Walkingtogether

Regular walks exploring the local area, meeting people and reaping the benefits of being active.

No walks will be held from 20 December to 11 January 2027

FREE Programme of walks in Hackney 2026–2027

Day & time	Title & intensity	Meeting point	Walk leader & further information
Monday, 10am–11.30am	**Hackney Diabetes Centre walk** Various routes, low to vigorous	Homerton University Hospital, Hackney Diabetes Centre, Homerton Row, E9 6SR	**Diabetes Lay Educators** **020 8510 5920 / 7875** Participants must have diabetes or pre-diabetes to attend the walk. Please arrive 30 minutes early to register.
Monday, 6pm–7pm	**Hackney Type 1 Diabetes Monthly Walk and Talk** Moderate	Homerton University Hospital, Hackney Diabetes Centre, Homerton Row, E9 6SR	For further information including scheduled dates, email **Samina at samina.hassan@nhs.net** or **07876003103**. Anyone with type 1 diabetes is welcome to attend.
Tuesday 1pm–2pm *Pauses on 1 December, returns on 2 March 2027*	**Clissold Park walk** Moderate	The outside area (ground level) of the main entrance to Clissold House Café, Clissold Park, Green Lanes, N16 9HJ	**Walk leader: Rita Saha** For more info contact **Darren English** on **020 8356 4897 / walking@hackney.gov.uk**
Wednesday, 11.30am–12.15pm *Returns on 22 April and pauses on 11 November. No walk will take place on 26 August and 2 September*	**Fit 4 Health slow paced walk in Clissold Park** Low. To help in the prevention and recovery of stroke/ TIA and for those with mobility issues.	The garden area of Clissold House Café, Clissold Park, Green Lanes, N16 9HJ	To register for a place contact: **Helen McGinley** **07483335891** **020 8356 4897** **helen.mcginley@hackney.gov.uk** **walking@hackney.gov.uk** Participants must be a Hackney resident or registered to a GP based in the borough.
Wednesday, 12.15pm–1pm *No walk will take place on 15 July, 26 August and 2 September.*	**London Fields walk** Moderate	Bottom of Hackney Town Hall steps (Reading Lane side), Mare Street, E8 1EA	**Walk leader: Lynne Thornburn** For more info contact **Darren English** on **020 8356 4897 / walking@hackney.gov.uk**
Wednesday, 2pm–3pm *Pauses on 11 November and returns 3 March 2027*	**Springfield Park walk** Low to moderate	Outside of Springfield House (the large white building) Springfield Park, E5 9BE	**Walk leader: Rita Saha** For more info contact **Darren English** on **020 8356 4897** **walking@hackney.gov.uk**
Thursday, 11am–12pm	**Millfields Park Circular walk** Low to moderate	Park entrance on Millfields Road on the corner of Chatsworth Road opposite Millfields Cafe, E5 0LA	**Walk leader: Rosemarie Michael** For more info contact **Darren English** on **020 8356 4897** **walking@hackney.gov.uk**

NHS Homerton University Hospital NHS Foundation Trust

For further information scan the QR code or visit **hackney.gov.uk/walking**

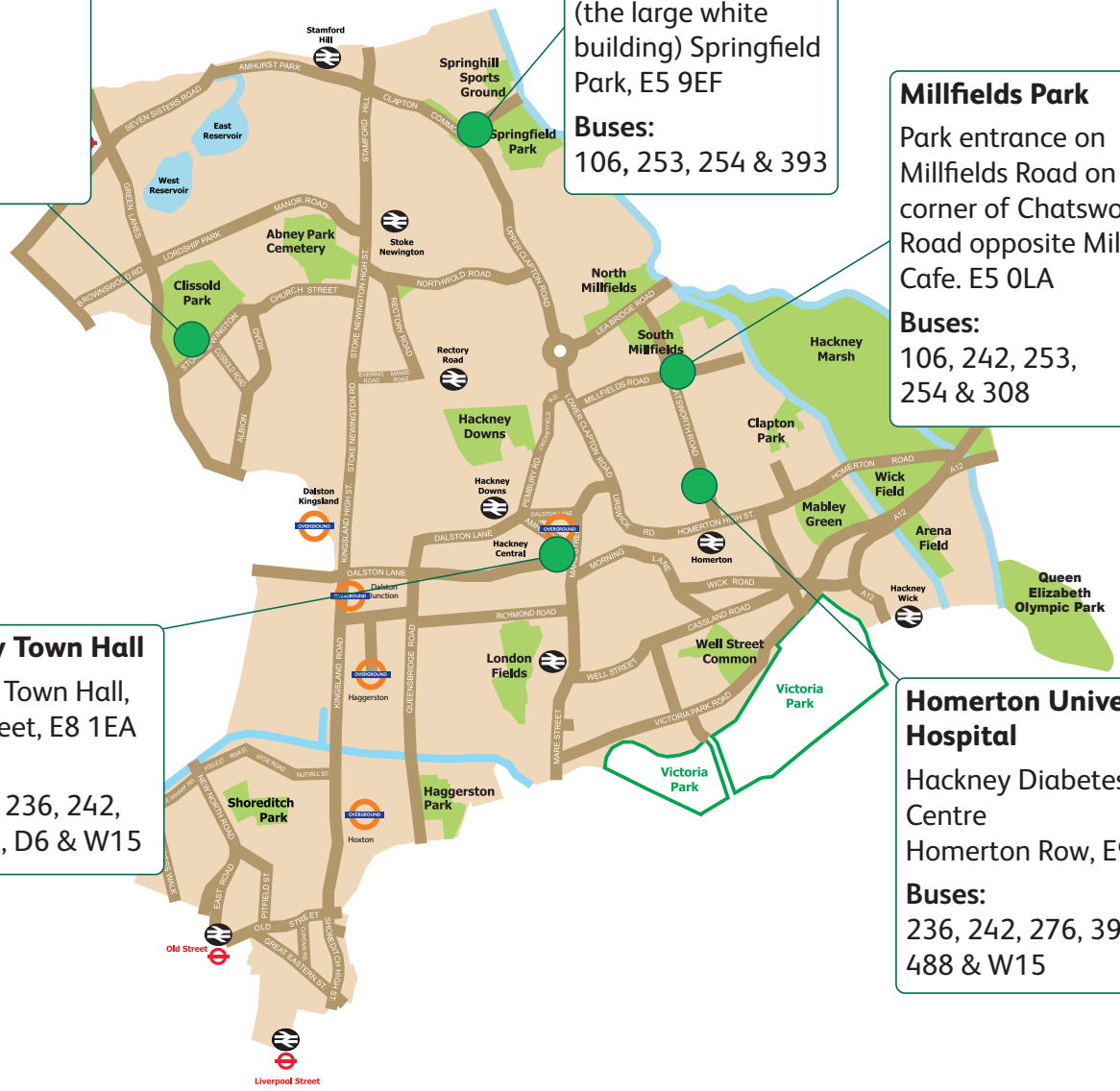
Hackney

The Walkingtogether
venues and nearby buses map

Clissold Park
Off Church St/
Green Lanes,
N16 9HJ
Buses:
73, 141, 341,
393 & 476

Springfield Park
Springfield House (the large white building) Springfield Park, E5 9EF
Buses:
106, 253, 254 & 393

Millfields Park
Park entrance on Millfields Road on the corner of Chatsworth Road opposite Millfields Cafe. E5 0LA
Buses:
106, 242, 253,
254 & 308



Hackney Town Hall
Hackney Town Hall,
Mare Street, E8 1EA
Buses:
55 , 106, 236, 242,
254, 277, D6 & W15

Homerton University Hospital
Hackney Diabetes Centre
Homerton Row, E9 6SR
Buses:
236, 242, 276, 394, 425,
488 & W15

We'll make every effort to accommodate attendees on a first come, first served basis. Once maximum class numbers are reached no more entries will be permitted. We'll give you priority if you're a Hackney resident or are registered to a Hackney based GP surgery. Walks are not held on Bank Holidays.

Before taking part in any of our walks, new participants or those whose details have changed should complete a registration form and familiarise themselves with the walkers guidance.

Please arrive 5 minutes before the walk is due to start in shoes comfortable for walking.

For further information/register attending a walk, walks of interest or training as a walk leader visit **hackney.gov.uk/walking** or contact:
Darren English on **020 8356 4897**
or email **walking@hackney.gov.uk**

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NHS Homerton University Hospital NHS Foundation Trust
Shoreditch Trust
Ramblers Wellbeing Walks Hackney
Hackney