

@BarnetCouncil

# A GUIDE TO WALKING IN BARNET

Caring for **people**, our **places** and the **planet**

[www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet)

**BARNET**  
LONDON BOROUGH



# Welcome to **WALKING IN BARNET**

a guide that will help you to enjoy walking in the borough by providing information about where and ways you can walk.

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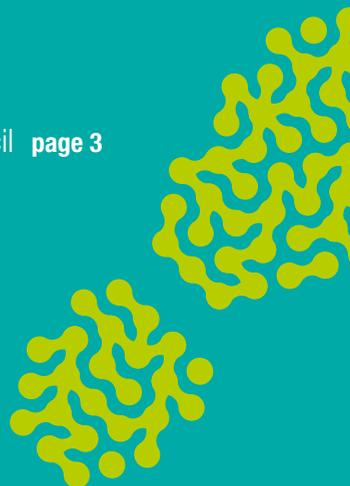
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# BARNET IS A GREAT PLACE TO INDULGE YOUR WALKING WANDERLUST!



Councillor Barry Rawlings,  
Leader of Barnet Council

From beautiful formal parks like Friary Park and the ancient woodlands of Hadley Wood and Cherry Tree Wood, to leafy river valley walks along the Dollis Valley Green Walk and wild landscapes at the Welsh Harp, the great outdoors in Barnet has plenty to offer.

We have 36km of public rights of way across Barnet's urban and rural environment, with over 42km of promoted routes that run through wonderful woodland, parks and open spaces, passing many cultural and historic hubs.

If the built environment is your thing you can wander in neighbourhoods of distinct architectural heritage, like Hampstead Garden Suburb, or for history buffs, you can take our curated heritage walks pointing out historical locations of interest including the presumed site of the 1471 Battle of Barnet.

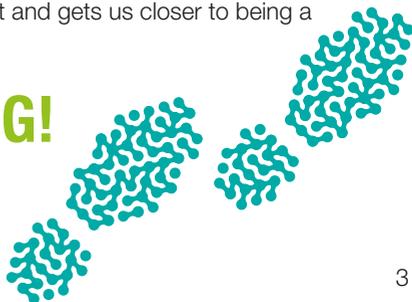
Walking and wheeling in lovely surroundings is fun, free (or low cost if it is organised) and good for our health.

This guide suggests some great ideas to get walking and wheeling in beautiful places across Barnet as part of our aim to be a Borough of Fun.

And choosing to use forms of active travel more often, like walking and wheeling, helps protect our local environment and gets us closer to being a NetZero Borough by 2042.

## HAPPY WANDERING!

**Councillor Barry Rawlings,  
Leader of Barnet Council.**



# BENEFITS OF WALKING



Walking is easy to do and is a great form of physical activity that has several health and wellbeing benefits including:

WEIGHT  
MANAGEMENT



INCREASES ENERGY,  
RELIEVES STRESS



HEALTHY  
HEART



STRENGTHENS  
THE IMMUNE  
SYSTEM



TONES MUSCLES,  
IMPROVES FITNESS,  
STRENGTHENS BONES



IMPROVES  
SLEEP



## Thought to reduce the risk of:

coronary heart disease, stroke, diabetes, high blood pressure, some cancers and osteoporosis.

## Being physically active in the great outdoors also has its benefits:

easy to access, increased sensory stimulation, free or low cost, increased Vitamin D, can help improve sleep, nature can boost your creativity.



You don't have to walk for hours to benefit your health and wellbeing. A brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise as recommended by the Chief Medical Officer.





“

I gave Health Walks a go as I have always enjoyed walking but find it boring alone. Walking as a group keeps me going and has positively changed my life.

”



“

I enjoy walking in parks and open spaces. It's beneficial for my physical and mental wellbeing.

”



“

We enjoy walking as a family as it's a great way to exercise and help the children learn about nature.

”

# WALKING ROUTES



Barnet is brimming with an abundance of parks and open spaces that will provide you with hours of walking fun. The borough is also lucky to have a wealth of heritage that will make your walks more interesting.

## ACTIVE TRAILS

Are pre plotted routes of 1k, 2.5k or 5k within parks and open spaces in the borough that are suitable for all ages and can be walked, run, or cycled at your own pace for free.

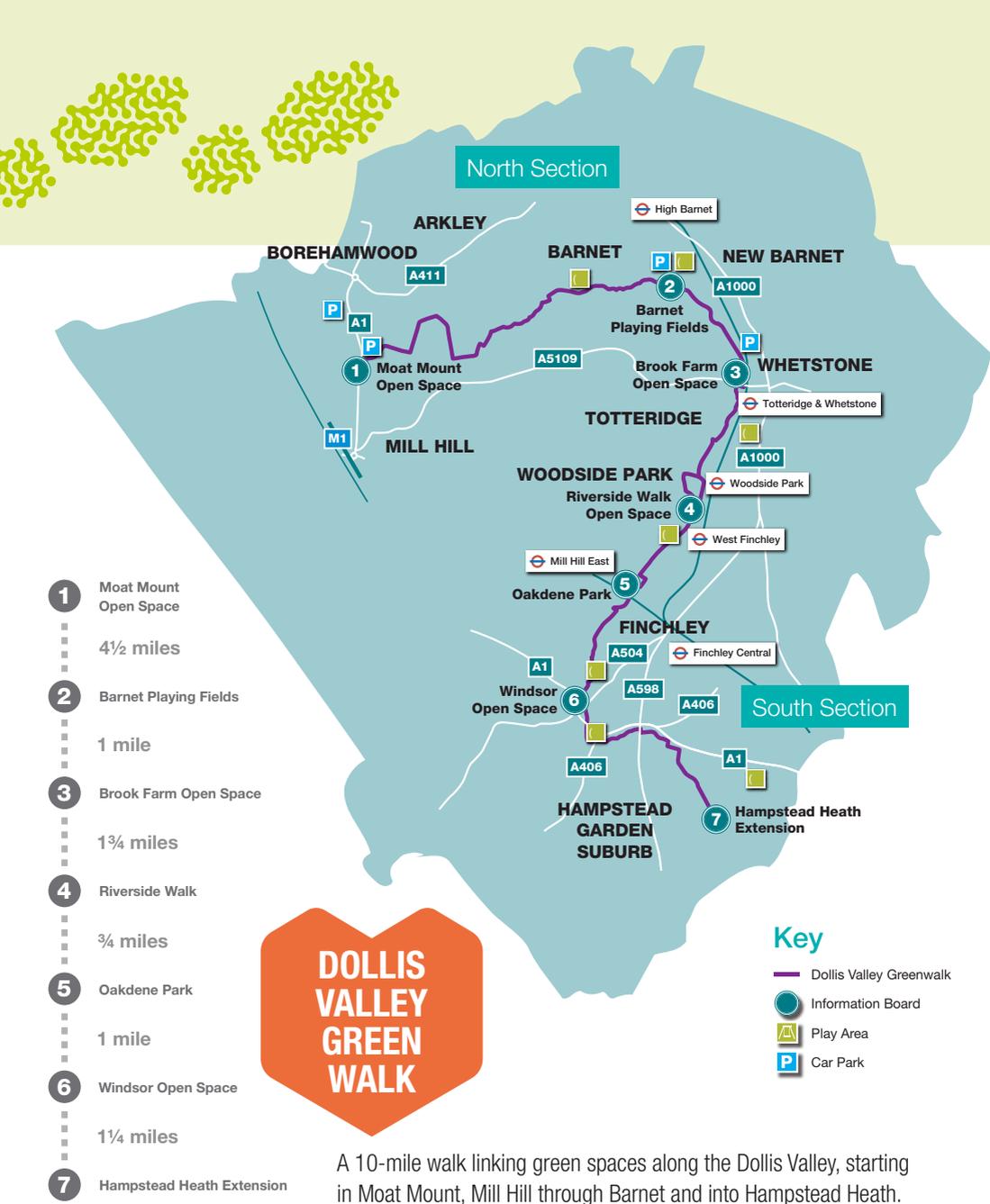
LOCATION	DISTANCE	DIFFICULTY
Barnet Playing Fields	5km	2
Bethune Park	1km	3
Clitterhouse Playing Fields	1km	1
Copthall Playing Fields	2.5km	2
Edgwarebury Park	1km	1
Friary Park*	1km	1
Montrose Park*	1km	1
Oak Hill Park*	1km	1
Scratchwood Open Space	1km	2
Sunny Hill Park*	2.5km	4
West Hendon Playing Fields	2.5km	3
Victoria Recreation Ground (coming 2023)	1km	1
Riverside Walk (coming 2023)	1km	1
Old Courthouse Recreation Ground	1km	1

- 1 = Easy**
- 2 = Moderate**
- 3 = More challenging**
- 4 = Difficult and hilly**

\*Routes in Friary Park, Oakhill Park, Sunny Hill Park and Montrose Park are entirely on footpaths making them suitable for all users.



Maps of the Active Trails are available for download by visiting [www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet)



A 10-mile walk linking green spaces along the Dollis Valley, starting in Moat Mount, Mill Hill through Barnet and into Hampstead Heath.

The route is suitable for a wide range of people, from young families to runners. The entire walk can take up to 6 hours and is mostly flat with hard surfaces making it suitable for wheelchair users.

Visit [www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet) for more information.

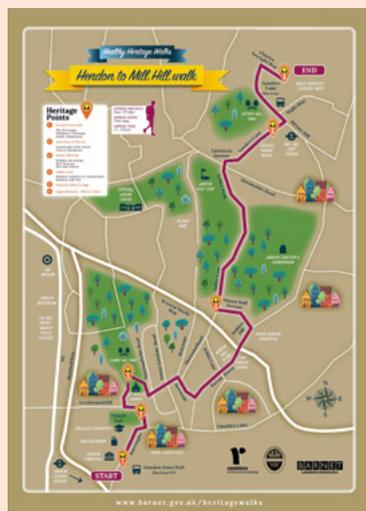


## HEALTHY HERITAGE WALKS

Free audio guided walks across the borough that cover a 5km – 10km distance in the following locations

- **Hendon to Mill Hill**
- **Totteridge**
- **Barnet and Hadley**
- **East Finchley to New Southgate**
- **Mill Hill**
- **East Finchley to Finchley Church End**
- **Golders Green and Hampstead Garden Suburb**

For more information including how to access the audio guides and route maps visit [www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet)



# ORGANISED WALKING OPPORTUNITIES



There are numerous benefits of walking with a group including meeting people who have a passion for walking just like you! There are plenty of organised walking opportunities available in the borough, some of which we have listed below.

## BARNET HEALTH WALKS



DAY	TIME	LOCATION	DIFFICULTY
Monday	9:30 – 10:30	Woodside Park (N20) Meets at the junction of Laurel View and Laurel Way at the gate to Whetstone Stray.	Leisurely
Tuesday	9:30 – 10:30	Golders Hill Park (NW11) Meets at North End Road, top entrance by the café and disabled car park.	Moderate
Wednesday	9:30 – 10:30	Friary Park (N12) Meets at the gate in Torrington Park opposite Ashurst Way.	Moderate
Thursday	9:30 – 10:30	Hampstead Heath Extension (NW11) Meets at the bottom of the extension opposite 81 Hampstead Way.	Moderate
Saturday	9:30 – 10:30	Woodside Park (N12) Meets at the entrance to Dollis Valley Walk opposite Chanctonbury Way, Finchley Central – Southover.	Intermediate
Sunday	9:00 – 10:00	Orange Tree Public House Totteridge (N20) Meets outside the Public House.	Brisk
	10.30- 11:30	Hampstead Heath (NW11) Meets at top of the Heath Extension on Wildwood Road, 20 metres from Hampstead Way junction.	Brisk

- As walks are led by instructors and include a gentle stretching exercise, each walk is charged at £2.80. You can pay on the day of the walk by cash or cheque.
- Block booking discounts are available, and you will also receive a further discount and free first Health Walk on presentation of a FAB Card.
- No pre-registration required.
- Suitable for 18+



There are many other walks across the borough that are offered by partner organisations including Age UK Barnet, Better and U3A.

For more information visit [www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet)



## BARNET GOLDEN KM

Walking isn't just for adults, it can be enjoyed by all ages. The Barnet Golden KM has been established for children, young people and families to enjoy walking and reap the benefits.

The Barnet Golden KM involves completing a one-kilometre route by walking or any other fun and safe way such as skipping, running, hopping etc.

**For more info visit**  
[www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet)



# GETTING MORE OUT OF YOUR WALK

**With an ambition to be a Borough of Fun, here's some ideas to keep you motivated and get more out of walking in Barnet.**



Download the Moves+ app today and start earning points for all types of physical activity, whether you're a casual walker or a top-performing athlete. The points you receive are based on the intensity of your activity, meaning the more active you are, the more points you can accumulate to redeem against rewards. In addition, you can earn extra points by participating in challenges or inviting friends to join the app. For more details and to find out how to sign up visit [www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet)

## WALKING WITH A TWIST

**It is important that participation is conducted within your own comfort and ability levels. It is recommended that you stop and seek medical advice if you feel discomfort at any point.**

Walking alone is a great form of physical activity, and you can get even more out of your walk and increase your fitness levels by making a few adjustments.

### **Why not try some (or all) of the following:**

- Mix up your walk with jogging and walking. Perhaps using lamp posts or trees as markers.
- Find a bench and perform 10 tricep dips and step ups (repeat as often as you desire).
- Use a smooth curb or fallen tree to perform a tightrope walk (repeat for 3 minutes).
- Map out your walk and identify items such as a bench, post box or type of flower and challenge yourself every time you come across your chosen items with exercises such as burpees, squat jumps or push ups.





Information contained in this guide was accurate at time of production.  
It is recommended that you visit [www.better.org.uk/fab-walking-in-barnet](http://www.better.org.uk/fab-walking-in-barnet)  
to review up-to-date information on walking in Barnet.

Alternatively please contact;

**Email: [sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)**

**Tel: 0208 359 6134**