the end on the perimeter path which bends right. With the basketball court on your right turn down a short alley on your left to Cornwall Road. Turn left and walk the length of road to West Green Road. Turn left and cross the road via the crossing. Turn right and then very



soon on your left you will see the gated entrance to **Downhills Park** before a café.

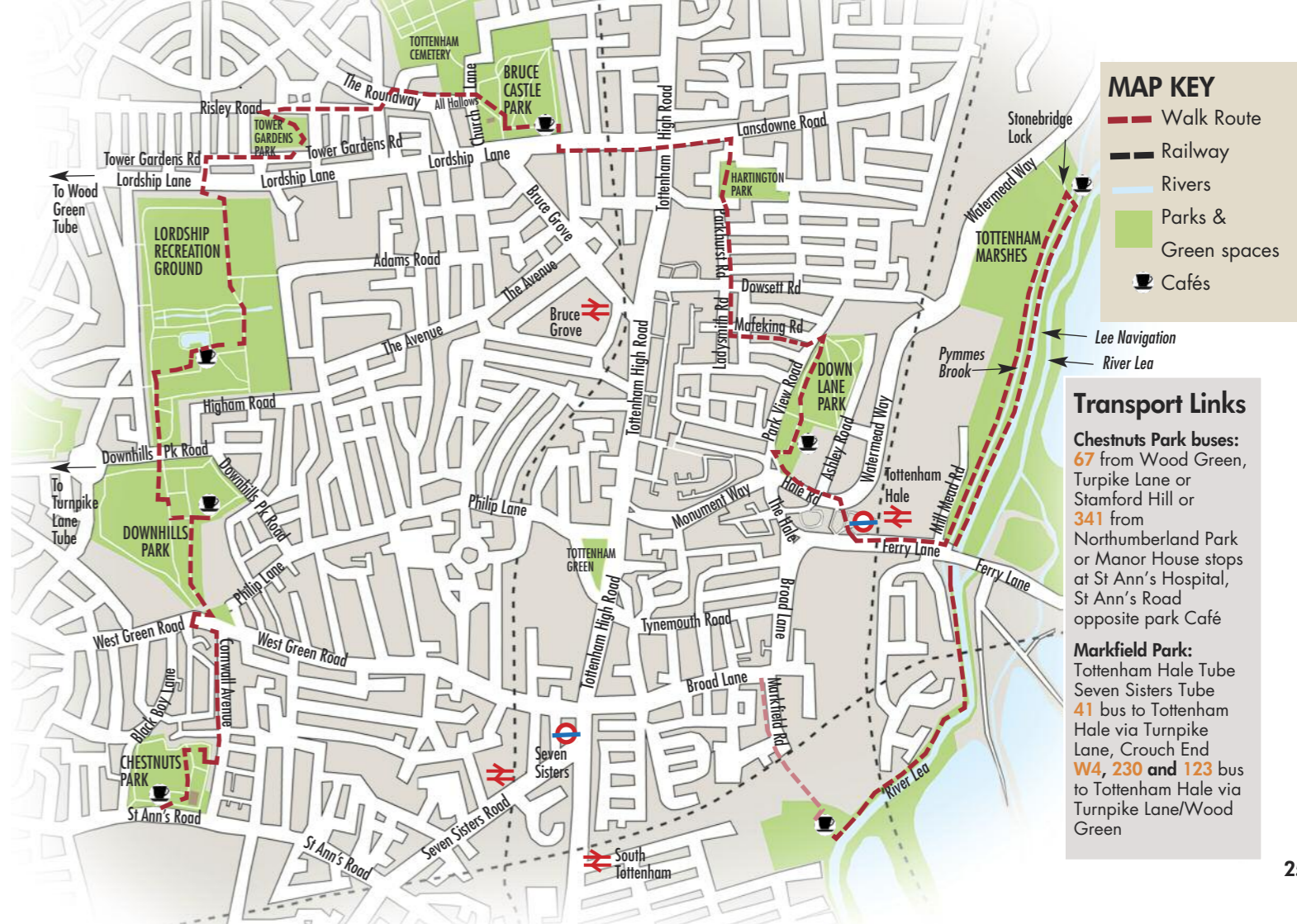
## Downhills Park

This is another historic park with a very established Friends Group who have done much to transform the space.

Take the gated entrance with a commercial café on the right. Walk up this path and straight on around a circle with picnic tables and past a

There are Friends Groups in most Tottenham Parks, see:  
 Friends of Chestnuts Park [www.friendsofchestnuts.org.uk](http://www.friendsofchestnuts.org.uk)  
 Friends of Downhills Park [www.ccurrie.me.uk/downhills](http://www.ccurrie.me.uk/downhills)  
 Friends of Lordship Rec [www.lordshiprec.org.uk](http://www.lordshiprec.org.uk)  
 Lordship Hub [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)  
 Friends of Bruce Castle Park [www.friendsofbrucecastlepark.org.uk](http://www.friendsofbrucecastlepark.org.uk)  
 Friends of Down Lane Park [fdlp.org.uk](http://fdlp.org.uk)  
 Living Under One Sun [www.livingunderonesun.co.uk/](http://www.livingunderonesun.co.uk/)  
 Friends of Tottenham Marshes [www.tottenhammarshes.org](http://www.tottenhammarshes.org)  
 Friends of Markfield Park [www.friendsofmarkfieldpark.org.uk](http://www.friendsofmarkfieldpark.org.uk)  
 Markfield Beam Engine [www.mbeam.org](http://www.mbeam.org)

Sculpture of people with a local connection in Downhills Park: Luke Howard, Namer of Clouds; Nicola Adams, the first woman to win an Olympic Boxing Gold; and Walter Tull, one of the first afro-Caribbean footballers in the English League.



**MAP KEY**

- Walk Route
- Railway
- Rivers
- Parks & Green spaces
- Cafés

## Transport Links

**Chestnuts Park buses:**  
 67 from Wood Green, Turpike Lane or Stamford Hill or 341 from Northumberland Park or Manor House stops at St Ann's Hospital, St Ann's Road opposite park Café

**Markfield Park:**  
 Tottenham Hale Tube Seven Sisters Tube 41 bus to Tottenham Hale via Turnpike Lane, Crouch End W4, 230 and 123 bus to Tottenham Hale via Turnpike Lane/Wood Green

children's play area. After the play area take the second right path before the gated gardens (The Italian Gardens) which goes past the tennis courts to the **Downhills Café** with tables outside. *This café does meals, sandwiches, cakes and snacks and has public toilets.*

After visiting the café retrace your steps to the Italian Gardens and turn right into them. Half way along there is a low gate on your left which takes you into a wooded area. There is a rough path straight on across the wood that takes you to a wide path where you turn right. At the end of this path is Downhills Park Road.

## Lordship Rec

Go across the pedestrian lights and then you will enter **Lordship Recreation Ground** (the Rec for short). *This park was totally regenerated in 2012 after successful campaigning by local residents in the Friends Group.* Walk down the path with the woodland on your right or walk in the woodland along the rustic path to enjoy the trees. Take a



*The Wildlife Lake at Lordship Rec*

spur off to the left to return to the main path. Walk past a park entrance on your left and you will see a large gap in the hedge on your right. Turn right here and enter the model traffic area. (Watch out for kids on bikes). *This is a historic area that was opened by the Minister of Transport in 1938.* Walk along the central path and past a paddling pool and children's playground and you will see a lake and a yellow building,

**Lordship Hub**, where there is a café and public toilets. You can get toasties and other snacks here and also bird food for feeding the birds on the lake. Pass **Lordship Hub** with the outdoor gym on your left. Take a left at the end of this path and go across the **Moselle River** via a wooden bridge (*this is Haringey's hidden river which is mostly underground from Highgate*). Carry on straight with the skate park and open

air theatre, *The Shell*, on your right. Stay on this path with a hedged football field on your right. At the end of the path there is a small building which is a bike project and to the left of that is the main park exit out onto Lordship Lane. Cross Lordship Lane via the crossing and go straight on along Waltheof Avenue. At the first mini roundabout turn right up Tower Gardens Road and cross it. *You are now in Tower Gardens, a historic conservation area, built for London workers in the early 20th Century.*

## Tower Gardens Park

Some way along Tower Gardens Road on your left you will see the red brick entrance to **Tower Gardens Park**. Follow the path round the park to the exit opposite and slightly to your left onto Risley Avenue. Turn right and carry on to the end where there are a few shops and some pedestrian lights on the Roundway on your left. Cross the Roundway, turn right and carry on up All Hallows Road



*The old oak in Bruce Castle Park*

before the Roundway bends round to the right. At the end of the road is Church Lane and the entrance to **Bruce Castle Park**.

## Bruce Castle Park

Enter the park where there is a children's playground and turn right up the path. *You will see a large red brick building which is Bruce Castle Museum with a very interesting local history collection.* Take the path round the left side of the building but don't exit the park onto the main road. Take a path to the left past the Holocaust Memorial

Garden until you reach the **T on the Green Café**, especially good for afternoon tea.

Take the exit from the park nearest to the café and cross the crossing on Lordship Lane. Turn left and walk to the end of the road where you cross Tottenham High Road onto Lansdowne Road via pedestrian lights. Keep going straight and take the first turning on your right, Burlington Road. This takes you to **Hartington Park**.

## Hartington Park

Take the path diagonally across the park to the right hand corner, exiting onto Scotland Green. Opposite, take Parkhurst Road. Cross over Dowsett Road and keep going up Ladysmith Road. Take the first left up Mafeking Road. Walk to the end of the road into Park View Road where you cross over and can enter **Down Lane Park** through a gate a little to the left.

## Down Lane Park

Once in the park, take the path to the right along the perimeter



*The Lee Navigation as seen from Ferry Lane.*

of the park. Take a left fork and go straight on past the tennis courts, refurbished due to pressure from the active Friends Group, and you will see a low building on your left which houses **Tottenham Café Connect**, a Community Hub with café and growing space.

Go straight on past the café and the path bends off to the right with the children's play area on your left and a

basketball court on your right. Exit the park onto Park View Road. Turn left and then at the main road turn left again. Pass the first set of traffic lights and at the next set cross the road to the Tottenham Hale bus station and train station forecourt. Walk straight past the Station and exit the bus station on to Ferry Lane where you turn left.

## Tottenham Marshes

Walk past some high rise flats and cross Mill Mead Road via pedestrian lights. Almost immediately on your left you will see a gate to a path and an information board about **Tottenham Marshes** and the



*Down Lane Park*

**River Lea.** Follow this path with a stream on your right which is **Pymmes Brook**. On your left, through the fence, you will see allotments, some of which belong to a community organisation which is called **Living Under One Sun**.

Along the path you will enter an area of marsh meadow. Keep straight on until you reach a picnic area with public art installations and there is a path off to the right leading to **Stonebridge Lock**. You go across the Pymmes Brook over to the **Lee Navigation** with the **Waterside Café** to your left.

Turn right and walk past the lock on the towpath, with the river on your left. You will see lots of colourful narrow boats. You are now walking back to Ferry Lane but this time along the **Lee Navigation**.

At Ferry Lane, do not exit up the cobbled ramp to the road but go on under the road. You will then have the river on your left and Pymmes Brook on your right as they come together. You will pass lots of residential buildings and pass under 2 railway bridges and soon you will see the gate to **Markfield Park** on your right.

*Some of the brightly painted walls of the former filter beds in Markfield Park that you will see as you enter the park from the River Lea*



## Markfield Park

Entering the park from the river, you will pass some brightly painted walls and past these you will see the **Markfield Café** with toilets.

Next to the café there is a museum housing a Victorian **Beam Engine**, as the site was once a sewage pumping station. You can still see the remains of the filter beds. On some Sundays you are able to see the beam engine in action. Check [info@mbeam.org](mailto:info@mbeam.org) or call **017 0726 0695**.

This is the end of the walk. Either walk back along the river to Ferry Lane and Tottenham Hale or walk past the café and the Museum and then turn right past the car park and then left again. You go under the railway into Markfield Road. Keep on to the end of the road where you will join Broad Lane. There are buses there or you can walk left for Seven Sisters or right for Tottenham Hale. On a Sunday, if you finish at Seven Sisters, you could walk up Tottenham High Road to **Tottenham Green** for the Sunday Market, 11-4pm.

## Alexandra Park



*Colourful boats on the Boating Lake in the shadow of the Palace*

**Alexandra Park** was opened as a Victorian leisure Park over 150 years ago.

The 'People's Park' has panoramic views of London's skyline which are second to none, stretching from Canary Wharf to St Paul's Cathedral and the Shard and on a clear day you can even see the Crystal Palace's transmitter. There are a huge variety of activities on offer and it is a fantastic place to spend a whole day!

There is a pitch and putt course, a boating lake, a variety of places to eat, a Farmer's Market most Sundays, a skate park, landscaped gardens, an indoor soft play area and a recent addition, 'Go Ape'.

In addition to activities in the Park there are also events in the Palace itself, with its indoor skating rink and newly refurbished Victorian Theatre which is scheduled to reopen in December 2018.



*Green below the palace where you can get great views of London*

Friends of Alexandra Park website:  
[www.friendsofalexandrapark.org/](http://www.friendsofalexandrapark.org/)

The Park's 196 acres of Grade II listed English Heritage parkland is managed by the Alexandra Park and Palace Charitable Trust, with support from an active, local volunteer group, the **Friends of Alexandra Park**, who host nature walks and activities within the grounds throughout the year and help run an information centre at the weekends.

*Stonebridge lock on the Lee Navigation*



## Tottenham Green & Market



**Tottenham Green** was redesigned in 2015 to make it a better public space. The Friends of Tottenham Green do regular volunteer gardening sessions and have created a beautiful wildflower garden. Every Sunday, 11-4pm, there is a market with local food producers and street food. The Green is a short walk from Seven Sisters station, Tottenham High Rd, N15 4RY. [www.facebook.com/friendsoftottenhamgreen](http://www.facebook.com/friendsoftottenhamgreen) [www.tottenhamgreenmarket.co.uk](http://www.tottenhamgreenmarket.co.uk)

## Ducketts Common

**Ducketts Common** is a truly urban park bordered on 2 sides by busy main roads, Turnpike Lane and Green Lanes and Turpike Lane Tube. It is one of Haringey's success stories. The basketball courts are always in use by local young people and the well-equipped outdoor gym and children's playground are always busy too. Now there is a small refreshment kiosk which means that more people sit in the park and socialise there.



*Palm in Downhills Park's Italian Gardens*

## Between Lordship Lane and Wood Green High Road

Instead of getting a bus, try walking between Lordship Lane and Wood Green or Turnpike Lane to visit these green spaces



**Belmont Rec:** on Boundary Road and Downhills Park Road is a small recreation ground with a children's play area and picnic space. See: [www.facebook.com/Friends-of-Belmont-RecMannock-Road-Allotments-267731280891/](http://www.facebook.com/Friends-of-Belmont-RecMannock-Road-Allotments-267731280891/)



**Russell Park** (left): on Willington Road, N22, Russell Avenue and Mark Road. It has children's play areas, gym equipment, beautiful seating areas and a football field.



**Westbury Banks Nature Reserve:** on Westbury Avenue N22. Since June 2017, local resident volunteers have spent many hours clearing this once derelict site. <http://grown22.com/westbury>



**Chapman's Green:** on Lordship Lane and Perth Road, has lovely formal gardens and tennis courts. @FOCG6

## Community Gardens

Haringey has many Residents' Groups who have got together to develop a space in their neighbourhood. These are just a few who have created beautiful spaces for people to sit, relax or garden.

### Gardens Community Garden



The Gardens Community Garden tucked away in Doncaster Gardens, in the shade of the railway that runs through Haringay Station.



#### The Gardens Residents Association is

run by the residents of the Gardens neighbourhood. They are concerned with quality-of-life issues in general and conservation issues: traffic, trees, community gardening, children's clubs, Community Wardens Scheme and Neighbourhood Watch. The association is open to local

residents who live in the Gardens area.

The Garden was opened in 2002 and is open 365 days a year. The Residents host many events there throughout the year. The garden is in Doncaster Gardens, off Stanhope Rd., N4 1HX. Buses **29** or **141** on Green Lanes. For more information contact:

[gardensresidents.blogspot.com](http://gardensresidents.blogspot.com).

### Priory Common Orchard

The Priory Common Orchard Community Garden is a low-maintenance, edible, community garden. Anyone is welcome to join in with work days, looking after the garden, growing fruit & vegetables, grafting trees, chatting to

passers-by, drinking tea etc... It is situated behind the bus stop on the corner of Redston & Priory Roads, N8 8NB. Bus routes **144**, **W7**, **W3** stop nearby. It is overseen by **Friends of Priory Common**. Contact: **07951 905 490**



Part of the Priory Common Orchard

### Myddleton Road Community Garden



Flowers in Myddleton Road Community Garden, N22 8LZ

**Myddleton Road Community Garden** on Myddleton Road, N22 8LZ was opened in 2003. It is a welcoming green space in the heart of Bowes Park. It's a perfect place to sit and enjoy the sunshine, have a picnic, or join in with some gardening!

The garden includes a lawned area with seating, flower and herb borders, shrubs

and trees. There are also a themed children's bench and a wooden train. Residents tend their wildlife garden, with the aim of attracting a wider diversity of bees, butterflies, insects and wildlife. They sowed a wild flower meadow in 2010.

The garden is managed and looked after by people living in the local area and they depend

on volunteers to help with gardening, organising events and fundraising, and generally getting involved and helping make things happen.

The local volunteers work under the umbrella of the **Bowes Park Community Association** in partnership with the Parks Department. They have created green space for the whole community to enjoy, especially those who don't have their own garden.

The **BPCA** also installed an outdoor gym opposite the garden with a beautiful view over the **New River** and they care for **Finsbury Gardens**. Buses **329** or **141** up Green Lanes to end of Myddleton Rd.

[www.bowespark.org.uk/groups/myddleton-road-garden-group](http://www.bowespark.org.uk/groups/myddleton-road-garden-group).



The Outdoor Gym, Myddleton Rd.

### Living Under One Sun



Living Under One Sun's Community in East Hale Allotments

**Living Under One Sun** was created in 2005 by mothers of many cultures wanting to reduce isolation, gain skills and make their neighbourhood safer. LUOS brings people together – supporting each other to improve lives, services and neighbourhoods. They run the **LUOS community allotment** in Mill Mead Rd, N17 0HJ at Tottenham Hale by the River Lea and **Tottenham Café Connect**, a community hub and food growing project in **Down Lane Park**.

[www.livingunderonesun.co.uk](http://www.livingunderonesun.co.uk)

## Off the Beaten Track

Many parks are at the heart of their neighbourhood.

### Stationers Park



Part of the water feature at Stationers Park with its beautiful willow tree.

**Stationers Park** is one of Haringey's hidden gems. It is tucked away on the edge of Crouch End, on Mayfield Road N8 9LP.

It has an ornamental water feature running through it and a picnic area. There is a good children's



playground and also a large adventure play area in the shape of a wooden fort.

The **Friends of Stationers Park** run a gardening club with volunteers.

[www.facebook.com/StationersPark](https://www.facebook.com/StationersPark)

### Paignton Park

**Paignton Park**, Eastbourne Road, N15 6NT has a playground and natural play area. It also has a community square with concrete chess tables and outdoor table tennis. There is a lovely mosaic and some tiled pillars and a bespoke, very ornate metal entrance arch at the Paignton Road end.



[info@vartry.org](mailto:info@vartry.org)



### Brunswick Park



**Brunswick Park** is next to the railway line at Seven Sisters on Brunswick Road, N15 5DD. Encouraged by resident pressure, the park had a major refurbishment and name change and was re-launched in June 2018. There is a children's play area, a multi-use games area, outdoor gym and table tennis tables. A second phase of improvements are planned. [friendsofbrunswickpark@gmail.com](mailto:friendsofbrunswickpark@gmail.com)

## Walking for Health

Free health walks in Haringey organised by Haringey Council in partnership with Fusion

The walks are graded: **1:** 15 mins or less, **2:** 30mins or less, **3:** 30 mins or more

Please check [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) for any timetable changes

DAY	TIME	MEETING PLACE	GRADE
Mon	11.00	Tottenham Green Pool & Fitness reception area	1
Mon	9.20	Lordship Rec, gates at traffic lights Downhills Park Road, N17	3
Mon	11.00	North Gate Down Lane Park, Parkview Road, N17	3
Mon	10.15	Outside Stonecroft Children's Centre, N8 7HR	3
Tues	10.00	Outside gym area at Whymark Avenue, N22 6DJ	3
Weds	10.00	Corner of Tottenham High Road and Park Lane, N17	3
Weds	11.00	North Gate Down Lane Park, Parkview Road, N17	3
Weds	6.30	Café Forks & Green, West Green Road, N15 4AB Spring/summer	2-3
Weds	10.00	Outside Café in Markfield Park, N15 4RB	3
Weds	1.15/30	Highgate Station ticket gates, N6 5UA	3
Weds	11.00	Café in Queenswood Surgery, N8 8JD	3
Thurs	11.00	Outside Salvation Army, Lymington Avenue, N22 6JA	3
Thurs	9.15	Downhills Park Road Gate, Belmont Recreation Ground	2
Fri	11.00	Reception Tottenham Green Leisure Centre, N15 4JA	3
Fri	10.00	Corner of Tottenham High Road and Park Lane, N17	3
Fri	10.30	Stonebridge Lock Waterside Centre/near toilets, N17	3
Fri	12.45	48 Crouch Hall Road	3
Sat	11.45	St Pauls Church N17 0HH	3

Group walks are run by friendly, supportive, specially trained volunteers



### Walk Leader Training

If you are interested in running your own walk, you can get training and become a Haringey Walk Leader.

Contact: 020 8885 7307 or [afl@fusion-lifestyle.com](mailto:afl@fusion-lifestyle.com)



Path to the lake in Lordship Rec

## Parks Friends Groups

Parks need 'Friends'! Its all about raising our voices about what matters to our communities and taking 'ownership' of our lives, local facilities and areas and then seeking improvements.

### EVERY PARK AND GREEN SPACE NEEDS FRIENDS:

If you value your local park or green space, want to see improvements and more people using it, then get together with other park users to form a **Friends Group**, or join an existing one! Park users work with the Council, local schools, conservation and community groups to promote, protect and improve their local spaces.

### Some of the things Friends do:

- discuss views and concerns
- lobby the Council for better maintenance, and also improvements
- publicise their park and Friends' activities through websites, blogs or leaflets
- organise volunteer work days or park events

- research the history of the park and produce pamphlets
- apply for grants for some of the above and other projects

**The Haringey Friends of Parks Forum** is the umbrella organisation/network of **Friends Groups** supporting all public green spaces throughout the borough of Haringey. These spaces have a vital role in the lives of all sections of the community. The Forum discusses issues of common concern, and ways to improve and sustain the borough's green spaces. See more on **Friends Groups** on: [www.haringeyfriendsofparks.org.uk](http://www.haringeyfriendsofparks.org.uk)

There is also a London wide organisation, the **London Friends of Green Spaces Network** – [www.lfgn.org.uk](http://www.lfgn.org.uk) and a National organisation: **The National Federation of Parks and Green Spaces** – [www.natfedparks.org.uk](http://www.natfedparks.org.uk). This is the umbrella organisation that aims to amplify and represent the voices of **Friends Groups** across the UK.



*Friends of Lordship Rec, planting trees and working in the lake*

## Credits

Devised, designed and written by  
**Joan Curtis, Friends of Lordship Rec**

### Photographs

The following photos provided by  
**members of Tottenham Photography Club:**

**Gary Oland:** FC

**Stephen Furner:** IFC, p16, p29 top left, p30 top left, p30 right

**Glynis Kirkwood-Warren:** p3, p8 bottom right, p11

**Mustafa Suleman:** p18, p27 top right, p28 bottom left, BC

**Mark Bambridge:** p27 top left

**Linda Alliston:** p5 3rd from left, top row

**Jae Davis:** p15 top left

**Living Under One Sun:** p33 top right

**Friends of Lordship Rec:** p36

All other photos: **Joan Curtis**

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*Wildlife Habitats 'to let' in Priory Common Orchard*



Bruce Castle Museum in Bruce Castle Park

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[www.lordshiprec.org.uk](http://www.lordshiprec.org.uk)

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[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

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