

NEIGHBOURHOOD HIKEs

Nature & Wellbeing Walks

Free weekly walks – all welcome!

Explore green spaces, community gardens, and hidden nature spots across Islington's Nature Neighbourhood.

What to expect: Gentle, themed walks lasting up to an hour, finishing with a chat over refreshments. Everyone welcome!

Upcoming Walks, all starting at 10.30am:

- **22nd August:** The Five Senses
- **25th August:** Nature in Gillespie & Finsbury Parks
- **1st September:** Food growing and harvests
- **8th September:** Seasonal changes and seed collecting
- **15th September:** Exploring the colours around us

Where: all walks will begin outside the Old Fire Station, Holloway Neighbourhood Group, N7 6QT, meet us there!

Find out more, including walk themes and end locations, on our website:



What To Bring

- Comfortable footwear ✓
- Water bottle ✓
- Camera to capture memories ✓