



Unless specified, events are free and open to all, with no need to book. Details are subject to change, so please contact the organisers to avoid disappointment. Please visit www.greenchain.com/resources-places-to-visit.php for a description of 20 top attractions on the Green Chain.

For **weekly health walks** and **regular rambles** see pages five and six.

Would you like to sign up to the Green Chain mailing list or list your event in this calendar? If so, email events@greenchain.com.

December 2011

Beckenham Place & Downham Woodlands

Wednesday 28 December
Meet at Grove Park station at 10.30am

An easy five-miles circular walk. Walk off the mince pies on a loop through one of the most fascinating sections of the Green Chain including sweeping Beckenham Place Park and an unexpected woodland strip through a 1920s housing estate. Bring water and a snack, wear sensible, comfortable footwear, dress in case of rain and bring an extra layer of clothing. For enquiries please call 07825397389 or email Des at des@desdemoor.com.

Walk from East Dulwich to Crystal Palace

Saturday 31 December 2011
Meeting at East Dulwich Station at 10.30am

A five-mile leisurely walk through parks and woods with one steep hill. Woods might be muddy after rain. Refreshment stop at the cafe in Dulwich Park. Pub stop at end of walk. For enquiries please call 02072741853 or email Mike at sbgrouppnews@btinternet.com.

January 2012

Walk from Charlton to Woolwich Riverside

Sunday 1 January
Meet at North Greenwich station at 10.30am

A leisurely five-mile walk along the Thames, passing the o2, the Thames Barrier and Woolwich Arsenal. For enquiries please call 07825397389 or email Des at des@desdemoor.com.

Busy Bees

Wednesday 4 January 11.15-11.45am
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Lively sessions for Under 5s and their carers, with creative play, enchanting stories from around the world, simple art and craft, songs and a whole lot of Horniman fun. Free session passes are available from the Information Desk. For enquiries please call 02086991872.

Maryon & Maryon Wilson Park Clear Up

Saturday 7 January 10am; meet at the Flamsteed Road entrance to Maryon Wilson Park, SE7 8EE
Nearest train station: Charlton

Help tidy up both Maryon Wilson Park and Maryon Park in Charlton. Wear clothes and shoes suitable for weather conditions, please bring gloves. For enquiries please email friendsofmaryonparks@gmail.com or send a text message to 07599299934.

Tree Thinning at Abbey Wood

Sunday 8 January 12-3.30pm
Meet at the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Help with the clearing of unwanted trees from an

important wild flower area in the wood. This will help light into the area to encourage wild flowers to grow. Everybody welcome. For enquiries please call 02083173748 or email jwcannell@yahoo.co.uk.

Walk from Falconwood to Crystal Palace

Wednesday 11 January
Meet at Falconwood Station at 10.30am

A moderate 11-mile walk through Eltham Park South, Eltham Palace, King John's Walk, Downham Woodland Walk, Beckenham Place Park, Cator Park and Crystal Palace Park. Drop out point at Grove Park at 3.5 miles. For enquiries please call Margaret at 02088060678.

Nature's Gym Beckenham Place Park

Thursday 12 January 11am-2pm
Meet at the Mansion House car park
Nearest train station: Beckenham Hill

Woodland management, opening the canopy to allow more sunlight to reach the woodland floor. To book a place, please call 02083142119 or email Jess Kyle at naturesgym@lewisham.gov.uk.

Walk from Grove Park to Streatham

Saturday 14 January
Meet at Grove Park Station at 9.27am

A moderate 12-mile linear walk with a pub lunch. Phone leader. For enquiries please call 02075896600.

Beckenham Place Park Conservation

Saturday 14 January
Meet on the Mansion steps at 10.00am
Nearest train station: Beckenham Hill

Join for a couple of hours of light work, such as holly and rhododendron control. All conservation work is done during winter months when plants and animals are mostly dormant. Gloves, tools and instruction provided. Please visit www.beckenhamplaceparkfriends.org.uk/events.htm for more information.

Busy Bees

Wednesday 18 January 11.15-11.45am
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Lively sessions for Under 5s and their carers, with creative play, enchanting stories from around the world, simple art and craft, songs and a whole lot of Horniman fun. Free session passes are available from the Information Desk. For enquiries please call 02086991872.

Telegraph Hill Farmers Market

Saturday 21 January 10am-3pm
Erlanger/Arbuthnot Rd, SE14 5LS
Nearest train station: Nunhead or Queens Road Peckham

Enjoy fresh fruit and vegetables, handmade burgers and sausages, organic bread, various game, fresh pressed juices, and relishes and sauces. Please remember these great, local markets, rely on your support!

Walk from Crystal Palace to Nunhead

Saturday 21 January 2012
Meet at Crystal Palace station at 10.21am

A leisurely six-mile linear walk with a café lunch. The walk will finish at Nunhead station. For enquiries please call 02077018493.

Nature's Gym Chinbrook Meadows

Saturday 21 January 11am-2pm
Meet by the rangers office at the Amblecote Rd entrance
Nearest train station: Grove Park

Willow coppicing along river bank. To book a place, please call 02083183986 or email Judith Simmons at lewnature@glendale-services.co.uk.

Eltham Farmers Market

Sunday 22 January 10am-3pm
Passey Place (off the High Street)
Nearest train station: Eltham

The market sells a range of fresh produce including locally reared rare breed Saddleback Pig, traditionally made succulent sausages, free range organic eggs, fresh fruit and juices, vegetables, game, jams, sauces, cakes and freshly baked breads and pastries.

Coppicing at Abbey Wood

Sunday 22 January 12-3.30pm
Meet at the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Always a popular event, don't miss your chance to learn the ancient crafts of tree coppicing and felling. All ages and abilities are welcome. For more information please call 02083173748 or email jwcannell@yahoo.co.uk.

Walk from Falconwood to Greenwich

Date: Wednesday 25 January 2012
Meet at Falconwood station at 11.13am

A seven-mile linear walk via Oxleas Wood, Woolwich Common and a series of parks to the Thames Barrier, with a cafe/picnic lunch in Charlton Park.

Planting Trees at Birchmere Park

Thursday 26 January 1.30-3.30pm
Birchmere Park, SE28 8HD access through Cole Close
£20 per person

Learn how to plant trees with children and young people. Includes planting, AQA qualification and some tips on planting with kids. Hosted by Katie Roberts from Trees for Cities. Please wear warm weather-proof clothes and sturdy footwear. To book a place please call 07891837120 or email Anna at aportch@wildlondon.org.uk.

Dulwich Farmers Market

Sunday 29 January 9am-1pm
Dulwich College, SE21 5LS
Nearest train station: West Dulwich

On offer are a wide range of locally grown or produced foods including fruit & vegetables from Kent, fresh organic & non-organic meat, savoury pies, goats cheeses, freshly marinated olives, organic bread, jams & preserves, and fresh pressed juices.

ArtPlay at Dulwich Picture Gallery

Sunday 29 January 2-3.30pm
Nearest train station: West Dulwich
FREE for families with a Gallery ticket or £3 per child

Adults and children are creative together at these drop-in workshops with a different art activity each session. Make everything and anything from bunting to block printing and all things in between. Just drop in, no need to book. For enquiries please call 02086935254.

February 2012

Nature's Gym Beckenham Place Park

Thursday 2 February 11am-2pm
Meet at the Mansion House car park
Nearest train station: Beckenham Hill

Woodland management, opening the canopy to allow more sunlight to reach the woodland floor. To book a place, please call 02083142119 or email Jess Kyle at naturesgym@lewisham.gov.uk.

Maryon & Maryon Wilson Park Clear Up

Saturday 4 February 10am; meet at the Flamsteed Road entrance to Maryon Wilson Park, SE7 8EE
Nearest train station: Charlton

Help tidy up both Maryon Wilson Park and Maryon Park in Charlton. Wear clothes and shoes suitable for weather conditions, please bring gloves. For enquiries please email friendsofmaryonparks@gmail.com or send a text message to 07599299934.

ArtPlay at Dulwich Picture Gallery

Sunday 5 February 2-3.30pm
Nearest train station: West Dulwich
FREE for families with a Gallery ticket or £3 per child

Adults and children are creative together at these drop-in workshops with a different art activity each session. Make everything and anything from bunting to block printing and all things in between. Just drop in, no need to book. For enquiries please call 02086935254.

ArtPlay at Dulwich Picture Gallery

Sunday 5 February 2-3.45pm
Nearest train station: West Dulwich
FREE for families with a Gallery ticket or £3 per child

A fantastic opportunity to create an animation film featuring your very own 'Iron Giant' character - inspired by and featuring... junk! Before the film The Iron Giant (1999). Materials provided, Children must be accompanied by an adult. No more than two children per adult. Just drop in, no need to book. For enquiries please call 02086935254.

Busy Bees

Wednesday 8 February 11.15-11.45am
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Lively sessions for Under 5s and their carers, with creative play, enchanting stories from around the world, simple art and craft, songs and a whole lot of Horniman fun. Free session passes are available from the Information Desk. For enquiries please call 02086991872.

Nature's Gym Chinbrook Meadows

Thursday 9 February 11am-2pm
Meet by the rangers office at the Amblecote Rd entrance
Nearest train station: Grove Park

Willow coppicing along river bank. To book a place, please call 02083183986 or email Judith Simmons at lewnature@glendale-services.co.uk.

Beckenham Place Park Conservation

Saturday 11 February
Meet on the Mansion steps at 10.00am
Nearest train station: Beckenham Hill

Join for a couple of hours of light work, such as holly and rhododendron control. All conservation work is done during winter months when plants and animals are mostly dormant. Gloves, tools and instruction provided. Please visit www.beckenhamplaceparkfriends.org.uk/events.htm for more information.

Family Fun Trail at Eltham Palace

Sunday 12 February 11am-4pm
Court Yard, SE9 5QE
Nearest train station: Eltham or Mottingham
£9.30 per adult, £5.60 per child, free for English Heritage Members

Join us this February half term for our Family Fun Trail at Eltham Palace and Gardens, find the hidden clues to solve the puzzle and win a yummy prize. Please call 02082942548 for more information.

Family Fun Trail at Eltham Palace

Wednesday 15 February 11am-4pm
Court Yard, SE9 5QE
Nearest train station: Eltham or Mottingham
£9.30 per adult, £5.60 per child, free for English Heritage Members

South East London Green Chain: The London Boroughs of Bexley, Bromley, Greenwich, Lewisham and Southwark working in partnership to safeguard, enhance and promote the Green Chain open spaces for the enjoyment of all.

Join us this February half term for our Family Fun Trail at Eltham Palace and Gardens, find the hidden clues to solve the puzzle and win a yummy prize. Please call 02082942548 for more information.

Nature Trail Discovery

Wednesday 15 February 2-3.30pm
Horniman Gardens, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Join Jim Murphy from the Trust for Urban Ecology to discover the oldest Nature Trail in London, which is carefully managed to encourage wildlife and includes pond, meadow and log pile habitats. Free passes are available from the Information Desk 30 minutes before the session. For enquiries please call 02086991872.

Egyptian Mummy Masks

Friday 17 February 11am-3.30pm, last entry at 2.45pm
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill
For families with children aged 3+

Craft a striking mask inspired by our mummies from ancient Egypt. We can't wait to see the results. Free drop-in sessions. For enquiries please call 02086991872.

Telegraph Hill Farmers Market

Saturday 18 February 10am-3pm
Erlanger/Arbuthnot Rd, SE14 5LS
Nearest train station: Nunhead or Queens Road Peckham

Enjoy fresh fruit and vegetables, handmade burgers and sausages, organic bread, various game, fresh pressed juices, and relishes and sauces. Please remember these great, local markets, rely on your support!

Eltham Farmers Market

Sunday 19 February 10am-3pm
Passey Place (off the High Street)
Nearest train station: Eltham

The market sells a range of fresh produce including locally reared rare breed Saddleback Pig, traditionally made succulent sausages, free range organic eggs, fresh fruit and juices, vegetables, game, jams, sauces, cakes and freshly baked breads and pastries.

Rhododendron Clearing at Abbey Wood

Sunday 19 February 12-3.30pm
Meet at the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Help remove this invasive shrub plant from the wood and allow more native woodland species to grow. All ages and abilities are welcome. For more information please call 02083173748 or email jwcannell@yahoo.co.uk.

Walk from Greenwich to Crystal Palace

Date: Sunday 19 February
Meet at Maze Hill station at 10.04am

A moderate ten-mile walk through Greenwich Park, Ladywell Fields, Honor Oak and Dulwich Woods. Drop out point at Horniman's Museum after 6.5 miles. Cafe/picnic lunch at Horniman's Museum. For enquiries please call 07979057862 or email Barbara and Margaret at sbgroupnews@btinternet.com.

Romantic Dulwich ... and Peckham!

Date: Sunday 19 February
Meet at Peckham Rye station at 10.30am

An easy five-mile Valentine's walk including the prettier side of Peckham, the common where Blake had his vision of angels and Dulwich, one of London's prettiest villages. Hand holding optional. The walk will end at West Dulwich station. For enquiries please call 07825397389 or email Des at des@desdemoor.com.

Walk from Charlton to Mottingham

Sunday 19 February
Meet at Charlton station at 10.35am

An eight-mile linear walk via the Green Chain, passing Sevendroog Castle. Picnic or excellent park cafe for lunch. Led by Ray. For enquiries please call 02089434688.

Busy Bees

Friday 24 February 11.15-11.45am
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Lively sessions for Under 5s and their carers, with creative play, enchanting stories from around the world, simple art and craft, songs and a whole lot of Horniman fun. Free session passes are available from the Information Desk. For enquiries please call 02086991872.

Dulwich Farmers Market

Sunday 26 February 9am-1pm
Dulwich College, SE21 5LS
Nearest train station: West Dulwich

On offer are a wide range of locally grown or produced foods including fruit & vegetables from Kent, fresh organic & non-organic meat, savoury pies, goats cheeses, freshly marinated olives, organic bread, jams & preserves, and fresh pressed juices.

Walk from Erith to Falconwood

Sunday 26 February
Meet at Erith station at 10.40am

A leisurely seven-mile linear walk from Erith to Falconwood station. For enquiries please call 02089640646.

ArtPlay at Dulwich Picture Gallery

Sunday 26 February 2-3.30pm
Nearest train station: West Dulwich
FREE for families with a Gallery ticket or £3 per child

Adults and children are creative together at these drop-in workshops with a different art activity each session. Make everything and anything from bunting to block printing and all things in between. Just drop in, no need to book. For enquiries please call 02086935254.

March 2012

Maryon & Maryon Wilson Park Clear Up

Saturday 3 March 10am; meet at the Flamsteed Road entrance to Maryon Wilson Park, SE7 8EE
Nearest train station: Charlton

Help tidy up both Maryon Wilson Park and Maryon Park in Charlton. Wear clothes and shoes suitable for weather conditions, please bring gloves. For enquiries please email friendsofmaryonparks@gmail.com or send a text message to 07599299934.

Walk from Falconwood to New Eltham

Sunday 4 March
Meet at Junction of Welling Way and Rochester Way near Falconwood Station at 10am

A moderate ten-mile circular walk with a picnic lunch

on the Green Chain via Severndroog Castle, Eltham Palace and Avery Hill Park. For enquiries please email walks@maidstoneramblers.org.uk.

Woodland Craft at Abbey Wood

Sunday 4 March 12-3.30pm
Meet at the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Join us to create new habitats and home for woodland creature from wood from our previous coppicing and tree thinning activities. All ages and abilities are welcome. For more information please call 02083173748 or email jwcannell@yahoo.co.uk.

ArtPlay at Dulwich Picture Gallery

Sunday 4 March 2-3.30pm
Nearest train station: West Dulwich
FREE for families with a Gallery ticket or £3 per child

Adults and children are creative together at these drop-in workshops with a different art activity each session. Make everything and anything from bunting to block printing and all things in between. Just drop in, no need to book. For enquiries please call 02086935254.

The Ladies of Eltham Palace

Sunday 4 March 2-2.30pm
Court Yard, SE9 5QE
Nearest train station: Eltham or Mottingham

As part of Women's History Month, take a tour of Eltham Palace and hear about the famous women from its past. Learn about the role fashion played in the emancipation of women in the 1920's & 30's. Call 02082942548 to book a place.

ArtPlay at Dulwich Picture Gallery

Sunday 4 March 2-3.45pm
Nearest train station: West Dulwich
FREE for families with a Gallery ticket or £3 per child

Make a vivid stop-motion animation – inspired by the colour and music of Michel Ocelot's animation film – great fun for all the family! Before the film Kirikou and the Sorceress (1998). Materials provided, Children must be accompanied by an adult. No more than two children per adult. Just drop in, no need to book. For enquiries please call 02086935254.

Busy Bees

Wednesday 7 March 11.15-11.45am
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Lively sessions for Under 5s and their carers, with creative play, enchanting stories from around the world, simple art and craft, songs and a whole lot of Horniman fun. Free session passes are available from the Information Desk. For enquiries please call 02086991872.

Nature's Gym Beckenham Place Park

Thursday 8 March 11am-2pm
Meet at the Mansion House car park
Nearest train station: Beckenham Hill

Woodland management, opening the canopy to allow more sunlight to reach the woodland floor. To book a place, please call 02083142119 or email Jess Kyle at naturesgym@lewisham.gov.uk.

Beckenham Place Park Conservation

Saturday 10 March
Meet on the Mansion steps at 10am
Nearest train station: Beckenham Hill

Join for a couple of hours of light work, such as holly and rhododendron control. All conservation work is done during winter months when plants and animals are mostly dormant. Gloves, tools and instruction provided. Please visit www.beckenhamplaceparkfriends.org.uk/events.htm for more information.

Telegraph Hill Farmers Market

Saturday 17 March 10am-3pm
Erlanger/Arbuthnot Rd, SE14 5LS
Nearest train station: Nunhead or Queens Road Peckham

Enjoy fresh fruit and vegetables, handmade burgers and sausages, organic bread, various game, fresh pressed juices, and relishes and sauces. Please remember these great, local markets, rely on your support!

Walking the Green Chain Geotrail

Saturday 17 March 10.30am-4pm
Meet at Thames Barrier café, SE18 5NJ
Nearest train station: Charlton

A Geological Trail has recently been established between Thames Barrier and Lesnes Abbey. This walk

is to launch the seven-mile trail taking in points of geological interest. For more information contact email aurie.baker@btinternet.com.

Eltham Farmers Market

Sunday 18 March 10am-3pm
Passey Place (off the High Street)
Nearest train station: Eltham
The market sells a range of fresh produce including locally reared rare breed Saddleback Pig, traditionally made succulent sausages, free range organic eggs, fresh fruit and juices, vegetables, game, jams, sauces, cakes and freshly baked breads and pastries.

Abbey Wood Daffodil & Amphibian Survey

Sunday 18 March 12-3.30pm
Meet at the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Join our friendly group on a gentle stroll around the woods for this important annual biodiversity survey. All ages and abilities are welcome. For more information please call 02083173748 or email jwcan-nell@yahoo.co.uk.

The Ladies of Eltham Palace

Sunday 18 March 2-2.30pm
Court Yard, SE9 5QE
Nearest train station: Eltham or Mottingham

As part of Women's History Month, take a tour of Eltham Palace and hear about the famous women from its past. Learn about the role fashion played in the emancipation of women in the 1920's & 30's. Call 02082942548 to book a place.

Busy Bees

Wednesday 21 March 11.15-11.45am
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Lively sessions for Under 5s and their carers, with creative play, enchanting stories from around the world, simple art and craft, songs and a whole lot of Horniman fun. Free session passes are available from the Information Desk. For enquiries please call 02086991872.

Dulwich Farmers Market

Sunday 25 March 9am-1pm
Dulwich College, SE21 5LS
Nearest train station: West Dulwich

On offer are a wide range of locally grown or produced foods including fruit & vegetables from Kent, fresh organic & non-organic meat, savoury pies, goats cheeses, freshly marinated olives, organic bread, jams & preserves, and fresh pressed juices.

Weekly Health Walks

Walking is a great way to keep active, manage your weight, reduce stress and protect your health. It is also great fun and an opportunity to meet people. Do not worry about the pace, there will always be someone walking at your speed. Walks are led by qualified walk leaders and provide a friendly and sociable atmosphere in which to enjoy some of the most beautiful places and spaces along the Green Chain. There is no need to book, simply turn up and enjoy!

Franks Park, Belvedere

Mondays at 10.30am, meet in Fox House Road (off Erith Road, near the fire station) for a walk around the park on grass, gravel and trodden mud paths. For enquiries please call Charlene on 02082986276 or email charlene.williams@bexley.nhs.uk.

Sundridge and Bromley North

Mondays at 10am and Wednesdays at 9.30am, meet outside the Prince Frederick Pub, 31 Nichol Lane. For enquiries please call the walk leader, Ashlee, on 02083231718 or email Tanya at Tanya.Mead@bromleypct.nhs.uk.

Peckham Rye Park Early Bird Walk

Mondays, Wednesdays and Fridays 6.30-7.30am, meet near the Park at the corner of Barry Road pelican crossing. Led by Sarah. For enquiries please call 02075255000 or email sports@southwark.gov.uk.

Beckenham Place Park

Tuesdays at 9.45am, meet at Mansion House Car Park. For enquiries please call the walk leader, Ashlee, on 02083231718 or email Tanya at Tanya.Mead@bromleypct.nhs.uk.

Crystal Palace Park

Fridays at 9.45am, meet outside Crystal Palace Information Centre. For enquiries please call the walk leader, Ashlee, on 02083231718 or email Tanya at Tanya.Mead@bromleypct.nhs.uk.

Crystal Palace Parkrun

Saturdays at 9am, meet outside the café at the Thicket Road entrance. A weekly FREE 5km timed event. Please register at www.parkrun.org.uk/crystalpalace/home.

Dulwich Park

Wednesdays at 10am, meet at College Gate entrance. The walk starts with a five minute warm up walk and then at least 20 minutes of brisk walking. This is followed by a cool down walk of about five minutes. Led by Frank. For enquiries please call 02075255000 or email sports@southwark.gov.uk.

Bostall Woods

Tuesdays at 10.30am, meet by Bostall Heath Car Park/Bowling Green, Longleigh Lane for a 45-60 minutes walk through ancient woodland. Sturdy footwear recommended. For enquiries please call Charlene on 02082986276 or email charlene.williams@bexley.nhs.uk.

Sydenham Wells Park

Tuesdays at 11am, meet by the benches near the pond. For more information please call the walk leader, Iris, on 02086939525 or email Jenny at Jenny.budd@nhs.net.

Eltham Park South

Mondays at 9.45am, meet in Eltham Park Café, Glenesk Road, SE9 1AG. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Horniman Gardens

Thursdays at 11am, meet inside the main gates. Some slopes but you can choose more level route. For more information please call the walk leader, Lucreta, on 07951241017 or email Jenny at Jenny.budd@nhs.net.

Downham circular Walk

Thursdays at 10.30am, meet in reception area of Downham Health and Leisure Centre. Some rough ground and slopes. For more information please call the walk leader, Sonja, on 07836548870 or email Jenny at Jenny.budd@nhs.net.

Peckham Rye Park Buggy Walk

Tuesdays 10-11am, meet at Rye Oak Children's Centre, Whorlton Road, SE15 3PD. Take a walk on our buggy-friendly routes and meet other parents and carers. Walks include toning exercises and, if you want to, a gentle jog! Led by Marian and Elizabeth. For enquiries please call 02075255000 or email sports@southwark.gov.uk.

Woolwich Arsenal

Tuesdays at 10.15am, meet at Woolwich Market, end of Powis Street, SE18 6LE. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Avery Hill Park

Wednesdays at 9.30am, meet outside Anstidge Hall, Anstridge Road, SE9 2LL. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Nordic Walking in Charlton Park

Wednesdays at 12pm, meet in front of Charlton House, Charlton Road, SE7 8RE. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Nordic Walking in Thamesmead North

Fridays at 9.15am, meet at Gallions Reach Health Centre, Bentham Road, SE28 8BE. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Elmstead Woods/ Mottingham

Mondays at 11.30am, meet in Coldharbour Community Centre car park, William Barefoot Drive, SE9 3AY. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Grove Park Circular Walks

Wednesdays at 10.30am, meet at Ringway Centre, Baring Road. Choice of routes, through woodland and parks, some with rough ground or slopes. For more information please call the walk leader, Sonja, on 07836548870 or email Jenny at Jenny.budd@nhs.net.

Regular Rambles

The Greenwich Council Park Rangers Service organises regular park tours and nature rambles. All walks will finish at the starting point. For more information please call 02089216885 or email parks@greenwich.gov.uk.

Maryon Wilson Animal Park

Wednesdays at 1.30pm. Meet at the deer pen and help feed the residents of the Park. Extra sessions during school holidays: Mondays and Fridays at 1.30pm.

Charlton Park

Tuesdays at 10am. Meet at the green behind Charlton House and join the park rangers on a brisk walk. Refreshments may be purchased at the Charlton House Tea Rooms. Duration: 90 minutes.

Oxleas Wood

Every Thursday and on the second Sunday of every month at 10am. Meet by the cafe on the meadow off Shooters Hill.

Well Hall Pleasaunce Tour

First Wednesday of each month at 10.30am, and second Sunday of each month at 2pm. Meet at the main gate opposite the co-op and learn about the landmarks of Well Hall Pleasaunce. Duration: 60 minutes.