

Welcome to the 4th Lewisham Walking Festival ~ 13th – 28th May 2006 ~ Programme of Events

Throughout the Festival						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Activity	Anytime	Deptford Quiz Walk	Try out the Deptford Quiz Walk and see how much you know about Deptford. Quiz sheets available in Libraries or download from our website at www.lwf.org.uk	Around the Deptford area Answers available from The Lewisham Walking Forum Team or on the website at www.london-footprints.co.uk/quiz11ans.htm	Free	London Footprints Janet Digby www.london-footprints.co.uk
Activity	Any time in May	'What I See When I Walk' Photographic Competition Launch. Open to all ages.	Pick up an application form from the Libraries, or download it from our website at www.lwf.org.uk and let us have your pictures of life out and about in Lewisham!	Photos should be taken anywhere within the borough of Lewisham. See leaflet for prizes, rules and categories. Closing date for entries is 31 May 2006.	Free	Sue Webber Festival Hotline 07984 186824 www.lwf.org.uk
Walk	Throughout May	Step by step towards better Health - The STEP COUNTER CHALLENGE	10,000 steps a day!!!! People across the borough are taking part in the Step Counter Challenge throughout May. Check on www.healthfirst.nhs.uk to see which team is striding ahead!!! Challenge your friends, family, colleagues or yourself to walk more and feel the benefits. Step counters will be available at events during the Festival - do our Walking Quiz and claim your free step counter (limited number available at each event).	The Walking Quiz will be at the Lewisham Town Centre Walking Marquee event on Saturday 13 May from 11.00 to 15.00, and at the Lewisham Shopping Centre on Thursday 25 May from 16.00 to 19.30	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838
Saturday 13 May						
Activity	10.00 – 14.00	Walk to Hilly Fields Farmers' Market	Leave your car at home and walk to Hilly Fields Farmers Market to enjoy fresh local produce. Take a stroll round Hilly Fields or venture to Ladywell Fields.	Hilly Fields near the Bothy and Bowling Green, access from Tyrwhitt Road SE4 Rail: Ladywell Buses: 122, 484	Free	Chris Elder
Walk	10.00 – 11.30	Walk The Waterlink Way to the Festival Launch from Beckenham Place Park to Lewisham Town Centre via Bell Green and Ladywell Fields	Walk through Lewisham along one of its living waterways from Beckenham Place Park via the Waterlink Way to Lewisham Shopping Centre, where you can celebrate the start of the Walking Festival at the Walking Marquee. Wear comfortable shoes. An easy walk of 1.5 hours, 3.5 miles suitable for all ages and abilities, mostly off the road. It may provide a glimpse of a kingfisher; the sound of running water, and the most pleasant way to travel from south to north in the borough. Bring a drink for the walk. Toilets at the start, in Ladywell Fields, and at the end. Look out for your free Step Counter and count your steps to the Launch – and collect your free drink at the Marquee when you arrive!	Meet at 10.00 outside the Mansion Visitor Centre in Beckenham Place Park (car park side) Rail: Beckenham Hill Bus 54 to Beckenham Hill Road Rd or buses to Bromley Road (15 mins walk) Alternatively, meet at the halfway point at around 10.30 by the Riverview Walk pond near Savacentre, Bell Green Buses: 181, 202, 194, 352, 450, 934 Finish: Lewisham High Street Rail/DLR: Lewisham Buses: all to Lewisham High Street	Free	Lewisham Council Green Scene Nick Pond 020 8314 2007

Saturday 13 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Activity	11.00 – 15.00	Lewisham Walking Festival Launch and Town Centre Walking Marquee	Look out for the large marquee full of free family activities and walking info. See displays promoting Walking to Work, School and for Leisure, and much more in the Walking Marquee outside Lewisham Shopping Centre. Find out about the many opportunities for walking in Lewisham, pick up some maps, and meet your local Walking Forum people. Children can try out the FREE Shopping Centre Trail and win a prize! For all the family. Toilets in Centre	The Walking Marquee, outside Lewisham Shopping Centre, Lewisham High Street SE13 Rail/DLR: Lewisham All buses to Lewisham High Street	Free	Lewisham Town Centre Manager Liz Bannister 020 8297 5635
Activity	11.00 – 15.00	Road Safety Roadshow in the Walking Marquee	FREE art workshops for children with the Lewisham Road Safety Roadshow team. Meet the 'Kerbcraft' Team, collect information on road safety, and find out more about Safer Routes to School.	The Walking Marquee, outside Lewisham Shopping Centre, Lewisham High Street SE13 Rail/DLR: Lewisham All buses to Lewisham High Street	Free	Lewisham Town Centre Manager Liz Bannister 020 8297 5635
Activity	11.00 – 15.00	Healthy Walks and Healthy Lives in the Walking Marquee	Challenge your friends, family, colleagues or yourself to walk more and feel the benefits. Do our Walking Quiz and claim your free step counter (limited number available). Find out about the regular health walks that take place each week in Lewisham.	The Walking Marquee, outside Lewisham Shopping Centre, Lewisham High Street SE13 Rail/DLR: Lewisham All buses to Lewisham High Street	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838
Sunday 14 May						
Activity	10.00 – 14.00	Walk to The Market	Leave your car at home and walk to Blackheath Farmers Market to enjoy fresh local produce. Take a stroll round the Heath, venture to Greenwich Park or even make a picnic with your fresh food.	Blackheath Station Car Park Rail: Blackheath Buses:54, 89, 108, 202, 380	Free	London Farmers' Markets 020 7833 0338 www.lfm.org.uk
Walk	10.00 – 16.00	The Five Parks Fundraising Walk	A 4 to 6 hour, 7 to 8 mile circular walk of joyous abandon on the greenest day of Spring through the best parks and green ways in South London to raise funds for the regeneration of Brockwell Park. Walkers proceed at their own pace, suitable for all ages and abilities but one section may be difficult for wheelchairs/pushchairs. Some rough tracks, muddy paths and gates. Bring a picnic lunch or plenty of pubs, cafes and restaurants on the route. Toilets in parks. Maps and historical notes supplied.	Meet at 10.00am At Brockwell Hall in Brockwell Park (Park entrance at junction of Dulwich Road and Norwood Road) SE24 Rail: Herne Hill Buses: 3, 37, 68, 196, 468 Finish: back at Brockwell Park	£5 Adult £2 under 16 Under 10 free	Brockwell Park Management Advisory Committee Andy Walker 020 7274 5780
Walk and Activity	10.30 – 17.00	Walk the Green Chain to Woodlands Farm Spring Show, Shooters Hill	Walk a section of the Green Chain path in neighbouring Greenwich to visit Woodlands Farm, SE London's largest working farm, for their Spring Show. See animals and craft demonstrations, stalls and attractions for all the family. Discover unknown parts of the Green Chain at Shooters Hill and Oxleas Meadows whilst having a car-free day out in London. Refreshments and toilets available at the Show.	Woodlands Farm 331 Shooters Hill DA16 3RP Bus 89 from Lewisham stops outside the Farm at Shooters Hill, or 486 from North Greenwich or Bexleyheath Green Chain route map (free) or full Walks Pack (£3.50) available from libraries and by post from the Green Chain Project Office. Download maps from www.greenchain.com .	Show cost: £3.50 Ad Conc £2 £1.50 6-16 U5 free	The Woodlands Farm Trust 020 8319 8900 www.thewoodlandsfarmtrust.org SE London Green Chain Mark Budd 020 8921 5028 www.greenchain.com

Sunday 14 May cont.

TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and talk	11.00 – 13.00	Tour Deptford Creek	Deptford Creek has a rich history – come along and discover some of its wonders. After a short talk we will tour the Creek on land to uncover its past! 2 hour walk and talk of less than 1 mile. Bring a drink or refreshments. Toilets at start and end of walk. Suitable for adults and children over 10 only.	Meet at 11.00 at the Creekside Centre, 14 Creekside, Deptford SE8 4SA Bus: 47 to Deptford Church Street Rail: Deptford or Greenwich/DLR Deptford Bridge Finish: The Creekside Centre	£5 adult £3.50 conc	The Creekside Centre Chris Gittner 020 8692 9922 www.creeksidecentre.org.uk
Walk and talk	11.30 – 13.00	South of the Border Walk with QWAG in Grove Park	Strange things happen to the River Quaggy in Bromley. Find out more of the Quaggy's secrets on this short walk across the border, and then back through Chinbrook Meadows to Sydenham Cottages Nature Reserve off Marvels Lane. Catch up with QWAG's latest plans for this stretch of the river and elsewhere. 1.5 mile walk, 1.5 hours, some width restrictions and gates, suitable for all ages and abilities. Bring a drink, toilets at Grove Park and Chinbrook Meadows. Make a day of it, bring a picnic lunch or get some refreshments from the café in Chinbrook Meadows, or in Grove Park, and join in with the next event!	Meet at 11.30am outside Grove Park Railway Station in Baring Road SE12 (bus stop B) Rail: Grove Park Buses: 124, 126, 136, 261, 273, 284 Finish: Sydenham Cottages Nature Reserve, Alice Thompson Close, off Marvels Lane Buses: 273, 284 or 10 mins walk back to Grove Park Station for rail and other buses.	Free	Quaggy Waterways Action Group (QWAG) Ray Manchester 020 8318 5566 www.qwag.org.uk
Walk and Activity	14.00 – 15.30	Chinbrook Meadows Stroll in Grove Park	A gentle walk of 1 to 1.5 miles over 1 to 1.5 hours for all ages, exploring the outer reaches of the Meadows and the hidden depths of the Quaggy on this stroll through the park, finishing at the water's edge for pond dipping (equipment supplied). Some (avoidable) slopes and long grass. Toilets and refreshments available in the park, or bring a picnic.	Meet at 14.00 at The Pavilion in Chinbrook Meadows by the Amblecote Road entrance off Chinbrook Road. Rail: Grove Park Buses: 136 and 261 to Grove Park, or 126 and 124 to Chinbrook Road.	Free	The Friends of Chinbrook Meadows Anne Slater 020 8857 8220
Walk	14.00 – 15.00	One Tree Hill Allotments Site Visit	Come and visit this large allotment site, of various different plots and layouts, where plot holders are carving out their own piece of paradise. Admire the normally inaccessible views across London from the top of the site. Need sturdy footwear if wet. Some steps and steep muddy slopes – upper part of site may be inaccessible for pushchairs or wheelchairs, or difficult for very young children. Lower part of site is wheelchair accessible with a helper. Up to 1 hour walk, 0.5 mile. Bring a drink. No toilets on site.	Meet at 14.00 at Honor Oak Park Station Ticket Office, Honor Oak Park, SE23 Rail: Honor Oak Park (trains from London Bridge or Croydon) Buses P4 to station, or 122, 171 to Brockley Rise from Lewisham or Catford. Finish: Honor Oak Park Station or One Tree Hill itself	Free	One Tree Hill Allotment Society Ian White 020 8666 1865 (Mon-Fri 10-5) www.othas.org.uk
Walk	14.00 – 16.00	Sydenham Hill Woods Wildflower Walk	Join Mark Spencer of the Natural History Museum on the London Wildlife Trust Wildflower Walk through Sydenham Hill Woods Local Nature Reserve. Circular walk of 2 miles, 2 hours, some steps, muddy surfaces and uneven paths. Bring a drink. No toilets on site. Not accessible for wheelchairs and buggies.	Meet at 14.00 at the Crescent Wood Road entrance to Sydenham Hill Woods off Sydenham Hill. Rail: Sydenham Hill Buses: 356, 363, 931, 202 to Sydenham Hill/Wells Park Road junction.	Free	London Wildlife Trust Ian Holt 020 8699 5698 www.wildlondon.org.uk

Sunday 14 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk	19.00 - 22.30	Lewisham to Catford Pub Crawl with SE London CAMRA	A gentle "crawl" to visit 4 pubs in Lewisham serving real ale (and non-alcoholic drinks): The Watch House, The Jolly Farmers, London & Rye and The Catford Ram – Look for posters and people in CAMRA t-shirts! Over 18s only. 2 venues have disabled toilets. 2 miles walk. Up to 4 hours. Arranged by SE London CAMRA group especially for non-members.	Meet at 19.00 at the Watch House, (Wetherspoons) High Street Lewisham Start: Rail/DLR to Lewisham, all buses to Lewisham town centre. Finish at The Catford Ram, Catford Broadway Rail: Catford, Catford Bridge Buses: all buses to Catford town centre	Free ~ Buy your own drinks!	SE London Branch of the Campaign for Real Ale (CAMRA) Ian White 020 8666 1865 (Mon-Fri 10-5) www.selcamra.org.uk www.camra.org.uk
Monday 15 May						
Walk	Any time	Make the Most of Mondays walk for fun in Lewisham's parks, streets, and open spaces	Pick up information from libraries and other information points and find out what's on your doorstep!	See 'Walking in Lewisham' Map', 'Deptford's Secrets' Map, 'The Lewisham Promenade' or the 'Waterlink Way' Route Guide for example, or check out www.greenchain.com	Free	Imogen Payami 020 8314 2235 or Lewisham Local Studies Centre in Lewisham Library
Walk	12.45 – 13.45	Meet on your Feet Lunchtime Health Walk in Lee	Aimed at NHS staff based in Lee, (but everyone welcome!). This one hour, 1.5 mile Lunch Time Health Walk around Manor House Gardens is designed to fit into your lunch hour – enjoy this award-winning park and the great café afterwards. Help yourself to meet the recommended 30 minutes of physical activity per day and meet other staff in a friendly social environment. Suitable for all ages and abilities. Toilet facilities and café in the park.	Meet at 12.45 outside Cantilever House, Eltham Road, Lee Green SE12. Train: Lee Station. Buses: 122, 261, 278, 321, 202 to Lee Green Finish: Cantilever House, Eltham Road, Lee Green SE12	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838
Walk & Talk	19.00 – 20.30	George Lane Local History Walk to Hither Green Station	Find out about George Lane on this evening history walk from the George in Rushey Green to Hither Green Station, passing the homes of famous and notorious people and possibly visiting the Calabash Club and Trinity Church. Walk of 1.5 hours, 1.5 miles suitable for all ages and abilities, one hill. Bring a drink, no toilets on the walk.	Meet at 19.00 outside the George pub/China Inn at the junction of George Lane and Rushey Green, Catford SE6 Buses: all along Lewisham High Street/Rushey Green to Catford. Finish: Hither Green Station. Rail: Hither Green Buses: 273, 181.	Free	Lewisham Local History Society Ron Cooper 020 8852 5709
Tuesday 16 May						
Walk	9.45 – 10.45	Beckenham Place Park Woodland and Riverside Health Walks	Join with the Bromley Health Walkers on a choice of 3 walks ranging from a long distance fast walk to a gentle stroll. Enjoy the birds and other woodland sights and a cup of tea at the Mansion House café at the end. 45 minute walks, suitable for all ages and abilities. Some muddy paths if wet. Toilets at the start and finish.	Meet at 9.45 outside the Mansion Visitor Centre in Beckenham Place Park (car park side) Rail: Beckenham Hill Bus 54 to Beckenham Hill Road Rd or buses to Bromley Road (15 mins walk)	Free	Lewisham Healthy Walks with Bromley Health Walkers Michael Corrigan 020 8663 6397 Jenny Budd 020 7188 2838
Activity	10.00 – 10.30	Let's Walk! Story Session at Sydenham Library	Join in with our exciting activities and stories for under 5's and their carers to mark Lewisham's 4 th Walking Festival.	Sydenham Library, Sydenham Road SE26 Rail: Sydenham or Lower Sydenham Buses: 194, 202, 356, 450, 181	Free	Sydenham Library 020 8778 7563

Tuesday 16 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk	10.15 – 11.15	Health Walk with LOOP and NDC wardens in Southwark Park	Join LOOP (Lifestyle Opportunities for Older People) and the New Cross NDC wardens on a trip to Southwark Park. Enjoy this friendly group, the flat easy walking and community café at the end of the walk! One hour walk, 1.5 miles suitable for all abilities and aimed at people over 45. Toilet facilities in the park.	Meet at 10.15 at 999 Club, Monson Rd SE14 or at 10.25 at the Barnes Wallis Centre in Wild Goose Drive New Cross SE14. Residents of New Cross Gate NDC area can contact the LOOP Office to request a place on the minibus. Phone by 12.30pm the day before the walk, as places are limited.	Free	The Project Manager LOOP (Lifestyles Opportunities for Older People) Morningson Centre, Stanley Street 020 8291 0443
Activity	11.00 – 11.30	Let's Walk! Footprints Stories and Craft at New Cross Library	Come to the under 5's session for stories and to make an impression of your own footprint to colour in.	New Cross Library, 283-285 New Cross Road, New Cross SE14 Rail: New Cross or New Cross Gate Buses:21, 136, 321, 436, 171, 172, 484, 53,	Free	New Cross Library 020 8694 2534
Walk	11.00 - 11.45	Health Walk for over 50s in Sydenham Wells Park	A stroll around the award winning Sydenham Wells Park for people of all abilities – walk, chat, and meet new friends. 45 minutes walk. Toilets available in the park. Bring a drink, or café in the park.	Meet by the duck pond in Sydenham Wells Park, Wells Park Road, Sydenham SE26 Buses 202, 356	Free	Lewisham Healthy Walks Iris Humphries 020 8693 9525
Walk	12.20 – 13.15	Meet on your Feet on the Waterlink Way in Catford	Aimed at staff of Lewisham Council and the PCT (but everyone welcome!) on this Lunch Time Health Walk on the Waterlink Way in Catford. This brisk 45 minute walk is designed to fit into your lunch hour. Help yourself to meet the recommended 30 minutes of physical activity per day and meet other staff in a friendly social environment. Bring a drink. Suitable for all ages and abilities. 1 to 1.5 miles. Some slopes.	Meet at 12.20 outside the Broadway Theatre Box Office in Rushey Green, Catford SE6. Rail: Catford or Catford Bridge Buses: all to Catford town centre Returning to the Theatre Box Office by 13.15.	Free	Lewisham Council, Workplace Travel Adviser Jackie Short 020 8314 2187
Wednesday 17 May						
Walk & Campaign	All Day	Walk to Work Wednesday across the borough	Walk In to Work Out – Become an active commuter and walk part or all of the way on your journey to work. Walking to work is a great way to fit in your 30 minutes of exercise a day.	Talk to your employers about organising a regular Walk to Work Day	Free	Lewisham Council, Transport Jackie Short 020 8314 2187
Walk	12.00 – 12.45	Health Walk in Forster Memorial Park, Whitefoot Lane SE6	A Walk through the Park and Woodlands for people of all abilities – a gentle, social activity that will make you feel good. 45 minutes walk. Toilets available at the start and in the park.	Meet at noon at the Goldsmiths Community Centre Castillon Road. Bus: 124 to Castillon Road	Free	Lewisham Healthy Walks Elsa Pascal 020 8697 1587
Walk & Talk	18.30 – 20.00	Be Surprised at the Horniman Gardens	Join Garden supremo Gordon who promises us a “surprise” during a guided walk around the Horniman Gardens. 1.5 hours, 1.5 miles, suitable for all ages and abilities, some steps, stout footwear advisable. Bring a drink. Toilets available in the Gardens.	Meet at 18.30 at the Bandstand in Horniman Gardens, London Road, Forest Hill SE23. Rail: Forest Hill (10 mins) Buses: 176, 197, P4, 356 and 363 to the Horniman Museum, London Road, Forest Hill.	Free	Horniman Museum and Gardens Gordon Lucas 020 8699 8924

Thursday 18 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Activity	9.30 - 10.00	Let's Walk! Story Session at Blackheath Library	Stories for under 5's and their carers to mark Lewisham's 4 th Walking Festival.	Blackheath Village Library, 3-4 Blackheath Grove, Blackheath SE3 Rail: Blackheath Buses:54, 89, 108, 202, 380	Free	Blackheath Village Library 020 8852 5309
Walk & Talk	10.00 – 12.00	The Verdant Lane History Walk from Downham to Hither Green	Celebrate national <i>Local History Month</i> on this guided walk led by Lewisham Local History Society looking at historical landmarks and places of interest in Verdant Lane. Street walk of 2 hours, 2 miles, taking in Hither Green Cemetery, Verdant Lane, St. Andrew's Church, Torridon Library and part of Hither Green Lane and looking at the history of these localities. Suitable for all ages and abilities. No unaccompanied minors, children should be supervised by carers. Some busy roads. Bring a drink. One toilet on route.	Meet at 10.00 at junction of Verdant Lane and Whitefoot Lane Buses: 284, 124 Finish: Hither Green Lane at the junction with Duncriveie Road. Bus: 181	Free ~ Donation to church welcome	Lewisham Local History Society Douglas Gardner 020 8244 3709 Ron Cooper 020 8852 5709
Activity	10.00 - 11.00	Let's Walk! Footprints Stories and Craft at Crofton Park Library	For Under 5s and their carers, to celebrate Lewisham Walking Festival with stories, rhymes, songs and craft. Limited numbers so please book in advance on 020 8692 1683.	Crofton Park Library, Brockley Road, SE4 (corner of Darfield Road next to Crofton Park Station) Rail: Crofton Park Buses:122, 171, 172	Free	Crofton Park Library 020 8692 1683
Walk	11.00 – 11.45	Healthy Walks in Horniman Gardens, Forest Hill	Join us for a sociable guided walk in the fresh air with an opportunity to meet the Gardening Team who created and cherish the "Best Park in the South East". We finish with a cuppa in the café, which serves drinks and snacks. Suitable for all ages and abilities, some steps and slopes. 45 mins walk. Toilets in park.	Meet in Hornimans Gardens by the first benches by the main gates on London Road SE23. Rail: Forest Hill (10 mins) Buses: 176, 197, P4, 356 and 363 to the Horniman in London Road, Forest Hill.	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838
Walk	11.00 - 11.45	Health Walk in Southwark Park	Take steps towards a healthier lifestyle on this fun social walk, ending with a cup of tea in the friendly community cafe! Organised with Southwark Walks. Suitable for all ages and abilities. 30 minutes walk. Toilets in the Visitor Centre at the start and finish.	Meet at the Visitor Centre, opposite the Play Area in Southwark Park, Gomm Road SE16 Buses to Lower Road, Tube to Surrey Quays	Free	Lewisham Healthy Walks with Southwark Walks Hazel Wright 020 7525 1073 or 07984 601953
Walk	11.00 – 11.45	Health Walk in Ladywell Fields	Join this lively friendly group on one of their regular walks around Ladywell Fields. If you feel like stretching your legs a bit more join some in another lap, or slow down and enjoy the park café! Suitable for all ages and abilities. 30 minutes walk. Toilet facilities at the start and in the park.	Meet in the Coffee Bar by the main reception of Lewisham Hospital, Lewisham High Street SE13 Rail: Ladywell Buses 47, 54, 75, 136, 185, 199, 208, 284 to Lewisham Hospital	Free	Lewisham Healthy Walks Peter Maple 020 7639 6306
Activity	14.00 – 14.45	Let's Walk! Story Session at Catford Library	Come along to enjoy stories and craft activities for under 5's and their carers to mark Lewisham's 4 th Walking Festival.	Catford Library, Laurence House, Catford Road, Catford SE6 Rail: Catford or Catford Bridge Buses: all to Catford Town Centre	Free	Catford Library 020 8314 6399

Thursday 18 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Activity	14.00 – 16.00	Sign the Pledge! at Lewisham Hospital	Interested in sustainable travel? Heard of the Good Going Campaign? Come along and find out more, and sign up to support the campaign with Good Going Lewisham. Free welcome gift. For all ages and abilities. Give it a try!	Meet at 14.00 in the main Reception Area of Lewisham Hospital, Lewisham High Street Rail: Ladywell Buses: 47, 54, 75, 136, 185, 199, 208, 284 to Lewisham Hospital in Lewisham High Street	Free	Lewisham Council, Transport Jackie Short 020 8314 2187
Walk and Talk	18.00 – 20.00	Walk and Eat session for people with diabetes in Lewisham	Lewisham has joined with Diabetes UK to offer a friendly, social walk followed by healthy eating, tasting and advice session for people both with diabetes or wanting to find out more. 30 minutes walk, 1.5 miles. Toilets at meeting place and at end. Suitable for all ages and abilities.	Meet at 18.00 at Lewisham Methodist Church, Albion Way Lewisham SE13 Rail/DLR: Lewisham Buses: all to Lewisham town centre	Free	Lewisham Sport & Leisure Service Maya Onyett 020 8314 8208
Walk	18.30 – 21.30	Pubs and Peaks Walk from Brockley to Catford	A “Crawl” of 3 pubs and 2 hills, so a good thirst can be worked up while admiring the views! Walk of 2-3 miles over 2-3 hours, some steps and slopes, with an optional alternative flatter route. Over 18s only due to Licensing laws. Look for CAMRA posters and people in CAMRA T-shirts! Arranged by SE London CAMRA group especially for non-members. Toilets in pubs.	Meet at 18.30 at the Brockley Barge (Wetherspoons) 184 Brockley Road, Brockley SE4, and leaving at 19.00 to walk. Rail: Brockley or Crofton Park Buses: 171, 172, 122,484 Finish: Blythe Hill Tavern, 319 Stanstead Road SE23 Buses: 171, 185 or rail at Catford	Free ~ buy your own drinks!	SE London Branch of the Campaign for Real Ale (CAMRA) Ian White 020 8666 1865 (Mon-Fri 10-5) www.selcamra.org.uk www.camra.org.uk
Friday 19 May						
Walk and Activity	Any Time	Made in Deptford Festival: Deptford's Secrets and Deptford Riverside Self Guided Walks	Walk to Deptford High Street and find out about the 'Made in Deptford' Festival and Deptford's Secrets. This self-guided walk provides a fascinating insight into Deptford's best-kept secrets, including local art galleries, restaurants and cultural venues. Suitable for all ages and abilities. Walk route up to 3 miles in total. Also try out the 3 mile Deptford Riverside self guided walk, looking at all things 'made in Deptford'.	Collect free 'Deptford's Secrets' and 'Deptford Riverside' self guided walks maps at the Made in Deptford Information Stall in Deptford High Street at Giffin Square from 10.00 to 15.00, or in the Library or other community venues.	Free	Lewisham Council Deptford Town Centre Management Jo Middleton 020 8314 3674 www.madeindeptford.co.uk
Walk	9.45 – 11.00	Dinosaurs and Lakes Health Walk at Crystal Palace Park	Join with the friendly Bromley Health Walkers on their regular walk around historic Crystal Palace Park. There will be a choice of walks to suit your ability and time to relax in the café at the end. 45 minutes walks. Toilets at the meeting place. Suitable for all ages and abilities. Bring a drink.	Meet at 9.45 outside the café in Crystal Palace Park near the Penge Road entrance. Rail: Penge West or Crystal Palace Buses: 176, 197, 227, 354,	Free	Lewisham Healthy Walks with Bromley Health Walkers Michael Corrigan 020 8663 6397 Jenny Budd 020 7188 2838
Walk & Talk	10.30 - 12.30	Green Deptford Walk from Lewisham to Deptford	How many green spaces are there in Deptford? Find out on this fascinating linear walk leading to the 'Made in Deptford' Festival. 2 hours walk, 3 miles. Some cobbled streets and narrow pavements. Bring a drink and a snack, refreshments available in Deptford. Suitable for all ages. Toilets in Brookmill Park at the start and Giffin Street at the end. See Janet's website www.london-footprints.co.uk for her many other walks	Meet at 10.30 at the Elverson Road DLR station (west – to London - side) Rail: Lewisham, DLR: Elverson Road Buses: 47, 225 to Brookmill Road, or 180, 199, 273 to Lewisham Road Finish: Deptford High Street/Deptford Station Rail: Deptford or Deptford Bridge DLR Buses: 47, 177, 225, 188, 199	Free	London Footprints Janet Digby 020 8650 6673 See www.london-footprints.co.uk

Friday 19 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk	11.00 – 12.00	Fairshare Lee Health Walk around Mountsfield Park	Join 'Fairshare Lee' on their walking group and make the most of this expanse of green calm amongst the bustle of the town. There are some gradients to stretch your legs and there are plenty of cafes at the end to enjoy. All ages welcome. 30 mins walk, 1.5 miles. Toilets in the park and at the end of the walk.	Meet at 11.00 at the Staplehurst Road side of Hither Green station at the top of the slope. Rail: Hither Green Buses: 181, 273 Finish: Hither Green Station	Free	Timebank broker, Fairshare Lee 020 8318 0984 Jenny Budd 020 7188 2838
Walk	12.25 – 13.00	A Brisk Lunchtime Health Walk around Ladywell Fields	Join this lively social group for a brisker walk around the park, and feel better and more energised for the afternoon ahead! 30 mins walk. Suitable for all ages. Toilets at start and in the park. Bring a drink. You can also join the walk at the park café at 12.40.	Meet at 12.25 by the main reception area of Lewisham Hospital, Lewisham High Street Rail: Ladywell Buses 47, 54, 75, 136, 185, 199, 208, 284 to Lewisham Hospital	Free	Lewisham Healthy Walks Barry Leaf 020 8333 3000 ext. 8278
Saturday 20 May						
Walk and Activity	Any Time	Made in Deptford Festival: Deptford Heritage Trail Self Guided Walk	Walk to Deptford High Street and find out about the 'Made in Deptford' Festival and The Deptford Heritage Trail Walk. This self-guided walk provides an insight into Deptford's exciting heritage from Henry VIII's royal dockyards to the death of Christopher Marlowe to the glorious Grade 1 listed St. Paul's Church. Suitable for all ages and abilities. Walk route 2.5 miles in total. Refreshments in Deptford.	Collect free 'Deptford Heritage Trail' Maps at the Made in Deptford Information Stall in Deptford High Street at Giffin Square from 10.00 to 15.00, or in the Library or other community venues.	Free	Lewisham Council Deptford Town Centre Management Jo Middleton 020 8314 3674 www.madeindeptford.co.uk
Walk and Activity	Any Time	Made in Deptford Festival: Deptford Riverside Self Guided Walks	Why not also try out the Deptford Riverside self guided walk? This 3 mile walk looks at things 'made in Deptford' - crafts, products, buildings, structures, pioneering systems... and more. Researched by Janet of London Footprints, this self guided walk will open your eyes to the vast creativity that is Deptford.	Collect free 'Deptford Riverside' self guided walks maps at the Made in Deptford Information Stall in Deptford High Street at Giffin Square from 10.00 to 15.00, or in the Library or other community venues.	Free	Lewisham Council Deptford Town Centre Management Jo Middleton 020 8314 3674 www.madeindeptford.co.uk
Walk & Activity	11.00 – 17.00	Nunhead Cemetery Open Day	Visit Nunhead's historic Victorian cemetery for guided tours on the hour every hour, and lots more. Families welcome, children's activities including Mr Bugman's famous bug hunt and face painting. Homemade refreshments available, plants and publications sale.	Nunhead Cemetery Linden Grove Entrance Rail: Nunhead Bus P12 to Linden Grove/Ivydale Road SE15	Free	Friends of Nunhead Cemetery Cliff Robertson 020 8851 3936 www.fonc.org.uk
Activity	11.00 – 15.00	Horniman Plant Sale Plus at Horniman Gardens, Forest Hill	Take a stroll around Horniman Gardens and bag a bargain at the Friends' Plant Sale Plus! Buy quality plants and herbs from the Horniman Nursery, shrubs, grasses and house plants, plus books, gifts, jewellery cakes and home produce to support the Horniman.	The Dutch Barn and Bandstand, Horniman Gardens, London Road Forest Hill SE23. Rail: Forest Hill (10 mins) Buses: 176, 197, P4, 356 and 363 to the Horniman, London Road Forest Hill.	Free	The Friends of the Horniman Ann Wallace 020 8699 5909

Sunday 21 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walks and Activity	Any Time	Made in Deptford Festival: Deptford Food Trail Self Guided Walk	Walk to Deptford and check out what is happening as part of the 'Made in Deptford' Festival today. Try out one of the self-guided walks such as the 'Deptford Food Trail' and explore the culinary delights of Deptford, or just wander around and soak up the atmosphere of heritage, culture, and diversity that makes Deptford so unique.	Festival Information and self-guided walks leaflets available from the Made in Deptford Information Stall at Giffin Square from 10.00 to 15.00, or from Deptford Library and local community venues.	Free	Lewisham Council Deptford Town Centre Management Jo Middleton 020 8314 3674 www.madeindeptford.co.uk
Walk	All day	Walk to Worship Sunday	Leave your car at home and walk with friends and family to your place of worship this Sunday. Think about how your church can incorporate walking into its Sunday Services, and celebrate local wildlife, biodiversity and open spaces.	Look for information in your church or contact us for ideas. Pick up information on parks and open spaces from your local library.	Free	Lewisham Walking Forum Sue Webber Festival Hotline 07984 186824
Walk	All day	International Day for Biological Diversity in National 'Be Nice to Nettles' Week'	Celebrate International Day for Biological Diversity by visiting one of Lewisham's many nature reserves and open spaces. Go spot some nettles to commemorate 'Be Nice to Nettles Week', which highlights the very important role that nettles play for both rural and urban wildlife, supporting over 40 species of insect including some of our most colourful butterflies.	Pick up information on open spaces and local nature reserves from your local library or visit Lewisham Local Studies Centre, Lewisham Library, Lewisham High Street SE13	Free	Lewisham Council, Green Scene Nick Pond 020 8314 2007
Walk	13.00 – 16.00	The Walk for Skin Fundraising Walk for all ages in Greenwich Park	Walk for charity on the London part of the national Walk for Skin Fundraising Event in Greenwich Park. Join with other walkers to have a fantastic day out, spend time in the many visitor attractions nearby, receive a free goody bag filled with gifts from the sponsors and get fit too! For all ages and abilities, accessible for wheelchairs and pushchairs. Circular walk of 3 miles. Toilets in Park. Bring a drink. No unaccompanied children. Register for full details.	Register in advance with the British Skin Foundation to receive a free Walkers Pack. Walk starts between 13.00 and 14.00 from the Bandstand in the centre of Greenwich Park. Rail: Maze Hill Buses: 53 to Blackheath Hill or 177, 180, 188, 286, 386 to Trafalgar Road Greenwich	Free to register Need to collect sponsor money	The British Skin Foundation 020 7391 6341 www.walkforskin.org.uk
Activity	10.00 – 14.00	Walk to The Market	Leave your car at home and walk to Blackheath Farmers Market to enjoy fresh local produce. Take a stroll round the Heath, venture to Greenwich Park, or make a picnic with your fresh food.	Blackheath Station Car Park Rail: Blackheath Buses: 54, 89, 108, 202, 380	Free	London Farmers' Markets 020 7833 0338 www.lfm.org.uk
Activity	10.00 – 11.30	Pirates of Deptford at Creekside	Avast! Me hearties! Deptford has many links to pirates from Captain Kidd to the pirate ships themselves. Take a walk to the Creekside Centre for this enjoyable session for families, which includes games, treasure hunts, stories – and you will get to see the treasure from the Creek! Suitable for children age 5-9, must be accompanied by an adult. Bring a drink. Toilets at the start and the end.	Meet at 10.00 at the Creekside Centre, 14 Creekside, Deptford SE8 4SA Rail: Deptford Bridge DLR, Greenwich DLR/Greenwich Station Bus: 47 to Deptford Church Street	£1.50 per child	The Creekside Centre Chris Gittner 020 8692 9922 www.creeksidecentre.org.uk

Sunday 21 May cont.

TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Activity	11.00 – 15.00	Kent House Leisure Gardens and Kent House Road Allotments Open Day	Two large Allotment Societies open their gates for their first joint Open Day. Lots of different styles of gardening to see, with guided tours, plant sales, hot & cold food on sale, demonstrations, entertainment for children and live music. Walk around as much or as little of the sites as you want. Accessible for buggies and wheelchairs, but some steps and muddy paths. Families welcome, but no unaccompanied children. Toilets available on site. Guide Dogs only please.	Site entrances adjacent to 91/93 Kent House Road or at the end of Fairlawn Park off Sydenham Road. Buses: 202,194, 450 in Sydenham Road (5 mins) or 356 to Kent House Road All gate money will be donated to St. Christopher's Hospice in Sydenham	£2 ~ for both sites. All proceeds to charity	Kent House Leisure Gardens Association Tim Lund 020 8659 6137
Walk and Talk	13.00-15.00	Deptford Creek Low Tide Walk	Deptford Creek is full of secrets. Our popular low tide creek walks are a fun if muddy way to explore the creek bed, finding out about its nature and history. A unique London experience! One mile water-based walk – waders provided! For adults and accompanied children 10 years old and over. Walkers need to be reasonably fit as you will be walking in the Creek, the water is around 30cm deep. Please dress suitably for the weather but wear old clothes – we provide long boots and have waterproof coats.	Meet at 13.00 at the Creekside Centre, 14 Creekside, Deptford SE8 4SA Rail: Deptford Bridge DLR, Greenwich DLR/ Greenwich Station Bus: 47 to Deptford Church Street Finish: Creekside Centre Please ring to book. Toilets are available at the Centre. Bring a drink. Another 'Made in Deptford' Festival Event.	£5 adult £3.50 conc	The Creekside Centre Chris Gittner 020 8692 9922 www.creeksidecentre.org.uk
Walk	14.00 – 16.00	A Stroll from Pillar to Post at Beckenham Place Park	Enjoy the park while working off lunch! A walk from the "Pillars" of the Mansion along the old "Boundary Posts" of Beckenham and Lewisham, and also venturing outside the Park. Approx. 2 – 3 miles, up to 2 hours. Some steep slopes, gates and muddy paths if wet. Stout footwear suggested. Refreshments and drinks available from the café in the Mansion, or it would be fun to bring a picnic lunch or snack if fine. Suitable for all ages. Children under 11 should be accompanied by a parent/guardian.	Start at 14.00 from the steps of the Mansion House in Beckenham Place Park. Rail: Beckenham Hill Bus 54 to Beckenham Hill Road May not all be suitable for pushchairs or wheelchairs – check with contact if wet. Toilets at the start and end of the walk. Bring a drink for the walk.	Free ~ donation welcome	The Friends of Beckenham Place Park Margaret Mitchell 020 8325 8781
Activity	14.00 – 16.30	Downham Woodland Walk Work Day	Come along and help local volunteers maintain an area of ancient woodland in the heart of Downham! Join the Friends of the Woodland Walk to keep this hidden gem in tip top condition through a tidy up and cutting back brambles. Gloves, tools, snacks and drinks provided but wear old clothes and stout shoes/boots please. Suitable for all ages and abilities but no children under 16 without a supervising adult please. Some uneven paths. No toilets on site.	Meet at 14.00 at the gate to the Woodland Walk in Haddington Road near the junction with Oakridge Road. Bus: 136, 208 to Bromley Road then 5 mins walk from bus stop at junction of Bromley Rd/Oakridge Road to Haddington Road. Rail: Beckenham Hill Station (10 mins walk)	Free	The Friends of the Woodland Walk, Downham Janet Hurst 020 8698 6805

Sunday 21 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk	14.30 – 16.30	A Circular Walk Through Sydenham Hill Woods to Dulwich Toll Gate	Celebrate the Tree Council's national 'Walk in the Woods' Month! Join a circular woodland walk from Hornimans Gardens in Forest Hill through the woods to Dulwich Toll Gate and back by a different route. Some uneven surfaces, muddy if wet, some steps and slopes, stout footwear advisable, not likely to be suitable for pushchairs or wheelchairs or very young children. Distance 3.5 miles, 2 hours. Bring a drink.	Meet at 14.30 at the Café in Hornimans Gardens, London Road, Forest Hill SE23. Rail: Forest Hill (10 mins walk). Buses P4, 176, 197, 356, 185 to Hornimans in London Road Forest Hill. Refreshments and toilets available in Café at start and end of walk	Free	The Sydenham Society Iris Humphries 020 8693 9525
Monday 22 May						
Walk	Every Day This Week	National Summer Walk to School Week	Be part of a campaign that began in 1994 when just a handful of schools took part. The event went national in 1995, and global in 1997 - now over 2.5 million children from all over the world participate. Try it! Walk to school with your children <u>this week</u> and see how much more you notice locally!	Look out for events, information, and activities in schools throughout the borough this week. See www.walktoschool.org.uk	Free	Lewisham Road Safety Office Liz Barkwith 020 8314 2254
Walk	12.45 – 13.45	Meet on your Feet Lunchtime Health Walk in Lee	Aimed at NHS staff based in Lee, (but everyone welcome!). This one hour 1.5 mile Lunch Time Health Walk around Manor House Gardens is designed to fit into your lunch hour – enjoy this award-winning park and the great café afterwards. Help yourself to meet the recommended 30 minutes of physical activity per day and meet other staff in a friendly social environment. Suitable for all ages and abilities. Toilet facilities and café available in the park.	Meet at 12.45 outside Cantilever House, Eltham Road, Lee Green SE12. Train: Lee Station. Buses: 122, 261, 278, 321, 202 to Lee Green Finish: Cantilever House, Eltham Road, Lee Green SE12	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838
Walk	Any time	Make the Most of Mondays ~ try out the Blackheath Village Trail and Guide	Blackheath, one of the few villages left in London, has long been described as the jewel in Lewisham's crown. Its long and eventful history has been brought to life in the new Blackheath Village Trail and Guide, written by Tony Aldous and Neil Rhind of the Blackheath Society. Get a copy and find out more!	Blackheath Village Trail and Guide self guided trail around Blackheath Village. Rail: Blackheath Buses: 202, 54, 380, 89, 108 Guide may be available in Blackheath Library	Free	Guide available from The Blackheath Society 020 8297 1937 www.blackheath.org
Tuesday 23 May						
Walk	9.45 – 10.45	Beckenham Place Park Woodland and Riverside Health Walks	Join with the Bromley Health Walkers on a choice of 3 walks ranging from a long distance fast walk to a gentle stroll. Enjoy the birds and other woodland sights and a cup of tea at the Mansion House café at the end. 45 minute walks, suitable for all ages and abilities. Some muddy paths if wet. Toilets at the start and finish.	Meet outside the Mansion Visitor Centre in Beckenham Place Park (car park side) Rail: Beckenham Hill Bus 54 to Beckenham Hill Road Rd or buses to Bromley Road (15 mins walk)	Free	Lewisham Healthy Walks with Bromley Health Walkers Michael Corrigan 020 8663 6397 Jenny Budd 020 7188 2838

Tuesday 23 May cont.

TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk	10.15 – 11.15	Health Walk with LOOP and NDC wardens around Burgess Park	Join LOOP (Lifestyle Opportunities for Older People) and the New Cross NDC wardens on a trip to Burgess Park. Enjoy flat easy walking, the herb garden, good company and the community café at the end! One hour walk, 1.5 miles suitable for all abilities and aimed at people over 45. Refreshments at Park Café at end. Toilets available in the park.	Meet at 10.15 at 999 Club, Monson Rd SE14 or at 10.25 at Barnes Wallis Centre in Wild Goose Drive New Cross SE14 Residents of New Cross Gate NDC area can contact the LOOP Office to request a place on the minibus. Phone by 12.30pm the day before the walk, as places are limited.	Free	The Project Manager LOOP (Lifestyles Opportunities for Older People) Morningside Centre, Stanley Street 020 8291 0443
Walk and Talk	10.00 – 12.00	Hither Green Lane History Walk	Come on another led walk from the Lewisham Local History Society along Hither Green Lane from Brownhill Road to Ladywell Baths, with a visit to St. Swithins Church and looking at the history of this locality. Street walk of 2 hours, 2 miles, suitable for all ages and abilities. No unaccompanied minors, children should be supervised by carers. Some busy roads. Bring a drink. No toilets on route.	Meet at 10.00 at the corner of Brownhill Road and Hither Green Lane. Buses: 202, 160 Finish: Ladywell Baths in Lewisham High Street. Buses: All to Lewisham High Street/Ladywell	Free ~ donation to church welcome	Lewisham Local History Society Douglas Gardner 020 8244 3709 Ron Cooper 020 8852 5709
Walk	11.00 - 11.45	Health Walk for over 50s in Sydenham Wells Park	A stroll around the award winning Sydenham Wells Park for people of all abilities – walk, chat, and meet new friends. 45 minutes walk. Toilets available in the park. Bring a drink, or café in the park.	Meet by the duck pond in Sydenham Wells Park, Wells Park Road, Sydenham SE26 Buses 202, 356	Free	Lewisham Healthy Walks Iris Humphries 020 8693 9525
Walk	11.00 – 12.00	Walking and Talking around Ladywell Park	Join the Rushey Green Time Bank and the Rushey Green Group Practice for a 30 minute walk around Ladywell Park. Toilets at the start and in the park. Bring a drink, refreshments available at the café in the park. Suitable for all ages and abilities.	Meet at 11.00 at the upstairs waiting room at Rushey Green Group Practice, Hawstead Road, Catford SE6 (lift available) Buses: all to Rushey Green	Free	Rushey Green Time Bank Shelley McKowen 020 7138 1772
Walk	12.20 – 13.15	Meet with your Feet to Mountsfield Park	Aimed at staff of Lewisham Council and the PCT (but all are welcome!) on this Lunch Time Health Walk around Mountsfield Park. This brisk 45 minute walk of 1.5 miles is designed to fit into your lunch hour. Help yourself to meet the recommended 30 minutes of physical activity per day and meet other staff in a friendly social environment. Bring a drink. Some steep slopes. No toilets on the walk.	Meet at 12.20 outside the Broadway Theatre Box Office in Rushey Green, Catford SE6. Rail: Catford or Catford Bridge Buses: all to Catford town centre Returning to the Theatre Box Office by 13.15.	Free	Lewisham Council, Transport Jackie Short 020 8314 2187
Walk	12.20 – 13.15	Meet with your Feet to Mountsfield Park	Aimed at staff of Lewisham Council and the PCT (but all are welcome!) on this Lunch Time Health Walk around Mountsfield Park. This brisk 45 minute walk of 1.5 miles is designed to fit into your lunch hour. Help yourself to meet the recommended 30 minutes of physical activity per day and meet other staff in a friendly social environment. Bring a drink. Some steep slopes. No toilets on the walk.	Meet at 12.20 outside the Broadway Theatre Box Office in Rushey Green, Catford SE6. Rail: Catford or Catford Bridge Buses: all to Catford town centre Returning to the Theatre Box Office by 13.15.	Free	Lewisham Council, Transport Jackie Short 020 8314 2187

Tuesday 23 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Talk	19.00 – 21.00	From Cemetery to Churchyard ~ History and Nature Walk in Ladywell	Join the Ladywell Society for this informative evening linear walk from Ladywell Cemetery downhill to St. Mary's Church, Lewisham High Street, taking in local history and nature. 2 hours, up to 1 mile walk passing the old spring and following the route of the old stream to the River Ravensbourne. Suitable for all ages and abilities. Toilet at the start. Bring a drink.	Meet at 19.00 at the Gatehouse, corner of Ladywell Cemetery at Brockley Grove and Ladywell Road Bus: P4 Rail: Ladywell (10 mins walk) Finish: St. Mary's Church, Lewisham High St. Buses: all to Lewisham High Street /Ladywell	Free	The Ladywell Society Mike Keogh 020 8488 2101 or 07981 485834
Wednesday 24 May						
Walk & Campaign	All Day	Walk to Work Wednesday across the borough	Walk In to Work Out – Become an active commuter and walk part or all of the way on your journey to work. Walking to work is a great way to fit in your 30 minutes of exercise a day.	Talk to your employers about organising a regular Walk to Work Day	Free	Lewisham Council, Transport Jackie Short 020 8314 2187
Walk	All day	European Day of Parks	Celebrate European Day of Parks today by taking a stroll around your nearest park, or visit one you remember from your childhood. Find out about the 2006 'Lewisham in Bloom' campaign and enjoy your parks at their springtime best.	Pick up information on parks and open spaces from your local library or visit Lewisham Local Studies Centre, Lewisham Library, Lewisham High Street SE13. Also see www.lewisham.gov.uk/LeisureAndCulture/	Free	Lewisham Local Studies Centre in Lewisham Library or your local library
Walk	12.00 – 12.45	Health Walk in Forster Memorial Park, Whitefoot Lane SE6	A Walk through the Park and Woodlands for people of all abilities – a gentle, social activity that will make you feel good. 45 minutes walk. Toilets at the start and in the park.	Meet at Goldsmiths Community Centre Castillon Road. Bus: 124 to Castillon Road	Free	Lewisham Healthy Walks Elsa Pascal 020 8697 1587
Walk	14.00 – 17.00	Enjoy Spring in Beckenham Place Park	Join Wayne Butler, Lewisham Ecology Officer, in a longish circular walk around Beckenham Place Park, and find out how different areas of the park are now being managed for wildlife conservation. Up to 3 hours, up to 3.5 miles, some slopes, steps and muddy paths if wet. Suitable for all ages and abilities but some sections could be difficult for wheelchairs and buggies. Toilets available at the start and on Old Bromley Road. Bring a drink, refreshments available at the Mansion at the start.	Meet at 14.00 by the portico of the Mansion (car park side) at Beckenham Place Park, off Beckenham Hill BR3 5BP Rail: Beckenham Hill Bus 54 to Beckenham Hill Road or buses to Bromley Road (15 mins walk) Finish: Mansion at Beckenham Place Park	Free	Lewisham Council, Green Scene Wayne Butler 07764 413813
Walk	18.00 – 19.15	Waterlink Way Health Walk for World Cancer Prevention Week	Regular physical activity protects against cancer in many ways and walking is a great way to do the recommended 30 minutes a day. Join us for an early evening walk along this tranquil path ending at the Savacentre for a complimentary cup of tea and pick up health information if you wish. 45 minute walk, 2 miles, suitable for all ages and abilities. Bring a drink. Toilets available at the start and end of the walk.	Meet at 18.00 outside the Broadway Theatre Box Office in Rushey Green, Catford SE6 Rail: Catford or Catford Bridge Buses: all to Catford town centre Finish: Savacentre, Bell Green, off Perry Hill Buses: 181, 202, 194, 352, 450, 934	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838

Wednesday 24 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk	18.30 – 22.00	Walking Talking Allotments - New Cross Allotments Tour and pub visit	Visit two allotment sites in New Cross not normally open to the public, then on to the Dog and Bell pub for refreshment and no doubt allotment discussions! Run by Allotment Regeneration Initiative Member and Lewisham Council's Allotment Officer. 2.5 hour walk of 2 miles, suitable for all ages and abilities, but no under 18s in the pub. Bring a drink for the walk. Toilets available on the allotment sites and the pub.	Meet at 18.30 outside New Cross Gate Rail & Tube Station, New Cross Road SE14. Rail/Tube: New Cross Gate Buses: all to New Cross Road Finish: The Dog and Bell pub, Prince Street Deptford SE8 Rail: Deptford / DLR Deptford Bridge Buses: Deptford, 47, or 188,189 in Creek Rd	Free ~ buy your own drinks!	Ian White 020 8666 1865 (Mon-Fri 10-5)
Thursday 25 May						
Activity	10.00 - 11.00	Let's Walk! Footprints Stories and Craft at Crofton Park Library	For Under 5s and their carers, to celebrate Lewisham Walking Festival with stories, rhymes, songs and craft. Limited numbers so please book in advance on 020 8692 1683.	Crofton Park Library, Brockley Road, SE4 (corner of Darfield Road next to Crofton Park Station) Rail: Crofton Park Buses:122, 171, 172	Free	Crofton Park Library 020 8692 1683
Walk	10.30 – 16.00	Early Years Surrey Stroll ~ The Mole Valley Meander	Join Lewisham Early Years for an all-day six mile walk along the Mole Valley to take in fresh air and the views. Suitable for all ages and abilities. Some muddy paths and gates. Bring a drink, opportunity for a pub lunch. Toilets in pubs.	Meet at 10.30 at Leatherhead Station Trains from London Waterloo or Victoria Finish: Dorking Station	Free	Lewisham Council Early Years Team Mike Sales 020 8314 6070
Walk	11.00 – 11.45	Healthy Walks in Horniman Gardens, Forest Hill	Join us for a sociable guided walk in the fresh air with an opportunity to meet the Gardening Team who created and cherish the "Best Park in the South East". We finish with a cuppa in the café, which serves drinks and snacks. Suitable for all ages and abilities, some steps and slopes. 45 mins walk, up to one mile. Toilets in the park.	Meet in Hornimans Gardens by the first benches by the main gates on London Road SE23. Rail: Forest Hill (10 mins) Buses: 176, 197, P4, 356 and 363 to the Horniman in London Road, Forest Hill.	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838
Walk	11.00 - 11.45	Health Walk in Southwark Park	Take steps towards a healthier lifestyle on this fun social walk, ending with a cup of tea in the friendly community cafe! Organised with Southwark Walks. Suitable for all ages and abilities. 30 minutes walk. Toilets in the Visitor Centre at the start and finish.	Meet at the Visitor Centre, opposite the Play Area in Southwark Park, Gomm Road SE16 Buses to Lower Road Tube to Surrey Quays	Free	Lewisham Healthy Walks with Southwark Walks Hazel Wright 020 7525 1073 or 07984 601953
Walk	11.00 - 11.45	Health Walk in Ladywell Fields	Join this lively friendly group on one of their regular walks around Ladywell Fields. If you feel like stretching your legs a bit more join some in another lap, or slow down and enjoy the park café! Suitable for all ages and abilities. 30 minutes walk. Toilets at the start and in the park.	Meet in the Coffee Bar by the main reception of Lewisham Hospital, Lewisham High Street SE13 Rail: Ladywell Buses: 47, 54, 75, 136, 185, 199, 208, 284 to Lewisham Hospital	Free	Lewisham Healthy Walks Peter Maple 020 7639 6306

Thursday 25 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Activity	16.00 – 19.30	Lewisham Centre Late Night Shopping and Step Counter Event	Enjoy great stores, great brands and great shopping at the Lewisham Centre Late Night Shopping Evening. Do our Walking Quiz and get a free step counter (limited number available), see how many steps you clock up whilst shopping, and find out more about walking in Lewisham. For all ages and abilities.	Lewisham Centre, Lewisham High Street Rail/DLR: Lewisham Buses: all to Lewisham High Street	Free	Lewisham Town Centre Manager Liz Bannister 020 8297 5635
Walk	18.00 – 20.00	Deptford Creek Low Tide Walk	The Creek is a different place as evening draws on, so why not come along for a relaxing low tide stroll. An enjoyable if muddy experience, you'll see Deptford in a completely different way. One mile water-based walk – waders provided! For adults and accompanied children 10 years old and over. Walkers need to be reasonably fit as you will be walking in the Creek; the water is around 30cm deep. Please dress suitably for the weather but wear old clothes – we provide long boots and have waterproof coats. Bring a drink. Please ring to book a place. Toilets <i>are available</i> at the Centre.	Meet at 18.00 at the Creekside Centre, 14 Creekside, Deptford SE8 4SA Rail: Deptford Bridge DLR, Greenwich DLR/ Greenwich Station Bus: 47 to Deptford Church Street Finish: Creekside Centre	£5 adult £3.50 conc	The Creekside Centre Chris Gittner 020 8692 9922 www.creeksidecentre.org.uk
Friday 26 May						
Walk	9.45 – 11.00	Dinosaurs and Lakes Health Walk at Crystal Palace Park	Join with the friendly Bromley Health Walkers on their regular walk around historic Crystal Palace Park. There will be a choice of walks to suit your ability and time to relax in the café at the end. 45 minutes walks. Toilets at the meeting place. Suitable for all ages and abilities. Bring a drink.	Meet at 9.45 outside the café in Crystal Palace Park near the Penge Road entrance. Rail: Penge West or Crystal Palace Buses: 176, 197, 227, 354,	Free	Lewisham Healthy Walks with Bromley Health Walkers Michael Corrigan 020 8663 6397 Jenny Budd 020 7188 2838
Walk	10.30 - 12.30	Deptford People Walk from Surrey Quays to Greenwich	Which famous people are associated with Deptford? Find out on this 2 hour linear walk from Surrey Quays to Greenwich Town Centre via Deptford. 2.75 mile walk, some steps, cobbles, narrow pavements, width restrictions and possibly muddy paths if wet. Bring a drink, refreshments available to buy at end of walk in Greenwich. Toilets at the start and end. Suitable for all ages and abilities. This will be a sign language interpreted walk with a signer present.	Meet at 10.30 outside Surrey Quays Station (East London Line) at Lower Road/Redriff Road Rotherhithe SE16 Buses: 47, 225, 188, 381, 199, P12 Finish at Greenwich Town Centre Buses: 180, 177, 188, 199 Rail: Cutty Sark DLR/Greenwich Station (10 mins walk)	Free	London Footprints Janet Digby 020 8650 6673 See www.london-footprints.co.uk
Walk	11.00 – 12.00	Fairshare Lee Health Walk around Mountsfield Park	Join 'Fairshare Lee' on their walking group and make the most of this expanse of green calm amongst the bustle of the town. There are some gradients to stretch your legs and there are plenty of cafes at the end to enjoy. All ages welcome. 30 mins walk, 1.5 miles. Toilets in the park and at the end of the walk.	Meet at 11.00 at the Staplehurst Road side of Hither Green station at the top of the slope. Rail: Hither Green Buses: 181, 273 Finish: Hither Green Station	Free	Timebank broker, Fairshare Lee 020 8318 0984 Jenny Budd 020 7188 2838

Friday 26 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk	11.00 – 12.00	Thames Path and Marinas Healthy Walk in Deptford	Explore a part of the Thames Path on this fascinating 45 minute walk led by Jenny Budd the Healthy Walks Co-ordinator. Refreshments available in the Community Café at the end of the walk. Suitable for all ages and abilities, sensible footwear suggested. Toilets at the meeting place and end.	Meet at 11.00 at the 2000 Community Action Centre at 199 Grove Street Deptford. Rail: Deptford, DLR Deptford Buses: 199 to Grove St., 47, 188 to Evelyn St.	Free	Lewisham Healthy Walks Jenny Budd 020 7188 2838
Walk	12.25 – 13.00	A Brisk Lunchtime Health Walk around Ladywell Fields	Join this lively social group for a brisker walk around the park, and feel better and more energised for the afternoon ahead! 30 mins walk. Suitable for all ages. Toilets at start and in the park. Bring a drink. You can also join the walk at the park café at 12.40.	Meet at 12.25 by the main reception area of Lewisham Hospital, Lewisham High Street SE13 Rail: Ladywell Buses 47, 54, 75, 136, 185, 199, 208, 284 to Lewisham Hospital	Free	Lewisham Healthy Walks Barry Leaf 020 8333 3000 ext. 8278
Walk	Any time	Hit The Streets - Try out another of our self-guided walks and explore your patch	Pick up information from libraries and other information points and find out what's on your doorstep!	See 'Walking in Lewisham' Map, 'Deptford's Secrets' Map, 'The Lewisham Promenade' or the 'Waterlink Way' Route Guide for example, or check out www.greenchain.com	Free	Imogen Payami 020 8314 2235 or Lewisham Local Studies Centre in Lewisham Library
Saturday 27 May						
Walk	10.30 – 12.30	Meadows, Woods and Palaces ~ The Green Chain Walk from Grove Park to Eltham	Join Mark the Green Chain Co-ordinator to take a stroll from Grove Park to Eltham to enjoy the delights of the SE London Green Chain, with ancient woodlands, architectural gems and a royal palace too! Suitable for all ages and abilities, but check suitability for wheelchairs and buggies, as some sections may have steep slopes and muddy paths and not be suitable for the less mobile. Sensible footwear advisable. Walk of 3 miles, up to 2 hours. Bring a drink. Toilets in Chinbrook Meadows and at Eltham. There may be a pub lunch at the end in Eltham	Meet at 10.30 at Grove Park Rail Station. Rail: Grove Park Buses: 124, 126, 261, 273, 284, 136 Finish: Eltham High Street at the Old Post Office in Passey Place. Buses: 124, 126, 132, 160, 162, 233, 286, 321, 314	Free	The SE London Green Chain Mark Budd 020 8921 5028 www.greenchain.com
Walk	10.30 – 12.30	Follow the Capital Ring from Crystal Palace to Streatham	Come on a section of the Capital Ring walk from Crystal Palace to Streatham Common through green spaces with panoramic views and which takes in parks, quiet streets and woodlands. 3.5 miles, 2 hours, some slopes and muddy paths likely. Suitable for all ages and abilities but not very young children.	Meet at 10.30 at Crystal Palace Parade Bus Station. Buses: 122, 363, 202 to Crystal Palace Finish at bus stop on Streatham Common, bus back to Crystal Palace Bus Station. Bring a drink	Free	The Sydenham Society Iris Humphries 020 8693 9525

Sunday 28 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Activity	10.00 – 14.00	Walk to The Market	Leave your car at home and walk to Blackheath Farmers Market to enjoy fresh local produce. Take a stroll round the Heath, venture to Greenwich Park, or even have a picnic with your fresh food.	Blackheath Station Car Park Rail: Blackheath Buses:54, 89, 108, 202, 380	Free	London Farmers' Markets 020 7833 0338 www.lfm.org.uk
Walk	14.15 – 16.15	Nunhead Cemetery Guided Tour	Visit Nunhead's historic cemetery for a guided tour. One of London's greatest Victorian cemeteries, it combines Gothic gloom with mature planting and pleasant green lanes. Families welcome. Mostly accessible paths. Up to 2 hours. Bring a drink. Toilets.	Nunhead Cemetery Linden Grove Entrance Rail: Nunhead Bus P12 to Linden Grove/Ivydale Road SE15	Donation	Friends of Nunhead Cemetery Ron Woollacott 020 7732 2501 www.fonc.org.uk
Walk and talk	14.00 – 15.30	The Marvel of Spring in Grove Park	Climb through Chinbrook Meadows and walk to Lower Marvels Wood to discover the source of the Grove Park Ditch. Follow this small stream to Sydenham Cottages Nature Reserve where it enters the River Quaggy. Catch up with QWAG's latest plans for this stretch of the river and elsewhere. Walk of 1.5 hours 1.5 miles, suitable for all ages and abilities. Bring a drink. Toilets in Chinbrook Meadows and at Grove Park. Some gates, one slope.	Meet at 14.00 at Grove Park Railway Station, (bus stop B) in Baring Road SE12. Rail: Grove Park Buses: 124, 126, 261, 273, 284, 136 Finish at Sydenham Cottages Nature Reserve, Alice Thompson Close, off Marvels Lane. 10 minute walk back to Grove Park Station.	Free	Quaggy Waterway Action Group (QWAG) Ray Manchester 020 8318 5566 www.qwag.org.uk
Festival Finale Walk	10.45 – 13.00	The Four Parks Festival Finale Walk from Manor House Gardens to Ladywell Fields via Mountsfield Park and Blythe Hill	Join in on our festival finale walk and put the parks through your paces! Take a walk round Manor House Gardens, Mountsfield Park, Blythe Hill and Ladywell Fields, to see what some of Lewisham's parks and the places in between have to offer. Do the complete walk or join and leave as you wish at each park. A 4 mile walk, 2 hours duration, suitable for all ages and abilities but one steep hill in Blythe Hill. Some busy roads and width restrictions. Bring a drink. Toilets available in Manor House Gardens and Ladywell Fields. Section timings are approximate and may vary by 5 – 10 minutes!	10:45am Meet at Manor House Gardens Cafe Buses: 273, 122, 178, 261, 321, to Lee High Rd 11:00am Leave Manor House Gardens via route around the park 11:30am Arrive at Mountsfield Park meeting at the Band Stand just in from the George Lane Gates 12:30pm Arrive at Blythe Hill Fields via the Blythe Hill Lane gates, meeting point at these gates. 12:45pm Arrive at Ladywell Fields via Ravensbourne Park Road gates, meeting point at these gates. 1:00pm Arrive at Ladywell Fields Café to celebrate the end of the walk. Rail: Ladywell Station Buses: 484, 122, P4, 284 or High St. nearby	Free	Glendale Grounds Management Nick Harvey 07720 545082