

**Capital Ring walk 10 - South Kenton to Hendon Park
on Saturday 22nd October 2011**

This walk has been organised by Margaret Stedman.

The Capital Ring is a walking circuit rather like the London LOOP, but of about half the total length (78 miles), officially divided into 15 legs averaging about 5 miles each. It is fully described in a Guide by Colin Saunders, list price £12.99. Outline information can be found on the Transport for London website at www.tfl.gov.uk/gettingaround/walking/localroutes/1160.aspx. Maps and route details can be downloaded from the Walk London website www.walklondon.org.uk/leaflets.asp, but the free descriptive leaflets by post are no longer available.

Description: This is a walk of about 6 miles mainly level on firm paths and pavements, but with some climbs. Leaving South Kenton station we soon cross Preston Park, and then climb to Fryent Country Park to reach the summit of Barn Hill, and after crossing the A4140 Gotfords Hill with panoramic views. Following residential roads through Kingsbury we pass two churches, both dedicated to St Andrew. Soon we reach the Welsh Harp Open Space, and the huge Brent Reservoir. We follow its north shore and after some road walking we cross West Hendon Broadway, the M1, and Hendon Way to reach Hendon Park with a link to Hendon Central station, the end of our walk. Our lunch stop will be either at the café in the Garden Centre at the west end of Brent reservoir, or a pub near its eastern end, depending on time and hunger.

Travel: We meet at South Kenton station which is on the Bakerloo Line and the Overground. . Please aim to be ready to start by 10:45. Return travel from Hendon Central station using the Northern Line; also bus options. But please check times and your route eg using the tfl website. Drop out points and toilets will be advised on the day.

Latecomers can contact me (Margaret Stedman) on my mobile number 07947 018 241.



Barn Hill Pond



Brent Reservoir