

**Streets, Park and Canal**  
**Saturday, 18th July**  
**Leader: Pat J**

This is a London walk with historical commentary and an opportunity for you to decide which of two lengths of walk is right for you. Henry Moore, Marx and Constable, music hall artists and a gunpowder explosion. If this isn't enough to raise your curiosity and set your feet eager to walk, how about a wonderful view and a stroll along a canal towpath. I've chosen July for this walk as we shall spend some time going through the various gardens within Regents Park and I hope that is when the flowers will be at their best.

The walk starts from Belsize Park with a lunch stop in Regents Park where there is a café and lots of nearby seats for those with packed lunches. Using the towpath alongside the Regents Canal we walk on to Camden Lock (5.5 miles). If this is enough for you, Camden Town Station is nearby. The walk then continues alongside the canal, through residential streets and Chapel Market to finish at the Angel Station (7.25 miles).

There will be a maximum of 20 places on this walk.

Pat J