



Case Study: Walking Group 17-8-2015

Exchange type: Walking

Time Exchange: 2 hours

Walk Facilitator: Elaine Spencer

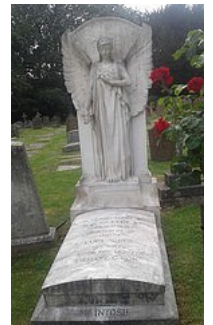


HCC Member Christine Heels: We met Elaine Spencer at the AgeUK offices in Wealdstone and set off for our walk. We went through Byron Park and joined the Belmont Trail. The trail weaves it's way through quiet leafy lanes at the back of houses at first, along side the cemetery and then up to Belmont when after a little walk along a nicely made track we reached the open area of Stanmore Golf Club.

Along the way our lovely guide stopped to point out interesting views, trees, butterflies and buildings. None of us had any idea that all this was there for us to see over the many years we have lived and worked in Harrow!

We eventually emerged into Church Lane, Stanmore, looking at all the very old buildings there, including the house which was once the original Stanmore Station.

We had a stroll around the churchyard of St John's Church and saw the memorial to W.S.Gilbert (of Gilbert and Sullivan fame) before the walk ended about 2 hours after we had started.



It was a fine day and good exercise, especially up the hills!

To finish off the day we stopped for a cup of tea in Stanmore and caught the bus home.



We all really enjoyed the walk and would definitely consider going on another one.

Thank you HCC!

Christine