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Throughout the Festival						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
 Walk	Throughout May	<b>Step by Step to Better Health - The STEP COUNTER CHALLENGE</b>	10,000 steps a day!!!! This year, staff and people who use the services of SLaM (South London and Maudsley) are taking part in the Step Counter Challenge during May. Which team will walk more and stride ahead to the prizes?!  Challenge your friends, family, colleagues or yourself to walk more and feel the benefits.	<b>The Walking Quiz will be at the Lewisham Town Centre Walking Marquee event on Saturday 12 May from 11.00 to 15.00</b>  Step counters will be available at selected events during the Festival - do our Walking Quiz at the Launch and claim your free step counter (limited number available)	Free	Lewisham Healthy Walks  Jenny Budd  020 7188 2838
 Walks	12 to 18 May	<b>Boundary Bounder!</b>	NEW this year! A series of SEVEN walks around the boundaries of Lewisham – can you become a Boundary Bounder having walked circles round the council?!	See programme entries for 12 to 18 May, all walks starting at 10.00. SPECIAL PRIZES will be awarded to those completing all 7 walks!	Free	Doug Gardner 020 8244 3707 07780 934655 at start and on walk
Saturday 12 May						
 Activity	10.00 – 14.00	<b>Walk to Hilly Fields Farmers' Market</b>	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	London Borough of Lewisham  020 8314 6000
 Walk	10.00 – 12.30	<b>Boundary Bounder Part 1 ~ from Lewisham to Surrey Docks</b>	Join the first Boundary Bounder walk ~ an opportunity to appreciate the size of this Borough. 2.5 hours walk of 3.5 to 4 miles, suitable for adults, no unsupervised children, some uneven surfaces, muddy paths and steps. Bring a drink, toilets at start in Lewisham Stn.	Meet at 10.00 at Elverson Rd DLR Station platform, off Elverson Road Buses: 47, 225 Finish: Surrey Quays Underground Station Buses: : 47, 225, 188, 381, 199, and P12	Free	Doug Gardner 020 8244 3707 07780 934655 at start and on walk
 Activity	11.00 – 15.00	<b>Lewisham Walking Festival Launch and Town Centre Walking Marquee</b>	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 good places for walking in Lewisham, pick up some maps, and meet your local Walking Forum people. For all the family. Toilets in Lewisham Centre.	The Walking Marquee, outside Lewisham Shopping Centre, Lewisham High Street SE13  Rail/DLR: Lewisham All buses to Lewisham High Street	Free	Lewisham Walking Festival Sue Webber  07984 186824
 Activity	11.00 – 15.00	<b>Children's Activities in the Walking Marquee and Early Years Bus</b>	Children can try out the FREE Shopping Centre Trail and win a prize! Plus FREE face painting, and stories and craft activities in the Early Years Bus. 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 Walking Festival Sue Webber  07984 186824
 Activity	11.00 – 15.00	<b>Healthy Walks and Healthy Lives in the Walking Marquee</b>	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






Saturday 12 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Activity 	11.30 – 12.30	<b>Nordic Walking for Novices</b> in Greenwich Park	Try a FREE Taster Session of Nordic Walking ~ a new exciting outdoor activity using specially-designed poles that offers an effective, fun and easy way to improve your health and fitness. No matter what your age, physical condition or motivation, Nordic Walking can benefit you. If you can walk you can Nordic Walk... it's as simple as that!  Walk of 1 hour, 1.5 miles, for adults and accompanied children over 10. Bring a drink, toilets and café available in Greenwich Park. Nordic Walking poles provided.	Meet at 11.30 just inside the Blackheath Gates to Greenwich Park off Charlton Way.  Rail: Blackheath or Maze Hill (15 mins walk)  Buses: 53, 54, 202, 380	Free	Walk To Walk 01959 565555  Kirsty Meynell 07900 198631
Sunday 13 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	All day	<b>Walk to Worship Sunday</b>	Forget the car this week, 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.	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 	07.00 – 08.00	<b>The Early Morning Alternative Circular Walk</b> in Catford	Fancy an early start? Then join Lucreta and her early morning walk group for a flat but brisk circular walk of 3.5 miles, lasting 1 hour. Suitable for all abilities but no under 16s please. Beginners welcome! Bring a drink.	Meet at 07.00 outside Tesco Xpress, Perry Hill, Catford. Rail: Catford or Catford Bridge Stations. Buses: 202 or 181 to Perry Hill.	Free	Lucreta La Pierre  07951 241017
Activity 	10.00 – 14.00	<b>Walk to Blackheath Farmers' Market</b>	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  <a href="http://www.lfm.org.uk">www.lfm.org.uk</a>
Activity 	10.30 – 16.00	<b>Sydenham Hill Wood Volunteer Day</b>	Meet London Wildlife Trust volunteers at Sydenham Hill Wood Local Nature Reserve and help the Trust by getting involved with the practical management of this beautiful site. Bring a packed lunch. Sensible old clothes and sturdy footwear needed. No unsupervised juniors please. Call Ian Holt for more information.	Meet at 10.30 by the old railway tunnel in Sydenham Hill Woods – enter at the Crescent Wood Road entrance off Sydenham Hill and follow the path to the left to the old tunnel. Rail: Sydenham Hill Buses: 356, 363, 931, 202 to Sydenham Hill/Wells Park Road junction.	Free	London Wildlife Trust Ian Holt 020 8699 5698  <a href="http://www.wildlondon.org.uk">www.wildlondon.org.uk</a>
Walk 	10.00 – 12.30	<b>Boundary Bounder Part 2 ~ from Surrey Docks to Honor Oak</b>	Join Doug for the second part of the Boundary Bounder walk and see the delights of the northern part of this unique Borough. 2.5 hours walk of 3.5 to 4 miles, sensible footwear advisable, suitable for adults, no unsupervised children, some uneven surfaces, muddy paths, grassland and steps. Bring a drink, toilets at start in Macdonalds and in a café at the end.	Meet at 10.00 outside Macdonalds Burger Bar in Bestwood St. at the junction of Lower Road and Evelyn Street. Tube: Surrey Quays Underground Station Buses: : 47, 225, 188, 381, 199, and P12 Finish: Honor Oak Park Station Buses: P4, P12, 122, 171, 172	Free	Doug Gardner  020 8244 3707  07780 934655 at start and on walk







Sunday 13 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Talk 	11.00 – 13.00	<b>Good in Parks?</b> Find out with QWAG in Lee	Can the recently completed River Quaggy Flood Alleviation Scheme be likened to the apocryphal curate's egg? Learn more facts and myths about your local river on this walk between Lee Green and Lewisham Town Centre led by QWAG.  2 mile walk, 2 hours, suitable for all ages and abilities. Bring a drink, toilets at mid point at Manor House Gardens and at the end at Lewisham town centre.	Meet at 11.00am outside The New Tiger's Head pub at Lee Green Crossroads (junction of Lee High Road and Lee Road) Rail: Lee or Blackheath (15 mins walk) Buses: 122, 178, 202, 261, 321 to Lee Green  Finish: Lewisham High Street (Police Station) Rail: Lewisham Station and DLR Buses: all serving Lewisham Town Centre.	Free ~ donation welcome	Quaggy Waterways Action Group (QWAG) Ray Manchester  020 8318 5566  www.qwag.org.uk
Walk 	14.00 – 16.00	<b>Out and About</b> in Ladywell Fields	Meet the Out and About Group for a slow paced walk for the less mobile around Ladywell Fields. For all ages and abilities, wheelchairs and other mobility aids welcome. Flat path-based walk of less than 1 mile, or as far as you wish to go. Toilets available in the park. Bring a drink or refreshments available to buy nearby.	Meet at 14.00 by the Park Office building in Ladywell Fields near Ladywell Rd entrance.  Rail: Ladywell Buses: 484, 122, P4 or 284 to Ladywell Rd, or buses in Lewisham High Street nearby.	Free	Out and About Healthy Walks  Jenny Spencer 07956 835448
Walk 	14.00 – 16.00	<b>Beating The Bounds Walk</b> at Beckenham Place Park	Enjoy the park while working off lunch! A walk around the perimeter of Beckenham Place Park to keep up this ancient tradition of beating the bounds on Rogation Sunday! Some areas not fully accessible and diversions may be taken. No actual beating involved! Approx. 3 - 4 miles, up to 2 hours. Some steep slopes, gates and muddy paths if wet. Stout footwear suggested. Light meals and drinks available at the café in the Mansion. Suitable for all ages. Dogs on leads permitted. For all the family, but children under 11 should be accompanied by a carer.	Meet at 14.00 outside the Mansion House in the car park at Beckenham Place Park. Rail: Beckenham Hill Bus 54 to Beckenham Hill Road, or buses to Bromley Road (15 mins walk)  May not all be suitable for pushchairs or wheelchairs – check with contact if wet.  Toilets at the start and end of the walk at the Mansion. Bring a drink for the walk.	Free ~ donation welcome	The Friends of Beckenham Place Park Margaret Mitchell  020 8325 8781
Walk 	14.15 – 16.15	<b>Green Chain Plus? Crystal Palace to Hornimans Museum Woodland Walk</b> in Sydenham	Join Iris to follow the Green Chain Walk through Crystal Palace Park then continue on the route of the proposed Green Chain extension along the crest of the Great North Wood via Wells Park and Sydenham Hill Woods to the end of the walk at the Horniman Gardens in Forest Hill.  Walk of 4 miles over 2 hours, with some rugged and muddy paths, busy roads, steps, slopes, gates and uneven surfaces. Strong walking shoes advised, not likely to be suitable for very young children, buggies or wheelchairs. Refreshments available at the start and finish, toilets in Crystal Palace Park, Wells Park and Hornimans Bring a drink for the walk. Supervised dogs on leads please.	Meet at 14.15 at the Penge Entrance to Crystal Palace Park in Thicket Road.  Rail: Penge West Buses: 176, 197, 227  Finish at Horniman Museum, London Road Forest Hill Rail: Forest Hill (10 mins walk) Buses: 176, 197, 185, 356, 363, P4 and 122 at station	Free	The Sydenham Society  Iris Humphries  020 8693 9525







Monday 14 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	Any time	<b>Make the Most of Mondays</b> 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, or 'The Green Chain Route Guide' for example, or check out <a href="http://www.greenchain.com">www.greenchain.com</a>	Free	Lewisham Borough Council 020 8314 2235 or Lewisham Local Studies Centre in Lewisham Library
Walk 	10.00 – 12.30	<b>Boundary Bounder Part 3 ~ from Honor Oak to Sydenham</b>	Join Doug on the third part of the Boundary Bounder walk and help him continue to walk rings round the council! 2.5 hours walk of 3.5 miles, sensible footwear advised, suitable for adults, no unsupervised children, some uneven surfaces and paths.  Bring a drink, toilets and refreshments available at the start, midway in Horniman Gardens and at the end.	Meet at 10.00 outside Honor Oak Park Station Rail: Honor Oak Park Buses: P4, P12, 122, 171, 172  Finish: Sydenham Station Rail: Sydenham Buses: : 122, 197, 202, 450	Free	Doug Gardner  020 8244 3707  07780 934655 at start and on walk
Walk 	10.00 – 13.30	<b>Blackheath to Falconwood Ramble</b> via The Thames Path	Blow away the Monday Blues with a brisk water and woodland ramble. Walk from Blackheath via the Heath, Greenwich Park, the Thames Path north to Greenwich, then the Green Chain to Oxleas Woods and ending at Falconwood Station. Walk of approx. 8 miles over 3.5 hours. Some slopes, uneven surfaces and muddy paths so not suitable for wheelchairs or buggies. Sensible footwear and rainproof clothing advised. Bring drinks and snacks, cafés and toilets at the start, and at end at Falconwood. Dogs on leads by prior agreement with walk leader.	Meet at 10.00 outside Blackheath Station, Blackheath Village. Rail: Blackheath Buses: 54, 89, 202, 108, 380.  Finish: Falconwood Station, Rochester Way Rail: Falconwood  Bus: B15 to Eltham High Street or B16 to Eltham Green	Free	Blackheath Ramblers Association  Deirdre O'Toole  020 8319 8593
Self Guided Walks 	anytime	<b>Follow London Footprints</b> and discover something new today	Try out one of Janet's many walks in London by following her route guides – there are over 30 in SE London alone! Many routes feature a wealth of historical detail, plus links to other sources of information. Forget the TV - why not spend the day discovering somewhere new at your leisure instead?	See <a href="http://www.london-footprints.co.uk">www.london-footprints.co.uk</a> for walks Janet has devised and researched in Greater London	Free	Janet Digby London Footprints  020 8650 6673
Walk 	10.15 – 11.15	<b>Telegraph Hill Park Walk with LOOP</b> in New Cross	Join LOOP (Lifestyle Opportunities for Older People) on this walk to enjoy Telegraph Hill Park. Starting at the Barnes Wallis Centre we'll walk round the park, meeting others at the Rangers' station and up to Café Orange for free tea and coffee! It is a hilly walk but we'll go at a pace that suits you. One hour walk, 1.5 miles suitable for all abilities and aimed at people over 45, with one steep hill. Toilet facilities at start, in the park, and at the finish. Bring a drink for the walk.	Meet at 10.15 at the Barnes Wallis Centre in Wild Goose Drive New Cross SE14 or at 10.25 at the Rangers station in Telegraph Hill Park. Rail: Nunhead Station (for Park) Buses: all to Queen's Road/Pomeroy Street or 343 to Pepys Road/Kitto Road or Drakefell Rd  Finish at Café Orange Kitto Road SE14	Free	The Project Manager  LOOP (Lifestyles Opportunities for Older People)  020 8291 0443





Tuesday 15 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
 <p>Walk</p>	09.45 – 10.45	<b>Beckenham Place Park</b> Woodland and Riverside Walks	Join with the Bromley Health Walkers on a choice of 3 walks ranging from a longer 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.	<p>Meet at 09.45 outside the Mansion Visitor Centre in Beckenham Place Park (car park side)</p> <p>Rail: Beckenham Hill Bus 54 to Beckenham Hill Road Rd or buses to Bromley Road (15 mins walk)</p>	Free	<p>Lewisham Healthy Walks with Bromley Health Walkers Michael Corrigan 020 8663 6397</p> <p> Jenny Budd 020 7188 2838</p>
 <p>Walk</p>	10.00 – 13.00	<b>Boundary Bounder Part 4 ~ from Sydenham to Downham</b>	Doug doesn't give up! Come and keep him company on the fourth part of the Boundary Bounder walk! 3 hour walk of 4.25 miles, sensible footwear advised, suitable for adults, no unsupervised children, with uneven surfaces, steep slopes, very muddy paths and low flying golf balls! Bring a drink, refreshments and toilets available at the start, midway at Worsley Bridge Rd and at the end in Beckenham Place Park	<p>Meet at 10.00 outside Sydenham Station Rail: Sydenham Buses: 122, 197, 202, 450</p> <p>Finish: Ravensbourne Station Rail: Ravensbourne Station Bus: 354</p>	Free	<p>Doug Gardner  020 8244 3707</p> <p>07780 934655 at start and on walk</p>
 <p>Activity</p>	11.00 – 11.30	<b>Let's Walk!</b> Footprints Stories and Craft at New Cross Library	Bring the kids to the under 5's session for stories and to make an impression of your own footprint to colour in. For under 5's and their carers.	<p>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,</p>	Free	<p>New Cross Library  020 8694 2534</p>
 <p>Walk</p>	11.00 - 11.45	<b>Park Walk for over 50s</b> in Sydenham Wells Park	Come along for 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 get refreshments from the café in the park.	<p>Meet by the duck pond in Sydenham Wells Park, Wells Park Road, Sydenham SE26</p> <p>Buses 202, 356</p>	Free	<p>Lewisham Healthy Walks  Iris Humphries 020 8693 9525</p>
 <p>Walk and Talk</p>	12.45 – 15.30	<b>Waste to Energy! Visit South East London Combined Heat and Power Plant</b> in New Cross	<p>Waste to Energy! How is this possible? Come and join us on a historical and educational visit to SELCHP - Lewisham's spectacular waste disposal plant!</p> <p>Visit of 2 to 3 hours, 1.5 mile walk, only accessible by stairs so not suitable for pushchairs or wheelchairs or very young children (no under 5's permitted). Bring a drink or buy refreshments on the way. No dogs.</p>	<p>Meet at 12.45 outside New Cross Library, New Cross Road SE14 Rail: New Cross, New Cross Gate Buses: all to New Cross</p> <p>Finish: Veolia Selchp Ltd., Landmann Way SE14 5RS Bus P13 in Ilderton Rd or 225 in Trundleys Road back to New Cross</p>	Free ~ Donation welcome	<p>Lewisham Council, Environment  Colin Sandiford  020 8314 2295</p>
 <p>Walk</p>	13.15 – 14.00	<b>Brookmill Park Waterside Walk</b> in Lewisham	Join the Practice Nurses on this friendly circular walk to Brookmill Park, and enjoy this stretch of the River Ravensbourne. There's a hill down on the way to the park and back up at the end, but we'll go at a pace that suits you. 40 minute walk of 1.5 miles. One steep slope and avoidable steps. Bring a drink for the walk, café at end. Toilets at the start and finish, and possibly in the park.	<p>Meet at the Morden Hill Surgery, 21 Morden Hill SE13 (off Lewisham Road)</p> <p>Rail: DLR Elverson Road</p> <p>Buses: 180, 199 to Lewisham Road or 380 to Lewisham Hill</p>	Free	<p>Lewisham Healthy Walks  Jenny Budd  020 7188 2838</p>





Tuesday 15 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	18.00 – 20.00	<b>Deptford Creek Low Tide Walk</b>	Up the Creek! Explore Deptford's Grand Canyon, 'Gateway to the Thames' on a guided walk up Deptford Creek. Feel the history, experience the wildlife. An enjoyable if muddy experience, you'll see Deptford in a completely different way... One mile water-based walk – waders and staff provided! For adults and accompanied children 10 years old and over. Some gates, steps and muddy paths. 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. No dogs please.	Meet at 18.00 at the Creekside Centre, 14 Creekside, Deptford SE8 4SA  Rail: Deptford Bridge DLR, Greenwich DLR, Greenwich Station or Deptford Station Bus: 47 to Deptford Church Street, or buses 188, 199, 177, 53 and 453 nearby. Finish: Creekside Centre  <b>PLEASE RING TO BOOK A PLACE</b> Bring a drink, teas available at the end. Toilets <i>are available</i> at the start and finish at the Centre.	£5 adult  £2.00 children & conc	The Creekside Education Trust The Creekside Centre  Nick Bertrand  020 8692 9922   www.creeksidecentre.org.uk
Wednesday 16 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Campaign 	All Day	<b>Walk to Work Wednesday</b> 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 	10.00 – 12.00	<b>Boundary Bounder Part 5 ~ from Downham to Grove Park</b>	Come and see if Doug has blisters yet! Join him on the fifth part of the Boundary Bounder walk ~ only 2 hours walk today, of 3 miles, sensible footwear advised, suitable for adults, no unsupervised children, some muddy paths and uneven surfaces. Bring a drink, toilets and refreshments may be available at the new Downham Leisure Centre if desperate, and at the end at Chinbrook Meadows Café. Don't forget the prizes if you do all 7 boundary bounder walks...	Meet at 10.00 outside Ravensbourne Station Rail: Ravensbourne Station (easiest to get the 9.30 train from Catford Station) Bus: 354  Finish: Chinbrook Meadows Cafe Rail: Grove Park Station (10 mins walk) Buses: 124, 126, 136, 261, 273, 284	Free	Doug Gardner  020 8244 3707  07780 934655 at start and on walk
Walk 	12.00 – 12.45	<b>Park and Woodland Walk in Forster Memorial Park, Whitefoot Lane SE6</b>	A Lunchtime Walk through the Park and Woodlands for people of all abilities – a gentle, social activity that makes you feel good. 45 minutes walk. Toilets at the start and in the park. Bring a drink for the walk.	Meet at noon at the Goldsmiths Community Centre Castillon Road SE6.  Bus: 124 to Castillon Road	Free	Lewisham Healthy Walks  Elsa Pascal 020 8697 1587
Walk and Activity 	13.00 – 15.00	<b>The VAL North Walk</b> in Deptford	Join VAL (Voluntary Action Lewisham) for a linear walk through Deptford visiting Deptford Churches Centre, 999 Club and Lewisham Refugee Network, with the opportunity to learn about their work. 2 hour walk of 2 miles for all ages and abilities, venues are all accessible, but no unaccompanied children please. Bring a drink, refreshments and toilets will be available at venues and at the end at the LRN, where you can also get your blood pressure checked out.	Meet at 13.00 at the Deptford Churches Centre, Speedwell Street SE8 Rail: New Cross Buses: 53, 177, 225, 453 to New Cross Rd  Finish at Lewisham Refugee Network in Evelyn Street Buses: 47, 188, 199	Free	Voluntary Action Lewisham with the Lewisham Refugee Network, 999 Club and Deptford Churches Centre  Liz Yilmaz  020 8694 0323






Wednesday 16 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Talk 	19.00 – 20.30	<b>Mystery Tour at the Horniman Gardens,</b> Forest Hill	Celebrate Chelsea Week and join Garden supremo Gordon, who promises to reveal a “mystery” 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 19.00 at the Bandstand in Horniman Gardens, London Road, Forest Hill SE23.  Rail: Forest Hill (10 mins walk) Buses: 176, 197, P4, 356 and 363 to the Horniman Museum, London Road, Forest Hill.	Donation welcome	Horniman Museum and Gardens  Gordon Lucas  020 8699 8924
Thursday 17 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Activity 	09.30 - 10.00	<b>Let's Walk!</b> Story Session at Blackheath Library	Fun and Stories for under 5's and their carers to mark Lewisham's 5 <sup>th</sup> 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 	09.30 – 15.00	<b>Visit Devonshire Road Nature Reserve</b> in Forest Hill	Devonshire Road Nature Reserve is a Site of Metropolitan Importance for nature conservation, containing probably the finest suite of railside wildlife habitat in London. It's four kilometres long and over 200 metres wide at its widest points. It is composed of a wildlife garden (being developed as a demonstration garden), meadow and woodland.  Uneven surfaces, so sturdy footwear advisable, and not suitable for wheelchairs or buggies. Visitor Centre on site with information and toilet. Bring your own refreshments and discover this hidden gem!	Visit any time between 09.30 and 15.00. Devonshire Road Nature Reserve  170 Devonshire Road Forest Hill SE23 3LB  Rail: Honor Oak Park or Forest Hill Stations  Buses: P4, P12, 122, 171, 176, 185, 197, 356	Free	More details from Iris Borgers  020 8699 3044
Walk 	10.00 – 13.00	<b>Boundary Bounder Part 6 ~ from Grove Park to Lee</b>	Yes, Doug's at it again!! Join him on the sixth part of the Boundary Bounder walk ~ 2.75 hours walk today, of 4.5 miles, sensible footwear advised, suitable for adults, no unsupervised children, some muddy paths and uneven surfaces.  Bring a drink, refreshments and toilets at the start, if essential midway in Phoebe's Garden Centre, and at the end. Don't forget those prizes... Doug is <i>really</i> keen to reward your efforts!!	Meet at 10.00 at Chinbrook Meadows Cafe Rail: Grove Park Station (10 mins walk) Buses: 124, 126, 136, 261, 273, 284  Finish: Lee Station in Burnt Ash Road Rail: Lee Station Buses: 202, 261, 273	Free	Doug Gardner  020 8244 3707  07780 934655 at start and on walk
Activity 	10.00 - 11.00	<b>Let's Walk!</b> Footprints Stories and Craft at Crofton Park Library	For Under 5s and their carers, to celebrate the 5 <sup>th</sup> Lewisham Walking Festival with stories, rhymes, songs and craft. Limited numbers so <b>please book in advance</b> 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





Thursday 17 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
 Walk	11.00 – 11.45	<b>Parkland Walk</b> in Horniman Gardens, Forest Hill	Come on this 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 also serves drinks and snacks, or go for a late breakfast nearby in Forest Hill. 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 walk) Buses: 176, 197, P4, 356 and 363 to the Horniman in London Road, Forest Hill.	Free	Lucreta La Pierre 07951 241017  Lewisham Healthy Walks Jenny Budd 020 7188 2838
 Walk	11.00 - 11.45	<b>Walk and Talk</b> in Southwark Park	Take steps towards a healthier lifestyle on this fun social walk, ending with a cup of tea in the friendly community café! 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	<b>Thursday Walk</b> 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! Suitable for all ages and abilities. 30 minutes walk. Toilet facilities at the start and in the park. Bring a drink for the walk.	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 8699 2002
 Walk	12.30 – 13.30	<b>Get Wet With Jordan! Walk and Wade</b> with The QUERCUS PROJECT in Ladywell Fields	Do you fancy getting slightly <i>wet</i> over lunch? Come for a Walk and Wade in the Ravensbourne and learn about local history and wildlife while enjoying the river from a new perspective! Walk IN the river of up to one hour, for over 16s only. Some slopes, steps and muddy paths. Toilets available in the park. Waders provided, must book in advance. Old clothes suggested. Bring a drink or buy refreshments nearby.	Meet at 12.30 by the Park Keeper’s Office in Ladywell Fields, near Ladywell Road entrance.  Rail: Ladywell Buses: 484, 122, P4 or 284 to Ladywell Rd, or buses in Lewisham High Street nearby. <b>PLEASE BOOK IN ADVANCE</b>	Free	QUERCUS PROJECT Lewisham ((Quality Urban Environment for River Corridor Users and Stakeholders) Jordan Ihama 020 8314 2556
 Walk and Talk	13.00 – 15.00	<b>The VAL South Walk</b> in Forest Hill	Meet up with VAL (Voluntary Action Lewisham) for a linear walk through Forest Hill visiting the Voluntary Care Centre, Under Pressure, and Carers Lewisham with the opportunity to network and learn about their work. 2 hour walk of 2 miles for all ages and abilities, venues are all accessible. Bring a drink, water and toilets will be available at venues and at the Under Pressure garden, where blood pressure advice will also be available. No unsupervised children please.	Meet at 13.00 at the Voluntary Care Centre, 300 Stanstead Road Forest Hill SE23 1DE (near Blythe Vale) Rail: Catford or Catford Bridge (10 mins walk) Buses: 171, 185 Finish at Carers Lewisham, Waldram Place (between Waldram Crescent/Perry Vale SE23) Rail: Forest Hill, Buses: 122, 185	Free	Voluntary Action Lewisham with the Voluntary Care Centre, Under Pressure and Carers Lewisham  Miriam Long 020 8698 6034
 Activity	14.00 – 14.45	<b>Let's Walk!</b> Story Session at Catford Library	Come along to enjoy stories and craft activities for under 5's and their carers to mark Lewisham's 5 <sup>th</sup> Walking Festival.	Catford Library, Laurence House, Catford SE6 Rail: Catford or Catford Bridge Buses: all to Catford Town Centre	Free	Catford Library  020 8314 6399






Thursday 17 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Activity 	18.00 – 21.00	<b>Walk, Talk and Dance</b> session for people with diabetes in Lewisham	Lewisham has joined with Diabetes UK and 'Under Pressure' (support for those with high blood pressure) to offer a friendly, social walk followed by dance activities for people both with diabetes/high blood pressure or wanting to find out more. 30 minutes walk of 1.5 miles. Toilets at meeting place and at end. Suitable for all ages and abilities, accessible route and venue. Refreshments available at the end.	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 – 19.30	<b>One Tree Hill Allotments</b> 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 fantastic views across London from the top of the site. Then wander to a local bar ~ the Tapestry ~ and possibly Honor Oak pub for refreshment. Need sturdy footwear if wet. Some steps and steep muddy slopes – upper part of site may not be accessible for buggies or wheelchairs, and 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 for the walk. Toilets available on site.	Meet at 18.20 for 18.30 departure 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 the pub nearby.	Free	One Tree Hill Allotment Society  Ian White 0845 223 5265 (Mon-Fri 18.00 – 19.00)  www.othas.org.uk 
Friday 18 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	09.45 – 11.00	<b>Dinosaurs and Lakes Walk</b> 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 09.45 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 
Walk 	10.00 – 13.30	<b>The Final Boundary Bounder Walk - Part 7 ~ from Lee to Lewisham</b>	By now you may have learnt a lot about the Borough, walking circles round the council, how to buy rare postcards on eBay and much, much more...! Yes, it's the seventh and final stage of the Boundary Bounder walk ~ 2.75 hours walk today, of 4.25 miles, sensible footwear advised, suitable for adults, no unsupervised children, some muddy paths and uneven surfaces. Bring a drink, refreshments available at the start, and midway (plus toilets) at Age Exchange Blackheath, and at the end in Lewisham. Will you qualify for a prize for doing all 7 walks? Was it only a week ago since we started from here? Was it really 27 miles? Doug (and Beryl) will have all the answers! Well done!	Meet at 10.00 outside Lee Station at the junction of Burnt Ash Road/Burnt Ash Hill Rail: Lee Station Buses: 202, 261, 273  Finish: Elverson Rd DLR Station Rail: Elverson Road DLR or Lewisham Buses: 47, 225 or all in Lewisham town centre	Free	Doug Gardner  020 8244 3707  07780 934655 at start and on walk






Friday 18 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Talk 	10.30 - 12.30	<b>Blackheath Village Walk</b> from Lewisham to Blackheath	<p>How much do you know about Blackheath Village? Find out on this fascinating linear walk from Lewisham to and around the attractive village of Blackheath. 2 hours walk of 3.25 miles.</p> <p>Bring a drink and a snack, refreshments available in Blackheath at the end. Suitable for all ages and abilities but some uphill slopes. Toilets at start and end. See Janet's website <a href="http://www.london-footprints.co.uk">www.london-footprints.co.uk</a> for her many other local history and interest walks</p>	<p>Meet at 10.30 outside Lewisham mainline station.            Rail/DLR: Lewisham            Buses: all to Lewisham Town Centre.</p> <p>Finish: Blackheath Station, Blackheath Village            Rail: Blackheath            Buses: 54, 89, 202, 108, 380.</p>	Free	London Footprints  Janet Digby  020 8650 6673  See <a href="http://www.london-footprints.co.uk">www.london-footprints.co.uk</a>
Walk 	11.00 – 12.00	<b>Lee Fairshare Timebank Walk</b> around Mountsfield Park, Hither Green	<p>Join 'Fairshare Lee' walking group on this circular walk and discover the views from Mountsfield Park. Walking may be good for you, but it's also fun! Come and meet Timebank members to find out what we do.</p> <p>All ages welcome. 1 hour walk, 2 miles, some steep slopes and gates. Toilets available at the start and at the end of the walk. Bring a drink. Refreshments available to buy in Rosa's Diner at the end.</p>	<p>Meet at 11.00 at the Staplehurst Road side of Hither Green station at the top of the slope.</p> <p>Rail: Hither Green</p> <p>Buses: 181, 273, or 225</p> <p>Finish: Hither Green Station</p>	Free	Timebank Broker, Fairshare Lee  Maria Pont 020 8318 0984
Walk 	12.25 – 13.00	<b>A Brisk Lunchtime Walk</b> around Ladywell Fields	<p>Meet up with 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 toilets at 12.40.</p>	<p>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</p>	Free	Lewisham Healthy Walks  Barry Leaf 020 8333 3000 ext. 8278
Saturday 19 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	10.00 – 12.30	<b>Meadows, Woods and Palaces ~ The Green Chain Walk</b> from Grove Park to Eltham	<p>Stretch your legs! Join Mark the Green Chain Project Officer 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!</p> <p>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 2.5 hours. Bring a drink. Toilets in Chinbrook Meadows and at Eltham. Optional pub lunch at the end in Eltham High Street. We'll not see Doug walking today – it's his day of rest!</p>	<p>Meet at 10.00 at Grove Park Rail Station.            Rail: Grove Park Station in Baring Road            Buses: 124, 126, 261, 273, 284, 136</p> <p>Finish: Eltham High Street at the Old Post Office in Passey Place.            Buses: 124, 126, 132, 160, 162, 233, 286, 321, 314</p> <p>Optional pub lunch in the Old Post Office, Passey Place, just off Eltham High Street.</p> <p>Then off to watch the FA Cup Final!</p>	Free ~ buy your own lunch at the end!	The SE London Green Chain  Mark Budd 020 8921 5028  <a href="http://www.greenchain.com">www.greenchain.com</a>




Saturday 19 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	10.30 – 16.00	<b>The Hastings Line Capital to Coast Railway Walk Part 1</b> from Charing Cross or Surrey Quays to Hither Green	<p>Daunted by the prospect of Wainwright's 'Coast to Coast' Walk? Or been there, done it, got the t-shirt etc....? Then why not try the first stage of Ralph's 77 mile Capital to Coast walk ~ <b>The Hastings Line</b> ~ by easy stages from the convenience and comfort of your own area? Starting from historic Charing Cross, the official centre point of London, and finishing at Hastings, the first of this series of nine linear walks conveniently passes through Lewisham during our Festival Fortnight, with a joining point halfway at Surrey Quays.</p> <p>The walk includes a picnic lunch stop in Southwark Park and will be repeated next week, so you can do all 8.4 miles in one day, or as two shorter walks of 4.2 miles each over both dates if preferred. Bring drinks and picnic lunch. Toilets and cafes at the start, in Southwark Park, and at the end. No unaccompanied juniors. Dogs on leads permitted.</p>	<p>Meet at 10.30 on the forecourt outside Charing Cross Rail Station.</p> <p>Alternatively, join the walk halfway and meet between 13.15 and 13.45 outside Surrey Quays Tube Station (East London Line) at Lower Road/Redriff Road Rotherhithe SE16            Tube: Surrey Quays            Buses: 47, 225, 188, 381, 199, and P12</p> <p>Finish: Hither Green Rail Station            Rail: Hither Green            Buses: 181, 273, or 225</p>	Free  Full route pack with maps for £1.50 plus p&p from Ralph	EnBro - Environment Bromley  Ralph Palfrey  020 8460 7215
Walk 	11.00 – 14.00	<b>Walk Along The Waterlink Way</b> from Sydenham to Maritime Greenwich	<p>Meet Waterlink Way Warden Nick to explore the Lewisham section of the Waterlink Way ~ a wonderful pedestrian and cycle path running along the River Ravensbourne from Sydenham through to Maritime Greenwich.</p> <p>3 hour walk of 5 miles/8km on mostly level surfaces but some gates. Bring drink and snacks for the walk, refreshments and toilets available at the start, midway on Ladywell Fields, Brookmill Park and at the finish in Greenwich. Wheelchair and buggy accessible, with some great off-road sections for all ages.</p>	<p>Meet at 11am outside Sydenham Sainsburys in Southend Lane, Sydenham SE26 4PU            Rail: Lower Sydenham            Buses: 181, 194, 202, 352, 450</p> <p>Finish: Greenwich Foot Tunnel, Greenwich Pier SE10            Rail: Greenwich/ Cutty Sark DLR            Buses: 177, 180, 188, 199, 286, 386</p>	Free	EU Funded QUERCUS Project  Nick Harvey  020 8314 2172
Activity 	11.00 – 15.00	<b>Horniman Plant Sale Plus</b> at Horniman Gardens, Forest Hill	<p>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.</p>	<p>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.</p>	Free	The Friends of the Horniman Ann Wallace 020 8699 5909
Walk and Activity 	11.00 – 17.00	<b>Nunhead Cemetery Open Day</b>	<p>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, plus plants and publications sale. Toilet facilities on site.</p>	<p>Nunhead Cemetery Linden Grove Entrance</p> <p>Rail: Nunhead</p> <p>Bus P12 to Linden Grove/Ivydale Road SE15</p>	Free	Friends of Nunhead Cemetery  Ron Woollacott 020 7732 2501  <a href="http://www.fonc.org.uk">www.fonc.org.uk</a>



Saturday 19 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Activity 	11.30 – 12.30	<b>Nordic Walking for Novices</b> in Beckenham Place Park	Try a FREE Taster Session of Nordic Walking ~ a new exciting outdoor activity using specially-designed poles that offers an effective, fun and easy way to improve your health and fitness. No matter what your age, physical condition or motivation, Nordic Walking can help you. If you can walk you can Nordic Walk... it's as simple as that! 1 hour walk, 1.5 miles, for adults and accompanied children over 10. Bring a drink. Toilets/café at Beckenham Place Park Mansion	Meet at 11.30 at the Main Car Park outside the Mansion House in Beckenham Place Park (follow the path from Beckenham Hill Road entrance to the House).  Rail: Beckenham Hill Station Bus: 54 in Beckenham Hill Road, or buses nearby in Bromley Road (15 mins walk) Nordic Walking poles provided!	Free	Walk To Walk 01959 565555  Scott Hillman 07869 117295
Sunday 20 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	07.00 – 08.00	<b>The Early Morning Alternative Circular Walk</b> in Catford	Fancy an early start? Then join Lucreta and her early morning walk group for a flat but brisk circular walk of 3.5 miles, lasting 1 hour. Suitable for all abilities but no under 16s please. Beginners welcome! Bring a drink.	Meet at 07.00 outside Tesco Xpress, Perry Hill, Catford. Rail: Catford or Catford Bridge Stations. Buses: 202 or 181 to Perry Hill.	Free	Lucreta La Pierre 07951 241017
Walk 	08.30 – 15.00	<b>St. Christopher's Fun Walk</b> in Keston, Kent	Join in the Fun Walk and raise funds for your local hospice, St. Christopher's in Sydenham, and have fun at the same time! Trophies for team entries and individuals in the best fancy dress and who raise the most money. Pick the walk that suits you best – there is a choice of 3, 5, 8, or 11 mile routes. Some muddy paths and gates. Refreshments available at start and end and during the walks. Toilets at start and finish.	Meet anytime from 8.30am to 3.00pm at the Greyhound Pub, Heathfield Road, Keston Common, Kent.  Bus 208 from Lewisham area to Bromley South train station then free bus to start/finish, or bus 146, 246, or 320 to Keston Village.	Sponsorship to support hospice  Contact Belinda for forms	St. Christopher's Hospice Belinda Kearns 020 8768 4573 or 4577
Walk 	09.20 – 13.00	<b>Blackheath Ramblers Shorter (?) Walk</b> from Eltham to Beckenham Place Park	An easy paced ramble from Eltham Station looking at Well Hall Pleasance; the 15 <sup>th</sup> century original Tudor Barn, now a pub/restaurant, surrounded by a moat, extensive formal gardens with a stream and waterfall. Then walk past Eltham Palace to join the Green Chain Walk from Mottingham Lane to Beckenham Place Park via Chinbrook Meadows and Downham. 3.5 hour walk of 6.5 to 7 miles, some uneven/muddy paths. Not suitable for wheelchairs or buggies. Sensible footwear and rainproof clothing advised. Bring drinks and snacks, cafés and toilets at the start, and at the end at Beckenham Place Park Mansion, plus Visitor Centre. Dogs on leads by prior agreement with walk leader.	Meet at 09.20 outside Eltham Rail Station in Well Hall Road Rail: Eltham (train from London Bridge departs 08.54 arrives 9.13am) Buses: 122, 161, 286  Finish: Beckenham Place Park Rail: Beckenham Hill Station. Buses: 54 towards Lewisham in Beckenham Hill Road, or others nearby in Bromley Road (15 mins walk)  OS Map 162 or Green Chain Map Sec. 6 & 8.	Free	Blackheath Ramblers Association Deirdre O'Toole 020 8319 8593  Check train times with National Rail on 08457 484950 the day before travel to ensure no cancellations.
Activity 	10.00 – 14.00	<b>Walk to Blackheath Farmers' Market</b>	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 enjoy 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





Sunday 20 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Talk 	11.00-13.00	<b>Deptford Creek Low Tide Walk</b> to celebrate National Low Tide Day	Deptford Creek is full of secrets. Our popular low tide creek walks are a fun if muddy way to explore the creek bed, celebrating the rich foreshore heritage of Deptford. It's a unique London experience – rich in wildlife, rich in history and rich in mud! One mile water-based walk – waders and staff provided! Some muddy paths, gates and steps. 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, old clothes suggested – we provide long boots and have waterproof coats.	Meet at 11.00 at the Creekside Centre, 14 Creekside, Deptford SE8 4SA Rail: Deptford Bridge DLR, Greenwich DLR Greenwich Station or Deptford Station Bus: 47 to Deptford Church Street, or buses 188, 199, 177, 53, 453 nearby. Finish: Creekside Centre  <b>PLEASE RING TO BOOK A PLACE.</b> Toilets are available at the start and finish in the Centre. Bring a drink. Teas available at the end. <i>No dogs please.</i>	£5 adult  £2.00 for children and conc	Creekside Education Trust The Creekside Centre  Nick Bertrand 020 8692 9922  <a href="http://www.creeksidecentre.org.uk">www.creeksidecentre.org.uk</a>
Walk and Activity 	11.00 – 15.00	<b>Kent House Leisure Gardens</b> Open Day	A large Allotment Society opens its gates again. Lots of different styles of gardening to see, with guided tours, plant sales, hot & cold food on sale, live music, demonstrations, and entertainment for children.  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 entrance between 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  Supporting to St. Christopher's Hospice in Sydenham	£2	Kent House Leisure Gardens Association  Anne Schuman 020 8699 1933
Walk and Activity 	14.00 – 16.00	<b>Chinbrook Meadows Family Stroll</b> in Grove Park	A gentle walk of 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. Suitable for wheelchairs and buggies. Toilets and refreshments available in the park, or bring a picnic. Dogs on leads permitted.	Meet at 14.00 at The Pavilion in Chinbrook Meadows by the Amblecote Road entrance off Chinbrook Road. Rail: Grove Park (10 minutes walk) Buses: 136, 181 and 261 to Grove Park, or 126 and 124 to Chinbrook Road.	Free	The Friends of Chinbrook Meadows and Glendale Grounds Management  Anne Slater 020 8857 8220
Activity 	14.00 – 16.30	<b>Downham Woodland Walk</b> Work Day	Come along and help local volunteers maintain an area of ancient woodland in the heart of Downham; home to majestic oaks, wild flowers, rare bugs and many birds! Help 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 some uneven paths. No children under 12 without a supervising adult please. No toilets on site.	Meet at 14.00 at the gate to the Woodland Walk in Haddington Road near the junction with Oakridge Road, Downham.  Bus: 136, 208, 181 to Bromley Road then 5 mins walk from bus stop at junction of Bromley Rd/Oakridge Road to Haddington Road.  Rail: Beckenham Hill Station (15 mins walk)	Free	The Friends of the Woodland Walk  Janet Hurst 020 8698 6805








Monday 21 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	Every Day This Week	<b>National Summer Walk to School Week</b>	<p>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 nearly 3 million children from all over the world participate.</p> <p>Walking to School is a great way for you to “do your bit”, in the same way as recycling your bottles or turning off lights. Try walking to school with your children <u>this week</u>. Who knows, you might just find it is quicker, healthier and less stressful - and see how much more you notice locally!</p>	Look out for events, information, and activities in schools throughout the borough this week.  See <a href="http://www.walktoschool.org.uk">www.walktoschool.org.uk</a>	Free	Lewisham Council, Transport  Jackie Short 020 8314 2187
Walk 	Any time	<b>Make the Most of Mondays ~ try out the Blackheath Village Trail and Guide</b>	<p>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!</p>	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 (9-2, Mon–Thurs)  <a href="http://www.blackheath.org">www.blackheath.org</a>
Walk 	11.00 – 12.00	<b>Thames Path and Marinas Walk</b> in Deptford	<p>Explore a part of the Thames Path on this fascinating 45 minute walk led by Jenny Budd the Healthy Walks Co-ordinator.</p> <p>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.</p>	Meet at 11.00 at the 2000 Community Action Centre at 199 Grove Street Deptford (near Oxestalls Rd).  Rail: Deptford, DLR Deptford Buses: 199 to Grove St., or 47, 188 to Evelyn Street	Free	Lewisham Healthy Walks  Jenny Budd  020 7188 2838
Walk 	18.30 – 22.00	<b>Pubs and Parks Walk</b> from Sydenham to Crofton Park	<p>A “Crawl” of 3 pubs and 2 parks, so a good thirst can be worked up while walking around! Walk of 2-3 miles over 2-3 hours, some steps and steep slopes, with an optional alternative flatter route. Over 18s only due to Licensing laws.</p> <p>Look for CAMRA posters and people in CAMRA T-shirts! Arranged by SE London CAMRA group especially for non-members. Bring a drink for the walk, alcoholic and non-alcoholic drinks on sale in all pubs. Toilets available in pubs.</p>	Meet at 18.30 at the Dolphin, 121 Sydenham Road, Sydenham SE26 5HB, and leaving at 19.00 to walk. Rail: Sydenham Station (5 mins walk) Buses: 122, 197, 202, 450 to Sydenham Rd.  Finish: Mr Lawrence Wine Bar, 389 Brockley Rd, Crofton Park SE4 2PH approx. 21.30 Rail: Crofton Park Station Buses: 171, 172	Free ~ buy your own drinks!	SE London Branch of the Campaign for Real Ale (CAMRA)  Ian White 0845 223 5265 (Mon-Fri 18-19.00)  <a href="http://www.selcamra.org.uk">www.selcamra.org.uk</a> <a href="http://www.camra.org.uk">www.camra.org.uk</a> 







Tuesday 22 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	All day	<b>International Day for Biological Diversity in National 'Be Nice to Nettles Week'</b>	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' (16-27 May). This 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
Activity 	10.00 – 10.30	<b>Let's Walk!</b> Story Session at Sydenham Library	Join in with our exciting activities and stories for under 5's and their carers to mark Lewisham's 5 <sup>th</sup> Walking Festival.	Sydenham Library, Sydenham Road SE26 Rail: Sydenham or Lower Sydenham Buses:194, 202, 356, 450, 181	Free	Sydenham Library  020 8778 7563
Activity 	11.00 – 11.30	<b>Let's Walk!</b> 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. For under 5's and their carers.	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 and Talk and Activity 	11.00 – 15.00	<b>Walking in the South East (W.I.S.E) Grand Walk</b> in Beckenham Place Park  Plus... <b>Afternoon Nature Walk with Nick</b>	<p>Meet up with local walkers from across the south east London boroughs and Walk your Way to Health in the beautiful Beckenham Place Park. Whatever your walking experience, we will find a walk that suits you so bring a picnic and your comfortable walking shoes.</p> <p><b>11.00 ~ 12.00</b> There will be 3 led walks of varying grades in the morning.  <b>12.00 ~ 12.45</b> Lunch, followed by the launch of the new Green Chain/SELTRANS Circular Walks Pack – free copies available to all participants on the day.  <b>13.00 ~ 15.00</b> an informative nature walk after lunch led by Nick Pond, Lewisham Council's Ecological Regeneration Manager.</p> <p>Plus a FREE raffle and walking information. Suitable for all ages and abilities, with walks of varying lengths and times. Refreshments and light lunches are available from the café in the Mansion House, or visit the Friends' Visitor Centre.</p> <p>A chance to see the splendours of this Green Chain Park, find out about healthy lifestyles, make new friends and get some sociable exercise and all for free! Some slopes and uneven surfaces so not likely to be fully accessible for pushchairs or wheelchairs.</p>	<p>Meet at 11.00 at the Main Car Park at the Golf Course Reception outside the Mansion House in Beckenham Place Park (follow the path from Beckenham Hill Road entrance to the House).</p> <p>Rail: Beckenham Hill Station</p> <p>Bus: 54 in Beckenham Hill Road, or buses nearby in Bromley Road (15 mins walk)</p>	Free	<p><b>Jenny Budd</b> Lewisham Healthy Walks 020 7188 2838</p> <p>Bromley Health Walkers Michael Corrigan 020 8663 6397 </p> <p>Lewisham Council, Green Scene Nick Pond 020 8314 2007</p> <p>The SE London Green Chain Mark Budd 020 8921 5028</p> <p><a href="http://www.greenchain.com">www.greenchain.com</a></p>




Tuesday 22 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
 Walk	11.00 - 11.45	<b>Park Walk for over 50s</b> in Sydenham Wells Park	Come out with Iris for 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 buy refreshments from the 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	13.15 – 14.00	<b>Brookmill Park Waterside Walk</b> in Lewisham	Join the Practice Nurses on this friendly circular walk to Brookmill Park, and enjoy this stretch of the River Ravensbourne. There's a hill down on the way to the park and back up at the end, but we'll go at a pace that suits you. 40 minute walk of 1.5 miles.  One steep slope and avoidable steps. Bring a drink for the walk, café at end. Toilets at the start and finish, and possibly in the park.	Meet at the Morden Hill Surgery, 21 Morden Hill SE13 (off Lewisham Road)  Rail: DLR Elverson Road  Buses: 180, 199 to Lewisham Road or 380 to Lewisham Hill	Free	Lewisham Healthy Walks  Jenny Budd  020 7188 2838
 Walk and Talk	19.00 – 21.00	<b>Where Has All The Water Gone in Ladywell? Where Is It Going?</b> Find out with the Ladywell Society	The Ladywell Society guys lead this informative tour around the damper parts of Ladywell, the original heart of Lewisham, keeping close to Ladywell Road.  The walk and talk will feature the mineral springs, the ditch, the Lady's Well, Playtower, the Ravensbourne, QUERCUS Project and the Water Sculpture at the hospital. Despite the aquatic nature of this walk, you won't actually get wet unless it rains!  Linear walk of 2 hours, 1.5 miles taking in local history and nature. Suitable for all ages and abilities. Toilets at points on the walk. Bring a drink. Dogs on leads ok.	Meet at 19.00 outside the café on the corner of Algernon Rd and Mercy Terrace, just off Ladywell Road past the railway line. Bus: P4, 284, 122, 484 Rail: Ladywell  Finish: Lewisham Hospital, Riverside Block, William Carver Bridge Rail: Ladywell Buses: 436, 75, 47, 199, 54, 208, 136, all from Lewisham High Street.	Free	The Ladywell Society  Mike Keogh 020 8488 2101




Wednesday 23 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
 Walk and Campaign	All Day	<b>Walk to Work Wednesday</b> 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	Any time	<b>Hit The Streets</b> - 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 'Green Chain Route Pack' for the 'Green Chain Circular Walks Guide' for example, or check out <a href="http://www.greenchain.com">www.greenchain.com</a>	Free	Lewisham Borough Council 020 8314 2235 or Lewisham Local Studies Centre in Lewisham Library






Wednesday 23 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	12.00 – 12.45	<b>Park and Woodland Walk in Forster Memorial Park,</b> Whitefoot Lane SE6	Celebrate the Tree Council's Walk in the Woods Month on this Lunchtime Walk through the Park and Woodlands for people of all abilities – a gentle, social activity that makes you feel good. 45 minutes walk. Toilets at the start and in the park. Bring a drink for the walk.	Meet at noon at the Goldsmiths Community Centre Castillon Road SE6.  Bus: 124 to Castillon Road	Free	Lewisham Healthy Walks  Elsa Pascal  020 8697 1587
Walk 	19.30 – 20.30	<b>Get Walking... Keep Walking!</b> Step Out with the Ramblers Association and Glendale Grounds Management	<p>Don't just sag in front of the soaps. Grab the kids, the dog, your neighbours or your mates and <b>Get Walking!</b></p> <p>Experience the twilight opera of dragonflies and damselflies, newts and frogs, mallards, and grey wagtails, perhaps even some dogs. Trees by river, of all shapes and size, goat willow, white willow, grey willow, believe your eyes! Common Alder, Black Poplar, Hornbeam, English Oak, Wild Cherry, Wild Pear, Crab Apple, that's not all folks. Get up close and personal, with foxes, and spring blooms, with just enough excitement to encourage sweet dreams...</p> <p>Join us on our wildlife walk at dusk. A gentle exploratory 1 hour walk of 1.5 miles, suitable for all ages. Toilets facilities and refreshments available.</p>	Meet at 19.30 outside Grove Park Rail Station, Baring Road SE12. Rail: Grove Park Buses: 124, 126, 136, 261, 273, 284,  Collect a FREE Information Pack about The Ramblers Association projects in the local area.	Free	The Ramblers Association  Fred Agbah  020 7339 8500
Thursday 24 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	All day	<b>European Day of Parks</b>	Celebrate European Day of Parks today by taking a stroll around your nearest park, or visit one you may remember from your childhood. Enjoy your parks at their springtime best, and remember to be 'Nice To Nettles' this week!	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 <a href="http://www.lewisham.gov.uk/LeisureAndCulture/">www.lewisham.gov.uk/LeisureAndCulture/</a>	Free	Lewisham Local Studies Centre in Lewisham Library or your local library
Walk 	09.30 – 15.00	<b>Visit Devonshire Road Nature Reserve</b> in Forest Hill	Devonshire Road Nature Reserve forms part of the Forest Hill to New Cross Gate railway cutting, and is a Site of Metropolitan Importance for nature conservation, containing probably the finest suite of railside wildlife habitat in London. It's four kilometres long and over 200 metres wide at its widest points. It is composed of a wildlife garden (being developed as a demonstration garden), meadow and woodland. Uneven surfaces, so sturdy footwear advisable, and not suitable for wheelchairs or buggies. Visitor Centre on site with information and toilet. Bring your own refreshments and discover this hidden gem!	Visit any time between 09.30 and 15.00. Devonshire Road Nature Reserve  170 Devonshire Road Forest Hill SE23 3LB  Rail: Honor Oak Park or Forest Hill Stations  Buses: P4, P12, 122, 171, 176, 185, 197, 356	Free	More details from Iris Borgers  I  020 8699 3044

Thursday 24 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Activity 	09.30 - 10.00	<b>Let's Walk!</b> Story Session at Blackheath Library	Fun and Stories for under 5's and their carers to mark Lewisham's 5 <sup>th</sup> 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
Activity 	10.00 - 11.00	<b>Let's Walk!</b> 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 <b>please book in advance</b> 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	<b>Parkland Walk</b> 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 also serves drinks and snacks, or go for a late breakfast nearby in Forest Hill. 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 Lucreta La Pierre 07951 241017  Jenny Budd 020 7188 2838
Walk 	11.00 - 11.45	<b>Walk and Talk</b> in Southwark Park	Take steps towards a healthier lifestyle on this fun social walk, ending with a cup of tea in the friendly community café! 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	<b>Thursday Walk</b> 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! Suitable for all ages and abilities. 30 minutes walk. Toilet facilities at the start and in the park. Bring a drink for the walk.	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 8699 2002
Activity 	14.00 – 14.45	<b>Let's Walk!</b> Story Session at Catford Library	Bring the kids along to enjoy stories and craft activities for under 5's and their carers to mark Lewisham's 5 <sup>th</sup> 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
Walk 	16.00 – 17.00	<b>Teatime Nature Trail Walk in Telegraph Hill Park</b>	Come along for a nature walk in Telegraph Hill Park, learn about the Ginkgo, walnut, willow, yew, oaks... and maples in the park and also receive your own copy of the new Telegraph Hill Park nature trail leaflet.  Walk of 1 hour, less than 1 mile, some steep slopes but most of the walk is downhill! Bring a drink. Toilets available in the lower part of park in the Park Keeper's Office. Suitable for all ages and abilities.	Meet at 16.00 in the Lower Telegraph Hill Park at Pepys Road.  Rail: New Cross Gate or Nunhead (both 15 mins walk) Bus: 343 to Pepys Road/Kitto Road	Free	Glendale Grounds Management  Lara Al-Jabi  020 8318 3986

Thursday 24 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	19.00 – 20.30	<b>Soundwalk from New Cross to the Isle of Dogs</b>	For something unusual, come on this slow walk focused on listening to everyday sounds. The walk will begin with a short talk on listening to the soundscape and end with a debriefing on what we have experienced. The walk itself will be conducted in silence. 2 miles, 90 minutes, some steps and busy roads. Over 16s only. Bring a drink. Toilets available at the start. Dogs on leads permitted.	Meet at 19.00 at the Main Entrance to The Rutherford Information Services Building (The library) Goldsmiths, University of London on Lewisham Way New Cross. Rail: New Cross/New Cross Gate Stations Buses: all to New Cross/Lewisham Way.  Finish: Island Gardens DLR Station	Free	UK and Ireland Soundscape Community  John Levack Drever  Festival Hotline 07984 186824
Friday 25 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	09.45 – 11.00	<b>Dinosaurs and Lakes Walk</b> 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 09.45 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  
Walk 	10.30 – 13.00	<b>St. John's Local Interest Walk</b> via Brookmill Park	How much do you know about St. John's? Find out all about the area on this 2 to 2.5 hour linear walk from Deptford Bridge via Brookmill Park to Lewisham.  Walk of 3 to 3.5 miles, with some avoidable steps, and some narrow uneven pavements. Bring a drink and snack for the walk. Refreshments available to buy at the end of the walk in Lewisham. Toilets in Brookmill Park and Lewisham. Suitable for all ages and abilities.	Meet at 10.30 outside Deptford Bridge DLR Station (street level – south side) Rail: Deptford Bridge DLR Buses: 47, 225, 177, 53 to Deptford Bridge.  Finish at Brookmill Park, or Elverson Rd DLR Station, or Lewisham Town Centre Buses: all in Lewisham Town Centre Rail: Elverson Rd DLR, Lewisham/DLR	Free	London Footprints  Janet Digby 020 8650 6673  See <a href="http://www.london-footprints.co.uk">www.london-footprints.co.uk</a>
Walk 	11.00 – 12.00	<b>Lee Fairshare Timebank Walk</b> around Mountsfield Park, Hither Green	Meet 'Fairshare Lee' walking group on this circular walk and discover the views from Mountsfield Park. Walking may be good for you, but it's also fun! Come and meet Timebank members to find out what we do.  All ages welcome. 1 hour walk, 2 miles, some steep slopes and gates. Toilets available at the start and at the end of the walk. Bring a drink. Refreshments available to buy in Rosa's Diner at the end.	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, or 225 Finish: Hither Green Station	Free	Timebank Broker, Fairshare Lee  Maria Pont 020 8318 0984
Walk 	12.25 – 13.00	<b>A Brisk Lunchtime Walk</b> 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 toilets 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


Friday 25 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk and Talk 	14.00 – 16.00	<b>Hither Green Lane History Walk</b> to celebrate Local and Community History Month	Come on a linear led walk by the Lewisham Local History Society, tracing the original route of Hither Green Lane and some of its neighbouring roads. Hear a little of its history, visit St. Swithun's Church, and finish on the Greenwich Meridian. Street walk of up to 2 hours, 1.5 miles, suitable for all ages and abilities, but some uneven pavements. Bring a drink or end up at H's cafe. Toilets at Church and H's cafe. Children should be supervised by carers, no unaccompanied minors. Dogs on leads permitted.	Meet at 14.00 outside Ladywell Leisure Centre in Lewisham High Street. Rail: Ladywell Buses: 284, P4, 122, 484, 47, 54, 75, 136, 185, 199 to Lewisham High Street  Finish: Hither Green Lane/Woodlands Street Rail: Hither Green Station Buses: 181, 225, or 202 nearby	Free ~ donation to church welcome	Lewisham Local History Society  Ronald D Cooper  020 8852 5709
Saturday 26 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	10.00 – 12.45	<b>Blackheath Ramblers Shorter (?!?) Walk</b> from Chislehurst to Beckenham Place Park	Another fairly brisk ramble, from Chislehurst Station through Chislehurst Common, Elmstead Woods, Sundridge Park and ending at Beckenham Place Park. 2.5 to 3 hour walk of 5 to 6 miles, with some muddy paths, steep slopes and width restrictions.  Not suitable for wheelchairs or buggies. Sensible footwear and rainproof clothing advised. Bring drinks and snacks, toilets at the start, after 2km, and at end at Beckenham Place Park Mansion, plus café and Visitor Centre. Dogs on leads by prior agreement with walk leader. OS Map 162 or Green Chain Map Sec 9	Meet at 10.00 outside Chislehurst Rail Station in Summer Hill Rail: Chislehurst Station (train from London Bridge departs 09.34 and arrives at 09.53) Buses: 269, 162  Finish: Beckenham Place Park Rail: Beckenham Hill Station. Buses: 54 towards Lewisham in Beckenham Hill Road, or others nearby in Bromley Road (15 mins walk)	Free	Blackheath Ramblers Association  Deirdre O'Toole  020 8319 8593  Check train times with National Rail on 08457 484950 the day before travel to ensure no cancellations.
Walk 	10.30 – 16.00	<b>The Hastings Line Capital to Coast Railway Walk Part 1</b> from Charing Cross or Surrey Quays to Hither Green	Daunted by the prospect of Wainwright's 'Coast to Coast' Walk? Or been there, done it, got the t-shirt etc....? Here's another chance to try the first stage of Ralph's daunting 77 mile 'Capital to Coast' walk ~ <b>The Hastings Line</b> ~ by easy stages from the convenience and comfort of your own area? Starting from historic Charing Cross, the official centre point of London, and finishing at Hastings, the first of this series of nine linear walks conveniently passes through Lewisham during our Festival Fortnight, with a joining point halfway at Surrey Quays.  The walk includes a picnic lunch stop in Southwark Park. You can do all 8.4 miles in one day, or as two shorter walks of 4.2 miles each. Bring drinks and a picnic lunch. Toilets and cafes at the start, midway in Southwark Park, and at the end. No unaccompanied juniors. Dogs on leads permitted.	Meet at 10.30 on the forecourt outside Charing Cross Rail Station. Rail: Charing Cross  Alternatively, join the walk halfway and meet between 13.15 and 13.45 outside Surrey Quays Tube Station (East London Line) at Lower Road/Redriff Road Rotherhithe SE16  Tube: Surrey Quays  Buses: 47, 225, 188, 381, 199, and P12  Finish: Hither Green Rail Station Rail: Hither Green Buses: 181, 273, or 225	Free  Full route pack with maps for £1.50 plus p&p from Ralph	EnBro - Environment Bromley  Ralph Palfrey  020 8460 7215  See EnBro leaflet for outline of all 9 stages of this walk, or check out <a href="http://www.lwf.org.uk">www.lwf.org.uk</a>  NB: Stage Two – from Hither Green to Chelsfield Station (10.2 miles) is on Mon 28 <sup>th</sup> May starting at 10.40 – details from Ralph. Walks finish at Hastings Seafront on Sat 1 <sup>st</sup> September!

Sunday 27 May						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	07.00 – 08.00	<b>The Early Morning Alternative Circular Walk</b> in Catford	Fancy an early start? Then join Lucreta and her early morning walk group for a flat but brisk circular walk of 3.5 miles, lasting 1 hour. Suitable for all abilities but no under 16s please. Beginners welcome! Bring a drink.	Meet at 07.00 outside Tesco Xpress, Perry Hill, Catford. Rail: Catford or Catford Bridge Stations. Buses: 202 or 181 to Perry Hill.	Free	Lucreta La Pierre  07951 241017
Activity 	10.00 – 14.00	<b>Walk to Blackheath Farmers' Market</b>	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
Festival Finale Walk 	10.45 – 13.15	<b>The Five Parks Festival Finale Walk</b> from Ladywell Fields via Ravensbourne Park, Blythe Hill and Mountsfield Park to Manor House Gardens	Join in on our festival finale walk and put the parks through your paces! Take a walk round Ladywell Fields, Ravensbourne Park, Blythe Hill, Mountsfield Park and Manor House Gardens, to see what some of Lewisham's parks and the places in between have to offer. Find out the latest news in each park! Do the complete walk or join and leave as you wish.  A 4 mile walk, approx. 2.5 hours duration, suitable for all ages and abilities but two steep hills in Blythe Hill and Mountsfield Park. Some busy roads and width restrictions. Bring a drink. Toilets available in Ladywell Fields and Manor House Gardens, also Café at the end. We may also find some nettles...  Section timings are approximate and may vary by 5 – 10 minutes! Call Sue on 07984 186824 for an update if you're trying to find us on the day!	<b>10:45:</b> Meet at Ladywell Fields Park Office, near Ladywell Road entrance. Rail: Ladywell Station Buses: 484, 122, P4, 284 or High St. nearby  <b>11:00:</b> Leave Ladywell Fields via a route around the park to exit at Ravensbourne Park Road gates, meeting point at these gates at <b>11.30</b> to continue uphill to Blythe Hill Fields via Ravensbourne Park.  <b>11:45:</b> Arrive at Blythe Hill Fields, admire the views, and leave via the Blythe Hill Lane gates, meeting point at these gates at <b>noon</b> .  <b>12:20:</b> Arrive at Mountsfield Park, meeting at the bottom entrance just in from the gates in Carswell Road/Laleham Rd.  <b>12.45</b> – Leave Mountsfield Park via the Band Stand and the George Lane Gates.  <b>13:15:</b> Arrive at Manor House Gardens and head for the Cafe to celebrate the end of the walk. Rail: Hither Green (10 mins walk) Buses: 273, 122, 178, 261, 321, in Lee High Rd.	Free	Lewisham Walking Festival  Sue Webber 07984 186824  Glendale Grounds Management  Lara Al-Jabi 020 8318 3986

Sunday 27 May cont.						
TYPE	TIME	EVENT	DETAILS	LOCATION	PRICE	CONTACT
Walk 	14.00 – 16.00	<b>Out and About</b> in Ladywell Fields	Join the Out and About Group for a slow paced walk for the less mobile around Ladywell Fields. For all ages and abilities, wheelchairs and other mobility aids welcome. Flat path-based walk of less than 1 mile, or as far as you wish to go. Toilets available in the park. Bring a drink or refreshments available to buy nearby.	Meet at 14.00 by the Park Office building in Ladywell Fields near Ladywell Rd entrance.  Rail: Ladywell Buses: 484, 122, P4 or 284 to Ladywell Rd, or buses in Lewisham High Street nearby.	Free	Out and About Healthy Walks  Jenny Spencer 07956 835448
Walk 	14.15 – 16.15	<b>Nunhead Cemetery Guided Tour</b>	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 – 16.00	<b>Walk Lee Past and Present</b> on the Finale History Walk with the Lee Manor Society	A historical circular walk from the Old Tiger's Head, Lee Green, through the largely Victorian Lee Manor Conservation Area.  The walk will describe the history and architecture of the area and will include Manor House Gardens. Street walk of up to 2 hours, 1.5 miles, suitable for all ages and abilities. Toilets and refreshments available in Manor House Gardens.	Meet at 14.00 in front of the Old Tiger's Head Pub, Lee Green, at the junction of Lee High Road and Burnt Ash Road.  Rail: Lee Station (15 mins walk) Buses: 122, 202, 261, 278, and 321 to Lee Green.	Free	Lee Manor Society  Charles Batchelor  07785 952676
Walk 	18.30 – 22.30	<b>Catford to Forest Hill Finale Pub Walk</b> with SE London CAMRA	A gentle paced 'walk' to conclude this year's Festival from Catford to Forest Hill, visiting some real ale pubs en route including the Catford Ram, the Railway Telegraph, the Blythe Hill Tavern and the Capitol.  3 miles, 4 hours including drinking time. Non-alcoholic drinks and toilets available in all venues. Look out for the CAMRA sign in the pubs and people wearing CAMRA t-shirts! Arranged by SE London CAMRA group especially for non-members. Over 18s only.	Meet at 18.30 at The Catford Ram, Catford Broadway Rail: Catford, Catford Bridge Buses: all buses to Catford town centre  Finish at the Capitol pub, London Road, Forest Hill. Rail: Forest Hill Buses: 176, 185, 197, P4, 356 and 363	Free ~ buy your own drinks!	SE London Branch of the Campaign for Real Ale (CAMRA)  Richard Martin 020 8464 1866  www.selcamra.org.uk www.camra.org.uk 

*Thank you – we hope you have enjoyed this year's Festival!*

*See you next year??!!*

 Walk
  health walk or event
  children's activity
  clean up event
  activity or road safety event
  market or sale