

- Notes for all walkers**
- Walks start promptly at the published start time.
  - Please arrive 10 minutes before the start time for registration.
  - If you are bringing a group or have additional needs, please call 01895 250453 to advise organisers of this.
  - Suitable footwear should be worn for off-road walking.
  - Dogs (except guide or assistance dogs) are not allowed.
  - Walkers under the age of 16 must be accompanied by a responsible adult.
  - The website will be updated in the rare event a walk is cancelled.

**Grades**

**1:** Gentle walk on flat surfaces for people returning or new to exercise.

**2:** Slow to medium paced walk that may include moderate slopes, steps and uneven surfaces.

**3:** Medium paced walk that may include moderate slopes, steps and uneven surfaces.

**4:** Medium to fast paced walk that include slopes, uneven paths and steps.

**5:** Fast paced walks that include slopes, uneven paths and steps. These are our most challenging and suitable for people with a good level of fitness.

# Hillingdon led walks

**Timetable January to March 2026**

Our led walks take place across the borough and are a great way to meet people and explore Hillingdon’s beautiful green spaces.



Walk name	Grade	Distance	Meeting place	Days of the week	Time	Dates and notes
Stockley Park	4	3 to 4 miles	At Stockley Park entrance, Harlington Road (near Gould Green bus stop)	Monday	11am to 12.30pm	12 January, 9 February, 9 March
Norman Leddy Gardens	1	0.5 to 1 miles	Gate to Norman Leddy Gardens, The Green, Hayes, UB3 2RJ (by Hayes Cricket Club)	Tuesday	11am to 11.45am	13, 27 January, 10, 24 February, 10, 24 March
Ruislip Lido and Woods	4	3 to 4 miles	The Water’s Edge Restaurant, the grassy area by the lake, HA4 7TY	Tuesday	11am to 12.30pm	13, 27 January, 10, 24 February, 10, 24 March
Hillingdon	2	2 to 2.5 miles	Hillingdon Hospital main entrance lobby (facing Bevan’s café) UB8 3NN	Wednesday	2.30pm to 3.30pm	Every Wednesday <i>Walk ends at Costa Coffee in Yiewsley Tesco (UB7 7FP)</i> <i>14 January, 11 February, 11 March</i>
Little Britain	3	3 to 4 miles	Inside main entrance, Tesco Yiewsley UB7 7FP	Thursday	11am to 12.30pm	8 January, 12 February, 12 March
Uxbridge	3	2.5 to 3 miles	Uxbridge Library, Civic Centre, UB8 1UW	Friday	11am to 12pm	16 January, 20 February, 20 March
Yeadon (short)	1	1 to 1.5 miles	Yeadon Library, UB4 0EW	Friday	10am to 10.45am	2 January, 6 February, 6 March
Harefield	4	3.5 to 4 miles	Harefield Green bus stop, Breakspear Road North (near the pond)	Friday	11am to 12.30pm	2 January, 6 February, 6 March
Yeadon	2	1.5 to 2 miles	Yeadon Library, UB4 0EW	Friday	10am to 11am	9 January, 13 February, 13 March
Denham	3	3 to 4 miles	Station Parade shops (by the bus shelter)	Friday	11am to 1pm	9 January, 13 February, 13 March <i>Stopping at Denham Country Park Centre for a toilet break.</i>
West Drayton	3	3 miles	West Drayton Library, UB7 7JS	Saturday	11am to 12.30pm	17 January, 21 February, 21 March
Northwood Hills	5	5 miles	Northwood Hills Underground Station, HA6 1NZ	Saturday	11am to 1pm	31 January, 28 February, 28 March <i>(Very muddy paths and uneven surfaces throughout).</i>
Dowding Park	3	3 to 3.5 miles	Oak Farm Library, Sutton Ct Rd, Hillingdon UB10 9PB	Saturday	11am to 12.45pm	10 January, 14 February, 14 March
Grand Union Canal	5	5 miles	Canal bridge adjacent to Yiewsley Health centre, 20 High Street, UB7 7DP	Sunday	11am to 1pm	4 January, 1 February, 1 March