

**Capital Ring Walk 12 – Highgate to Stoke Newington on Saturday 28<sup>th</sup> April 2012**

This walk has been organised by Reinalt Vaughan-Williams.

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. Maps and route details can be downloaded from the Walk London website [www.walklondon.org.uk/leaflets.asp](http://www.walklondon.org.uk/leaflets.asp).

**Description:** This walk is 5 miles long and is easy walking on firm paths and pavements. There is a steep climb including some steps at the start, which can be avoided by using the escalator at exit 3 of Highgate station and walking down Archway Road to the traffic lights at the Jacksons Lane cross road. After some short pavement walking, we enter the 2 mile long Parkland Walk, which follows the route of a disused railway line. It is now a haven for wildlife with about 250 species of plant and the shy Muntjac deer living there. We pass through the eerie deserted platforms of the former Crouch End station. Emerging from the brickwork is the “scary” figure of a spriggan, a grotesquely ugly goblin which guarded buried treasure at old ruins. The Parkland Walk ends in Finsbury Park (public toilets at the café), which we cross to join the New River Path. The river isn’t new and is actually a canal feeding 2 reservoirs, both of which we walk past. Fortunately the Path is a path. We then walk through Clissold Park (public toilet in The House) and Abney Park Cemetery to Stoke Newington railway station.

**Travel:** We will meet at Exit 2 of Highgate tube station any time after 10:30 and depart at 11:00. The station is on the High Barnet branch of the Northern Line and is served by sufficient trains for you not to need a timetable. The journey time from Waterloo is 25 minutes. There is an outside kiosk with a few seats selling refreshments at Exit 2, which I shall be using, and a café with toilets in Jacksons Lane Theatre at the traffic lights mentioned above and another café a bit further up Archway Road. I can tell you about drop out points on the day.

The only pub is the Rose and Crown in Stoke Newington, just before the cemetery near the end of the walk. One member thought that the prices were rather high. I’ll bring a menu with me and we can make a collective decision whether to eat there. The alternatives are a café overlooking the second reservoir and another café in Clissold Park House, which both serve hot and cold food and beer.

Latecomers can contact me (Reinalt Vaughan-Williams) on my mobile number: 07758 085741.



Parkland Walk



Finsbury Park