



# NATIONAL PARK CITY REDBRIDGE\*

## **National Park City Festival: 20–28 July**

The GLA are working with the National Park City Foundation, other partners, and Londoners to make London the world's first National Park City. They will be marking this historic moment with the National Park City Festival from 20–28 July.

### **What is the National Park City Festival?**

The festival will be London's largest free celebration of the outdoors, aimed at people of all ages. There'll be fun activities from culture and health and fitness to wildlife, the environment and more. We'll also be encouraging Londoners to discover new spaces and find fresh ways to get in touch with nature. We want to give all Londoners, organisations and businesses the opportunity to take part. With your help, we can make our city greener, healthier and wilder.

## **#NationalParkCity**

# National Park City Festival: 20–28 July

ALL  
SESSIONS  
FREE

## Barley Lane Recreation Ground

Saturday 27 July

**Bowls Open Day\***

2.30pm-5.30pm

**Tennis (TBC)** 2.30pm-4.30pm

## Clayhall Park

Saturday 20 July **LOVE PARKS WEEK**

**National Valley Great British**

**Tennis Weekend - open day**

1pm-4pm

Sunday 21 July **LOVE PARKS WEEK**

**Fitness with Corinne** 9am-10am

Thursday 25 July

**Kwik Cricket/All Stars Festival**

3pm-late

**Zumba** 3.30pm – drop kids off at  
Cricket and come join us

## Fairlop Waters

Saturday 20 July **LOVE PARKS WEEK**

**Nordic Walk** 1pm

**Family Walk and Talk** 1pm-3pm

Monday 22 July

**Walking for Health  
and Nature Talk**

11am

**Junior Indoor Rowing** 11-17 yrs

5pm-7pm

**Row Fitness** 16 yrs+

7pm-8pm

Tuesday 23 July

**Buggy Fit** 10.30am

**Yoga** 7.30pm

Wednesday 24 July

**Boot Camp** 10am

**Wonderful World of Bats  
with Jenny Clark**

See page 17

**Nordic Walk** 11am

**Stand up paddle board**

6.30pm-8pm

**Junior Golf** 8-15 yrs

11am-1pm

One hour driving range and one  
hour par 3 course

Thursday 25 July

**Family Cycle/nature talk** 1pm

**Senior Golf** 55 yrs+

11am-1pm

One hour driving range  
and one hour par 3 course

Saturday 27 July

**Boot Camp** 8.30am

**Nordic Walk** 12.30pm

**RAF Exhibition** 9.30am-2.30pm

Lakeside Suite

## Goodmayes Park

Monday 22 & Thursday 25 July

**Bowls Open Day\*** 2pm-4pm

Tuesday 23 July

**Bowls Open Day\*** 5.30pm-7pm

**Tennis (TBC)**

## Hainault Recreation Ground

Saturdays 20 & 27 July

Sundays 21 & 28 July

**Bowls Open Day\*** 2pm-6pm

Drop in and try sessions

**LMS Cricket (TBC)**

## Hainault Forest Country Park

Wednesday 24 July

**Farm Tour** 10am-11.30am

See page 15.

Thursday 25 July

**Walking for Health**

11am Mobile Visitor Centre

Saturday 27 July

**Nordic Walk** 10am

Enquiries Alwyn 07903 596869

## Loxford Park

Thursday 25 July

**Family picnic & sports (TBC)**

- Man vs Fat
- Yoga
- Box fit

## Manford Way

Saturdays 20 July **LOVE PARKS WEEK**

& 27 July

**Yoga with OurParks** 9am

[www.ourparks.org.uk/borough/  
manford-way-open-space](http://www.ourparks.org.uk/borough/manford-way-open-space)

## Ray Park

**Tennis (TBC)**

Saturday 20 July

**Bush Craft Taster Session**

See page 17

Tuesday 23 July

**Bat Box Making**

See page 17

Wednesday 24 July

**Nordic Walking** 2pm

Thursday 25 July

**River Roding Safari**

See page 17

**Buggy Fit** 10am

Friday 26 July

**BeeKeeper Tours**

See page 17

Sunday 28 July

**Wanstead Parklands and River  
Roding Heritage Walk**

See page 17

## Seven Kings Park

Wednesday 24 July

**Bowls Open Day\***

2pm-4pm

\*Flat shoes required for all bowls sessions

Meeting points along with further details for all sessions (including those with TBC in the title) will be shown on the Vision website nearer the time.

## South Park

Saturday 20 July **LOVE PARKS WEEK**

**Litter pick** 10.30am

Meet at the Wildlife Centre

**Exhibition about the History of South Park** 2pm

at the Wildlife Centre

**Nordic & History talk** 2.30pm

**Bowls Open Day\***

2.30pm-5pm

## Valentines Park

Saturday 20 July **LOVE PARKS WEEK**

**parkrun** 9am

Wednesday 23 July

**Nordic Walking** 50 yrs+

3pm-4pm (2.45pm meet at café)

Thursday 24 July

**Mobility Walk** 10am

**Dementia Walk & Talk** 11am

Saturday 27 July

**parkrun** 9am

**Cardio Tennis** 18 yrs+

11.30am-12.30pm

Saturday 27 July

**Adult Tennis** 18 yrs+

12.30pm-1.30pm

**Kids Tennis (TBC)** 2pm

**Zumba** 2.30pm

**Nordic Walking** 2.30pm

## Wanstead Park

Saturdays 20 July **LOVE PARKS WEEK**

& 27 July

**Walk for Health**

10.30am from Wanstead Place

Surgery Enquiries 020 8708 0951

# National Park City Splash

## London's first multi-site outdoor paddle sports event

Fairlop Waters Outdoor Activity Centre will be hosting this event where people of all abilities will be welcome to try their hand at paddle sports such as kayaking, rowing, canoeing and stand up paddle boarding. Booking required.

|               | Saturday 27 July      |               |        | Sunday 28 July        |               |        |
|---------------|-----------------------|---------------|--------|-----------------------|---------------|--------|
| 10am-11am     | Stand up paddle board | Paddle sports | Rowing | Stand up paddle board | Paddle sports | Rowing |
| 11am-12noon   | Stand up paddle board | Paddle sports |        | Stand up paddle board | Paddle sports |        |
| 12noon-1pm    |                       |               |        |                       |               |        |
| 1pm-2pm       | Stand up paddle board | Paddle sports | Rowing | Stand up paddle board | Paddle sports | Rowing |
| 2pm-3pm       | Stand up paddle board | Paddle sports |        | Stand up paddle board | Paddle sports |        |
| 3pm-3.30pm    |                       |               |        |                       |               |        |
| 3.30pm-4.30pm | Stand up paddle board | Paddle sports | Rowing | Stand up paddle board | Paddle sports | Rowing |
| 4.30pm-5.30pm | Stand up paddle board | Paddle sports |        | Stand up paddle board | Paddle sports |        |
| 5.30pm-6pm    |                       |               |        |                       |               |        |
| 6pm-7pm       | Stand up paddle board | Paddle sports | Rowing | Stand up paddle board | Paddle sports | Rowing |
| 7pm-8pm       | Stand up paddle board | Paddle sports |        | Stand up paddle board | Paddle sports |        |

For more information or to book any of our sessions,  
visit [www.visionrcl.org.uk/npcredbridge](http://www.visionrcl.org.uk/npcredbridge)