

Crouch End & District U3A Middle Way Walkers Group

Walk number/title	Inspiral Five , Maida Vale to Stockwell
Date	Monday 17 June 2024 and Wednesday 19 June 2024
Distance	8 miles/12.8 km
Timings	Walk 3.5 to 4 hours plus lunch stop = 4 to 4.5 hours approx
Travel	<ul style="list-style-type: none"> • Walk begins outside Maida Vale Station, Bakerloo Line • Walk finishes at Stockwell Station, Northern and Victoria Lines
Route	<ul style="list-style-type: none"> • Meet outside Station • Walk down Elgin Avenue towards Harrow Road and cross over canal • Continue south, crossing through Kensington Gardens • Continue south through South Kensington • Cross the Thames on Albert Bridge • Head east and north through Battersea Park Head southeast • Walk through housing estate and Larkhall Park to reach station
Lunch	<ul style="list-style-type: none"> • Packed lunches on benches alongside the Thames
Dropping out	<ul style="list-style-type: none"> • Numerous stations and bus routes
Facilities	<ul style="list-style-type: none"> • Toilets at Battersea Park
Suitability	<ul style="list-style-type: none"> • Suitable for any reasonably fit walker • Urban and park paths • Primarily flat • Comfortable waterproof shoes or boots essential, check equipment list on web-site • Please dress/plan for varying weather conditions • Check weather forecast for likely weather conditions
Maps/Sources	Inspiral London
Leader/contact	<ul style="list-style-type: none"> • Available to those on the walk