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## **AUTUMN STROLL - REGENTS PARK** **Monday 18<sup>th</sup> November 2024**



For my eleventh (and last) Autumn Stroll, it is the turn of Central London again. Following my usual pattern of incorporating a park in these walks, this time it will be around the southern part of Regents Park. Sorry, we won't be going to the zoo! The total distance will be about two and three quarter miles, with a break for lunch in the café around a third of the way, with another short tea break towards the end. The café has a full range of food available from sandwiches to full lunches – and it is licensed.

The walk is flat and step-free on tarmac paths – but see the note about Great Portland Street below.

There are toilets in the park, but there is a 20p charge payable by card! However, the toilets in the café are free!

### **Please meet**

At the exit (the one opposite Holy Trinity Church) from Great Portland Street Tube Station at 11:45 for 12:00 start. The exit area is relatively small, so please don't block other travellers from coming or going. It is a very short walk from there to the park, past some very 'des res' buildings and a private square and gardens.

### **Getting there**

The easiest way to get to Great Portland Street is to take a Thames Link train to Farringdon (Virtually all Thames Link trains stop there), cross over to the westerly direction tube line and take the first of any train. It is the third stop.

**Note:** Access from Great Portland Street tube platforms to street level incorporates several steps. Farringdon has lifts, if you need them.

**There is no need to book.** Just turn up on the day and enjoy the lakes, gardens and wild life.

**Dave NEWLAND**

**Please note:** Photographs will be taken on the walk. Please advise if you do not wish to be photographed.