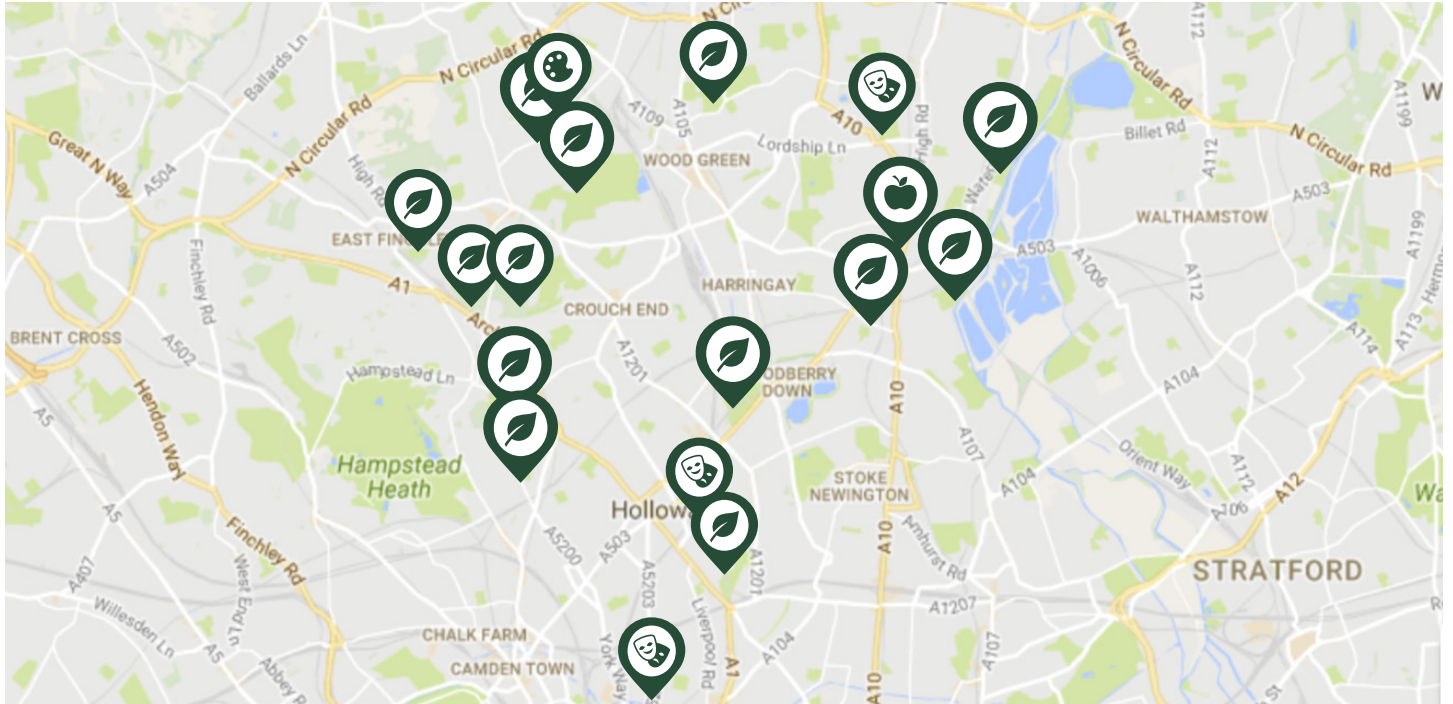


# John Lewis

HIT THE STREETS AND DISCOVER THESE LOCAL HIGHLIGHTS



Key: Culture & interests Gardens & parks Art Market Fitness

## Finsbury Park (1,705 steps)

Finsbury Park is a public park in the ward of the London neighbourhood of Haringey. It was one of the first of the great London parks laid out in the Victorian era.

[www.haringey.gov.uk/finsburypark](http://www.haringey.gov.uk/finsburypark)

### Gardens & parks

#### Finsbury Park

Free

Endymion Road, Haringey, London N4 1EE

Monday to Wednesday & Friday  
6.15am - 8pm; Thursday, Saturday  
to Sunday 6.15am - 7.15pm

020 8489 1000

**Fitness level - Any**

**Walking type - Medium**

**Average length of time spent - 60mins**

**Average distance - 4.5 miles**

**Steps achieved - 1,705**

Rain safe

Pet friendly

Signup: No, just show up

Equipment needed: No

## Estorick Collection of Modern Italian Art (2,170 steps)

The Estorick Collection of Modern Italian Art in Islington features art and sculpture dating from 1890 to the 1950s. It is the United Kingdom's only gallery devoted to modern Italian art.

[www.estorickcollection.com](http://www.estorickcollection.com)

 **Art**

 **Highbury & Islington**

 **Free**

 **39a Canonbury Square, London  
N1 2AN**

 **Wednesday to Saturday 11am - 6pm  
Sunday 12pm - 5pm**

 **020 7704 9522**

**Fitness level** - Any

**Walking type** - Low

**Average length of time spent** - 60mins

**Average distance** - 1.1 miles

**Steps achieved** - 2,170

✓ Rain safe

✗ Pet friendly

✗ Signup: No

✗ Equipment needed: No

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## Highgate Cemetery (3,410 steps)

The resting place of Karl Marx and George Eliot, Highgate Cemetery is designated Grade I on the Historic England Register of Parks and Gardens of Special Historic Interest in England. It is divided into two parts, named the East and West cemetery.

[www.highgatecemetery.org](http://www.highgatecemetery.org)

 **Gardens & parks**

 **Archway**

 **Free**

 **Swain's Lane, Highgate, London  
N6 6PJ**

 **Monday to Friday 10am - 5pm  
Saturday to Sunday 11am - 5pm**

 **020 8340 1834**

**Fitness level** - Any

**Walking type** - Medium

**Average length of time spent** - 60mins

**Average distance** - 1.7 miles

**Steps achieved** - 3,410

✗ Rain safe

✓ Pet friendly

✗ Signup: No, just show up

✗ Equipment needed: No

## Alexandra Palace (6,510 steps)

Alexandra Palace is a historic entertainment venue in Alexandra Park. It is located between Muswell Hill and Wood Green, in the north of the city. It was originally opened in 1873 but was rebuilt in 1875 following a destructive fire.

[www.alexandrapalace.com](http://www.alexandrapalace.com)

### Culture & interests

 Wood Green

 Free

 Alexandra Palace Way, London  
N22 7AY

 Monday to Saturday 9am - 6pm  
Sunday 10.30am - 4.30pm

 020 8365 2121

**Fitness level** - Any

**Walking type** - Medium


**Average length of time spent** - 90mins

**Average distance** - 3.3 miles

**Steps achieved** - 6,510

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

## Tottenham Marshes (6,820 steps)

The Tottenham Marshes cover more than 100 acres and became part of the Lee Valley Park in 1972. They are made up of three main areas: Clendish Marsh, Wild Marsh West and Wild Marsh East.

[www.visitlee valley.org.uk/en/content/cms/nature/nature-reserve/tottenham-marshes](http://www.visitlee valley.org.uk/en/content/cms/nature/nature-reserve/tottenham-marshes)

### Gardens & parks

 Tottenham Hale

 Free

 Watermead Way, London N17 0XD

 Any time

 0845 677 0600

**Fitness level** - Any

**Walking type** - Medium


**Average length of time spent** - 120mins

**Average distance** - 3.4 miles

**Steps achieved** - 6,820

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

## Waterlow Park (8,060 steps)

Waterlow Park is a 26-acre park in the south east of Highgate Village. It was given to the public by Sir Sydney Waterlow, as a garden for the gardenless' in 1889.

[www.waterlowpark.org.uk](http://www.waterlowpark.org.uk)

 **Gardens & parks**

 **Archway**

 **Free**

 **Highgate, London N6**

 **Monday to Sunday 9am - 7.30pm**

 **020 7974 5633**

**Fitness level - Any**

**Walking type - High**


**Average length of time spent - 120mins**

**Average distance - 4 miles**

**Steps achieved - 8,060**

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Paignton Park (6,820 steps)

In July 2011, Paignton Park was named as one of the best parks in the country, winning a Green Flag, which it has retained ever since.

[www.haringey.gov.uk/libraries-sport-and-leisure/parks-and-open-spaces/z-parks-and-open-spaces/paignton-park](http://www.haringey.gov.uk/libraries-sport-and-leisure/parks-and-open-spaces/z-parks-and-open-spaces/paignton-park)

 **Gardens & parks**

 **Seven Sisters**

 **Free**

 **St Ann's Road, London N15**

 **Any time**

 **N/A**

**Fitness level - Any**

**Walking type - Medium**


**Average length of time spent - 120mins**

**Average distance - 3.4 miles**

**Steps achieved - 6,820**

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Tottenham Green Market (5,115 steps)

This market celebrates the diverse range of street food, produce, drink, crafts and vintage from the local area and beyond. Each week there are free activities for children and grown-ups.

[www.tottenhamgreenmarket.co.uk](http://www.tottenhamgreenmarket.co.uk)

 **Market**

 **Tottenham Hale**

 **Free**

 **Town Hall Approach, London  
N15 4RY**

 **Sunday 11am - 4pm**

 **07866 122326**

**Fitness level** - Any

**Walking type** - Medium


**Average length of time spent** - 90mins

**Average distance** - 2.5 miles

**Steps achieved** - 5,115

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Bruce Castle Museum (6,200 steps)

Bruce Castle has been a museum since 1906, and now houses the Borough of Haringey's local history collections, archives and art exhibitions. The museum holds regular historical and arts events.

[www.haringey.gov.uk/bruce-castle-museum](http://www.haringey.gov.uk/bruce-castle-museum)

 **Culture & interests**

 **Tottenham Hale**

 **Free**

 **Lordship Lane, Tottenham N17 8NU**

 **Wednesday to Sunday (1pm - 5pm)**

 **020 8808 8772**

**Fitness level** - Any

**Walking type** - Medium


**Average length of time spent** - 120mins


**Average distance** - 3 miles

**Steps achieved** - 6,200

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Highgate Wood (5,580 steps)

Highgate Wood lies between East Finchley, Highgate Village and Muswell Hill. It was originally part of the ancient Forest of Middlesex, which covered much of London, Hertfordshire and Essex and was mentioned in the Domesday Book.

[www.cityoflondon.gov.uk/things-to-do/green-spaces/highgate-wood](http://www.cityoflondon.gov.uk/things-to-do/green-spaces/highgate-wood)

 **Gardens & parks**

 **Highgate**

 **Free**

 **Muswell Hill Road, Highgate,  
London N10 3JN**

 **Times vary**

 **07786 538932**

**Fitness level - Any**

**Walking type - Low**


**Average length of time spent - 120mins**

**Average distance - 2.8 miles**

**Steps achieved - 5,580**

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## London Canal Museum (4,960 steps)

London Canal Museum in King's Cross displays information about the history of London's canals and those who lived and worked on them.

[www.canalmuseum.org.uk](http://www.canalmuseum.org.uk)

 **Culture & interests**

 **King's Cross St. Pancras**

 **£4**

 **12-13 New Wharf Road, Kings  
Cross, London N1 9RT**

 **Tuesday to Sunday 10am - 4.30pm**

 **020 7713 0836**

**Fitness level - Any**

**Walking type - Low**


**Average length of time spent - 120mins**


**Average distance - 2.5 miles**

**Steps achieved - 4,960**

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Highbury Fields (3,410 steps)

Highbury Fields is the largest open space in Borough of Highbury. Its facilities include tennis courts and Highbury Pool, which reopened after refurbishment in January 2007. [www.islington.gov.uk/sports-parks-and-trees/parks-and-green-space/your-local-parks/highbury-fields](http://www.islington.gov.uk/sports-parks-and-trees/parks-and-green-space/your-local-parks/highbury-fields)

 **Gardens & parks**

 **Highbury & Islington**

 **Free**

 **Highbury Crescent, Highbury East, London N5 1AR**

 **Any time**

 **020 7527 2000**

**Fitness level** - Any

**Walking type** - Medium


**Average length of time spent** - 60mins

**Average distance** - 1.7 miles

**Steps achieved** - 3,410

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Emirates Stadium (2,480 steps)

The Emirates Stadium (known as Ashburton Grove prior to sponsorship, and as Arsenal Stadium for UEFA competitions) is a football stadium in Holloway, and the home of Arsenal Football Club.

[www.arsenal.com/emirates-stadium](http://www.arsenal.com/emirates-stadium)

 **Culture & interests**

 **Arsenal**

 **Prices vary**

 **Hornsey Road, London N7 7AJ**

 **Times vary**

 **020 7619 5003**

**Fitness level** - Any

**Walking type** - Low

**Average length of time spent** - 60mins

**Average distance** - 1.7 miles

**Steps achieved** - 2,480

 Rain safe

 Pet friendly

 Signup: Yes, tickets required

 Equipment needed: No

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## Wood Green Cemetery (2,790 steps)

Wood Green is Haringey's newest cemetery and opened in 1996. It was first awarded a Green Flag in 2009 in recognition of it being one of the best open spaces in the area, and has retained this award ever since.

<http://www.haringey.gov.uk/births-death-and-marriages/bereavement/crematorium-and-cemetery-sites>

 **Gardens & parks**

 **Wood Green**

 **Free**

 **Wood Green, London N22 5HR**

 **Daily, 7.30am - 4.30pm**

 **020 8363 8324**

**Fitness level - Any**

**Walking type - Low**


**Average length of time spent - 60mins**

**Average distance - 1.4 miles**

**Steps achieved - 2,790**

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Albert Road Recreation Ground (5,580 steps)

Albert Road Recreation Ground is a 15.8-acre public park in the London borough of Haringey. It features many facilities for sports, such as tennis, cricket and football.

[www.psandc.co.uk](http://www.psandc.co.uk)

 **Gardens & parks**

 **Bounds Green**

 **Free**

 **147 Durnsford Road, N11 2EL**

 **Times vary**

 **020 8365 8889**

**Fitness level - Any**

**Walking type - Low**

**Average length of time spent - 120mins**

**Average distance - 2.8 miles**

**Steps achieved - 5,580**

 Rain safe

 Pet friendly

 Signup: No

 Equipment needed: No

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## Queen's Wood (6,820 steps)

Queen's Wood is a 52-acre area of ancient woodland in the London Borough of Haringey, abutting Highgate Wood and lying between East Finchley, Highgate Village, Muswell Hill and Crouch End.

[www.haringey.gov.uk/libraries-sport-and-leisure/parks-and-open-spaces/z-parks-and-open-spaces/queens-wood-local-nature-reserve](http://www.haringey.gov.uk/libraries-sport-and-leisure/parks-and-open-spaces/z-parks-and-open-spaces/queens-wood-local-nature-reserve)

 **Gardens & parks**

 **Highgate**

 **Free**

 **Muswell Hill Road, London N10 3JP**

 **Any time**

 **N/A**

**Fitness level** - Any

**Walking type** - Medium


**Average length of time spent** - 90mins

**Average distance** - 3.4 miles

**Steps achieved** - 6,820

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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## Markfield Park (6,820 steps)

This park is home to the Markfield Beam Engine and Museum, housed in a Grade II-listed building, plus a café, playground and sports pavilion.

[www.markfieldpark.org.uk](http://www.markfieldpark.org.uk)

 **Gardens & parks**

 **Seven Sisters**

 **Free**

 **Crowland Road, South Tottenham,  
London N15 6UL**

 **Times vary**

 **020 8800 4134**

**Fitness level** - Any

**Walking type** - Medium

**Average length of time spent** - 120mins

**Average distance** - 3.4 miles

**Steps achieved** - 6,820

 Rain safe

 Pet friendly

 Signup: No

 Equipment needed: No

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## Cherry Tree Wood (2,790 steps)

Cherry Tree Wood is a Site of Local Importance for Nature Conservation. It contains woodland and grassland, a playground, tennis courts, a café and toilets.

[www.cherrytreewood.co.uk](http://www.cherrytreewood.co.uk)

 **Gardens & parks**

 **East Finchley**

 **Free**

 **88 Summerlee Ave, East Finchley,  
London N2 9QH**

 **Times vary**

 **020 8363 8324**

**Fitness level** - Any

**Walking type** - Low


**Average length of time spent** - 60mins

**Average distance** - 1.4 miles

**Steps achieved** - 2,790

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

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