

[Services for residents](#)[Pay, report, apply](#)[Business information](#)[Local democracy](#)[> Home](#)[> Parking, Roads and Travel](#)[> Travel](#)[> Walking](#)[> Walking Groups](#)[> Better Haringey Trail](#)[> Haringey Walks](#)[Home](#) » [Parking, Roads and Travel](#) » [Travel](#) » [Walking](#) » Haringey Walks

Haringey Walks



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 [walking group](#) 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 [Silver Fit](#) ([external link](#)). Over 65s go free with [Silver Tuesday Haringey](#) ([external link](#))!

[^ Back to top](#)

Quick links

- [Find your nearest health services](#) ([external link](#))

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Useful external links

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17 July 2018

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This form is not for service issues or requests - all such comments should go to [Customer Services](#).

* = response required

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

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