

## **To be used in conjunction with a paper map or Google Maps**

### **Section 1 - W9 to Ally Pally - 1.5 hours - 6 miles**

1. Maida Vale Tube east to Hamilton Terrace turn left.
2. R on Carlton Hill
3. L on Loudoun
4. R on Belsize through Swiss Cottage tube - Exit 2.
5. Left at top of stairs.
6. R on Buckland Crescent
7. L on Haverstock Hill
8. R on pedestrian walk before church
9. R on Pond
10. L on South End
11. R on South Hill Park through Hampsted Heath exiting at Merton Lane
12. L Highgate West Hill becomes North Road
13. R Castle Yard
14. L Southwood Lane
15. R Wood Lane
16. R Cranley Gardens
17. L Park Road. Enter Ally Pally and climb to top.

### **Section 2 - Ally Pally to The Pembury - Hackney - 1.5 hours – 5.5 miles**

1. Head downhill exiting on Park Ave North
2. L on Priory Road
3. R into Priory Park exit Middle Lane
4. L on Rokesly cross Tottenham Lane continue on Nelson
5. L on Ridge
6. R on Oakfield
7. L on Endymion into Victoria Park right along road left at pond follow pond around and exit at Manor House tube
8. Cross both roads onto Woodberry Down.
9. Meander through new high-rises
10. R on Lordship Road
11. L on Stoke Newington (SN) Church Street
12. R on SN High Street
13. L on Brooke
14. R on Rectory
15. L on Downs enter Hackney Downs park and walk the diagonal path exiting R on Pembury Road to the Pembury Pub