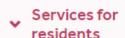


Q What do you want to do today? Go

Home » Parking, Roads and Travel » Travel » Walking » Haringey Walks



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- Local democracy

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- > Travel
  - > Walking
    - > Walking Groups
    - > Better Haringey Trail
    - > Haringey Walks

Haringey Walks

HARINGEY WLKS

Walking can be a fun and sociable way to improve your health and explore Haringey. You don't need any special equipment to walk, just comfortable shoes or trainers. Being more active helps you get fitter and makes you feel great.

### Some useful links

- Join a local <u>walking group</u> to get fit and make new friends
- 13-22 July Love Your Parks Week (external link)
- A Walk in the Park a guide to Haringey green spaces (PDF, 7MB)
- Find out about walks in the local area
- Get more info on walks and activities accessible to wheelchair users and people with disabilities
- Try out 'Nordic Walking' with <u>Silver Fit (external link)</u>. Over 65s go free with Silver Tuesday Haringey (external link)!

. A Back to top

### Quick links

 Find your nearest <u>health</u> services (external link)

### Share this page





Facebook

### Useful external links

Walks with Wheelchairs

Walking in London
Love Your Parks Week

## Page Last Updated:

17 July 2018

### How can we improve this page?

Use this form to let us know what you think of this page. All comments are reviewed by us once every week.

**This form is not for service issues or requests** - all such comments should go to <u>Customer Services</u>.

\* = response required

Was this information useful? \*

Yes

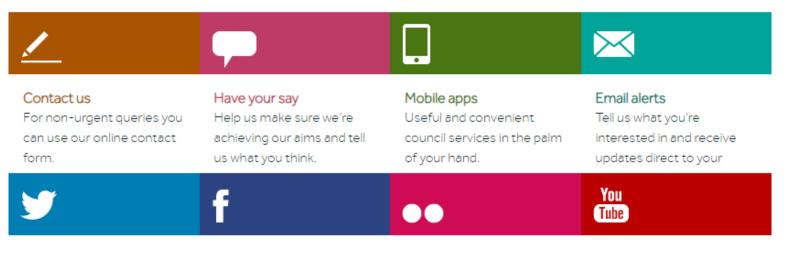
No

Submit

## A to Z Directory of Haringey Council Services

<u>ABCDEFGHIJKLMNOPQRSTUVWXYZ</u>

# Ways of keeping in touch with us



### Twitter

Get the latest important announcements as they happen.



### Facebook

Be part of the Haringey community online as well as off.

#### Flickr

View images of happenings and events from our vibrant borough.

### YouTube

See and hear about Haringey issues and news on our very own YouTube channel.

<u>Accessibility</u> <u>Translation services</u> <u>About this site</u> <u>Legal disclaimer</u>

Please complete a short survey about this site.

Ter

Yes - click 'feedback' tab when ready.

No

No