

**Capital Ring Walk 11 - Hendon Park to Highgate  
on Saturday 31st March 2012**

This walk has been organised by Margaret Stedman. If Margaret has to drop out, Ruth and George Freeman have kindly agreed to take over.

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](http://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](http://www.walklondon.org.uk/leaflets.asp), but the free descriptive leaflets by post are no longer available.

**Description:** Most of the walking in this section is easy, but gets tougher towards the end with some steep slopes and rough ground. The surroundings are pleasant, at first following firm paths through a string of narrow parks and recreation grounds beside the River Brent and Mutton Brook. You pass the point where Mutton and Dollis Brooks combine to form the River Brent, and join the Dollis Valley Greenwalk for a while. The route passes through East Finchley station, then comes a trio of woods, all remnants of the ancient Forest of Middlesex, starting with the small Cherry Tree Wood. Highgate Wood occupies fairly level ground on a hilltop at altitude 101m (331ft), while Queen's Wood straddles a deep valley with a steep climb to the section end near Highgate station. The distance is 5.5 miles approximately.

We aim to have lunch at 'The Old White Lion' on the Great North Road by East Finchley Station, [www.theoldwhitelionfinchley.co.uk](http://www.theoldwhitelionfinchley.co.uk).

**Travel:** Meeting point – Hendon Central tube station (Edgware branch of the Northern Line). Please aim to be ready to start by 10:45. Drop out points and toilets will be advised on the day. Lunch venue to be advised.

Latecomers can contact me (Margaret Stedman) on my mobile number: 07947 018 241 or John Belling on 07986 379935.



Bridge over Mutton Brook



Queens Wood