**Lea Valley Walk 1, Saturday 10th January 2009**

13 walkers, 19 miles – leader Rob Myers

13 walkers including 1 first timer braved arctic conditions for a very pleasant walk along the frozen canals and River Lea Navigation. It was amusing at times to see the ducks and swans attempts to walk on the ice. The walk started at the Limehouse basin and passed through Regents Canal, Victoria Park, Hackney Marshes and Walthamstow Marshes before a welcome cup of tea at Stonebridge Lock Café. Following that the walk progressed through Ponders End, Enfield Lock and Ramney Marsh before reaching our very late lunch stop at Waltham Abbey. Some walkers spent the lunch break exploring the Abbey Church founded in 1050 by Harold II whilst others went to the pub. Following lunch there was a short but enjoyable final 4-mile stage via Cheshunt to Broxbourne where the Olympic Canoeing is due to be held. Everyone agreed that it was a thoroughly enjoyable day.