



Try this round route for a spot of summer cycling

By Greta Brambilla

Would you like an active morning or afternoon out with family and friends? Look no further than this 12km cycle route, which will take you past some lovely local sights and can be completed in an hour and a half.

From wherever you are in East Finchley, cycle along East End Road until you reach Cromwell Close, almost opposite the Five Bells pub, which leads to three leafy pathways ahead of each other crossing Brim Hill and Abbots Gardens all the way down to Lyttelton Road (give priority to pedestrians on these narrow paths).

At Lyttelton Road, go right, then cross it at the crossing opposite Gurney Drive. A little road ahead leads to a jungly path through the back of the playing field featuring a charming bridge and stream: the perfect photo opportunity.

When you reach Kingsley Way you can stop for a fresh roll or pastry from King's Bakery on your right or continue the route by turning left. At the end of Kingsley Way turn left at the little roundabout onto the green and stately Wildwood Road (where you may notice a few neighbourhood superheroes).

Once past the Heath extension, turn left at the end of Wildwood Road to go up Hampstead Way. You will soon reach Golders Hill Park where I recommend dismounting and taking time to wander around the vibrant gardens, majestic pergola and



Hidden track: Crossing a bridge off Lyttelton Road



Route map: The 12km circuit to Hampstead and back

cycle across the cut-through and cross over onto the Great North Road.

A little way on, turn right into Woodside Avenue, then left into Fordington Road and up the narrow, shrouded Indigo Walk. Admire the picturesque front gardens as you turn left onto Southern Road and right onto Western Road. Fortis Green is at the top and you can return home from there. Safe journey and happy cycling!



Up on the roof: Can you spot these superheroes in Wildwood Road?

duck ponds. The Refreshment House also does delicious coffees and ice creams here.

To leave the park, it is safest to follow the path to the pergola, keep going, then turn left into Heath Brow, up towards Jack Straw's Castle. Turn left at the roundabout there and cross over on to the cycle path alongside Spaniards Road, with lovely views of London over Hampstead Heath.

Continue past Spaniards Inn and Kenwood House, turning left onto the quaint and quiet Sheldon Avenue. At the East Finchley end of the road,

Steve Amos: much-loved father and friend

The sudden and unexpected death of Steve Amos has left the East Finchley community in mourning. Steve, 51, died peacefully in hospital at the end of June after suffering a devastating bleed to his brain.



Fondly remembered: Steve Amos

Steve, a lawyer and Director of Litigation with the Government Legal Department, had been an East Finchley resident for almost 20 years, living on the

county roads with his wife Nicola, and three children Jamie, Kate and Toby.

All three children attended Martin Primary School where Steve was a governor for a number of years. He was a key part of the school community for 17 years, and was known very fondly by staff and parents.

Steve loved East Finchley and Hampstead Heath where he liked to walk and swim, and had so many friends in the area who will all miss him terribly.

A small funeral followed by a walk on Hampstead Heath for close family and very close friends was held at the end of July. His family are encouraging people to have a walk on the Heath as a way of taking a few moments to remember Steve.

Nicola and her children have taken great comfort in the love and support shown by their friends, neighbours and the wider East Finchley community over recent weeks.

RICKY SAVAGE ... "The voice of social irresponsibility"

We're not all going on a summer holiday

By Ricky Savage

It's that time of year again when half the population heads off for two weeks of sunburn, hangovers and strange exotic diseases. You know the way it goes: cram yourself into a metal tube for the whole breakfast in London, lunch in Madrid and luggage in Helsinki experience.

Except that is so last year. This year the skies are the quietest they have been since 2010 when one of Iceland's more incontinent volcanoes belched so much dust that half the world's aircraft had to have a lie down.

So in this weird socially distant world if you can't go and despoil the beautiful countryside of some far-off land, why not despoil your own country? Act like you are abroad: drop litter, drink beer and complain about the funny foreign food.

And to make it a proper holiday don't stay at home upsetting the neighbours with a death-defying barbie. Take a road trip, go somewhere and annoy someone else's neighbours.

You could do what Cliff Richard did in the 1960s, borrow a double-decker bus, convert it into a motorhome and go singing and dancing up the A1, picking up girl hitchhikers, a runaway teen star pretending to be a boy and a bunch of blokes playing twangy guitar.

Or, for the less social, load up your car, complete with a four-year-old child, and drive 264 miles to Durham to get your eyes tested.

As you travel across this green and pleasant land looking for a beach or beauty spot you'll be able to rediscover Britain in all its glory. You can admire all those 'Tourists, go away' signs that villagers have put up to welcome you. Yes, time to enjoy that uniquely British xenophobia that is as central to all charming country villages as the smell of manure.

And it will probably be raining, making you wish you had gone to Specsavers instead. By the time you get home, you will need a proper holiday, this time somewhere hot and abroad, especially if the idiot next door got out his barbie and burned down your shed. You'll be fine. All that will be missing is your luggage, which will be in Helsinki. On a pub crawl.

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East Finchley
N2 9PJ

Bounce Back 2020

Anyone in East Finchley between eight and 18 years old is welcome to join in Bounce Back 2020, an hour of dance, drama and multi-sports every day, followed by pizza.

There will be three one-week courses between 3 and 21 August and three age groups 8-12, 12-15 and 15-18. The courses, hosted by Grange Big Local and SOTO CIC, are free and so is the pizza. To sign up email info@sotocic.org

Holy Trinity Parish Church 67 Church Lane, N2 0TH

Our church building is now open for worship.

Sundays: Holy Communion @ 9.30 am

Wednesdays: time for private prayer 5.00 - 7.00 pm.

We continue to meet online for prayer and mutual support:

Morning Prayer: Monday to Friday, at 9.00 am

Bible Readings and Prayers: Sunday at 11.00 am

If you would like to join in prayer or send us prayer requests, please contact us via our website: www.holytrinityeastfinchley.org.uk

For more information please contact us at:

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