

BRANCHING OUT

Nature Wellbeing Walks

Free weekly walks – all welcome!

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

- Boost your physical & mental wellbeing
- Meet new people and build community
- Discover the local area, nature and growing projects

Gentle circular walks lasting up to an hour. Starting at one of our Nature Anchors, finishing with a chance to chat over refreshments.

What To Bring

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

Nature Neighbourhoods



More information

info@octopuscommunities.org.uk

Scan the QR code to book your free space
or go to: <https://tinyurl.com/naturewellbeingwalks>

Nature Anchor locations

Octopus Community Plant Nursery, N7 0EF
Whittington Park Community Centre, N19 4RS
Hilldrop Community Centre, Community Lane, N7 0JE