



## **BOOKING NOW**

### **LONDON REGION u3a PROGRAMME FOR JUNE 2026**

#### **WALKS/VISITS FOR u3a MEMBERS**

**Continuing the London Region's successful series of guided walks and visits to museums and galleries, we are delighted to present a new programme for June 2026.**

**These events have been carefully selected for our members. Each walk/visit is organised and led by a qualified guide and lasts between 1.5 - 2 hours.**

**These events are bookable separately and cost £10.00 each with a maximum of 15 – 20 participants. No refunds.**

**Please apply and pay online in advance** – it's quick and easy, saves paper and helps with administration.

**BACs payment:** If you do not wish to pay through the online booking system you may pay by bank transfer to London Region's bank account – details provided by email upon request. Note: this is slower than paying online. Place confirmed only upon receipt of payment.

**Booking/Payment Confirmation:** Your booking and payment confirmations will be sent to you by email on receipt of payment. If you think that you have not received the Booking Confirmation, please check your spam/junk folder before emailing the contact below.

**Please bring your Booking Confirmation and Payment Confirmation with you (paper or 'phone) on the day/s you attend, as this will act as your ticket.**

**Contact for enquiries: [Bookings.lru3a@gmail.com](mailto:Bookings.lru3a@gmail.com)**

## PROGRAMME SUMMARY

**See page reference for event details**

Date & Time	Event Type	Event Title	Page
Mon 1st June, 11.00-13.00	Walk	Kew & The River Thames	3
Thurs 4th June, 14.30-16.00	Walk	Corners of Kensington	4
Mon 8th June, 11.00-13.00	Walk	1966 : The Year of Swinging London	5
Tues 9th June, 11.00-12.30	Visit	Inspiring Women, National Portrait Gallery	6
Sun 21st June, 11.00-12.30	Walk	From the Romans to Wren : Secrets of the Square Mile	7
Tues 23rd June, 11.00-12.30	Visit	Geological Museum Highlights Tour- The Story Beneath Your Feet	8
Thurs 25th June, 11.00-13.00	Walk	In the Footsteps of a Georgian Heroine	9
Mon 29th June, 10.45-12.45	Walk	Memorials, Memories and the Military – A Military Walk Around Whitehall	10
Tues 30th June, 11.00-12.30	Visit	Seen and Unseen : Women in the Guildhall Art Gallery	11
Tues 30th June, 14.00-15.30	Visit	Seen and Unseen : Women in the Guildhall Art Gallery	12

### Notes

Our experienced guides have noted any significant points for their own walk in the programme description.

On the day, guides will brief their groups in more detail about the route and any specific instructions.

However, the following general points apply to all walks:

- A back-marker will be nominated by the guide to keep an eye on those at the back of the group.
- Guides may be equipped with voice amplification equipment.
- All guides are qualified and full members of Guiding Associations with third party insurance but if applicants have any issues that the guide needs to know about, please indicate this in your application form.
- Please wear suitable footwear and clothing; bring drinking water and other essential personal items; coins (50p recommended) for public toilets.

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**WALK FOR u3a MEMBERS**

**KEW VILLAGE AND THE RIVER THAMES**

**MONDAY 1<sup>st</sup> JUNE 2026 11.00 – 13.00 (morning)**

**GUIDE: PAUL BAKER**

Time	Session Type	Session Description
11.00-13.00	Visit	<p><b>MEETING PLACE :Meet outside Kew Gardens tube station (District and Mildmay lines), <b>Royal Botanic Gardens exit.</b></b></p> <p><b>Suggest participants consult the TFL step-free tube guide.</b></p> <p><b><u>Description</u></b></p> <p><b>As well as its famous Gardens, which you’ll walk past but will not visit, Kew is also blessed with a lovely old village, and a delightful Thames-side walk. And Kew Green is quite simply one of the prettiest places in London.</b></p> <p><b>Max 20 participants.</b></p> <p><b>TO BOOK <a href="#">CLICK HERE</a></b></p> <p><b>Cost: £10.00. No refunds.</b></p>
<p><b>Paul Baker</b> : has been a City of London guide for over 20 years. Amongst his specialities are French London (Paul guides in English and French) and the Huguenots, street art, the City of London and the West End and also north London, particularly Paul's own beloved Borough of Barnet, where he's lived for the past 40 years.</p>		

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**WALK FOR u3a MEMBERS  
CORNERS OF KENSINGTON**

**THURSDAY 4<sup>th</sup> JUNE 2026 2.30-4.00 p.m.(afternoon)**

**GUIDE: MARY ENRIGHT**

Time	Session Type	Session Description
2.30-4.00 pm	Walk	<p><b>MEETING PLACE:</b> Meet on Kensington High Street outside the Underground station (District and Circle Lines). Buses 9, 27, 28, 49 and 328 all stop nearby.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>Stray off the busy High Street to discover some delightful old style Kensington charm. Discover its hidden corners, pretty squares, tranquil side-streets, flower-wreathed cottages and see blue plaques aplenty. For those who'd like to round off the afternoon with refreshments, the walk will finish in Hyde Park (refreshments at your own expense).</p> <p>Max 18 participants.</p> <p>TO BOOK <a href="#">CLICK HERE</a></p> <p>Cost: £10.00. No refunds.</p>

**Mary Enright** : Mary has lived in London since 1989 and for over 20 years has lived just across the park from Kensington. Her devotion to the area has grown and flourished over the years, especially since she worked for Westminster Council and trained as a Westminster Guide (2018). She is familiar with every street, landmark and lane and loves an opportunity to show these off to others. She has designed, researched and led almost 20 distinct and different walks. Professionally she leads well received guided tours for visitors around Royal London and Historic London, but her favourite walks are those she leads for Londoners.

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**WALK FOR u3a MEMBERS****1966: THE YEAR OF SWINGING LONDON****MONDAY 8<sup>th</sup> JUNE 2026 11.00 – 13.00 (morning)****GUIDE: RICHARD WATKINS**

Time	Session Type	Session Description
11.00-13.00	Walk	<p><b>MEETING PLACE:</b> Oxford Circus Underground, outside exit 4 which is North-West corner of Oxford Circus (adjacent to H &amp; M en route to John Lewis). Oxford Circus is on Bakerloo, Central and Victoria lines.</p> <p><b>Suggest participants consult the TFL step-free tube guide.</b></p> <p><b><u>Description</u></b></p> <p><b>A walking tour featuring the music clubs, fashion shops, art galleries and protest sites of Swinging London. Featuring the famous names of Hendrix, the Kinks, Peter Blake, the fashionista John Stephen as well as club owners, police officers and others.</b></p> <p><b>Max 20 participants.</b></p> <p><b>TO BOOK <a href="#">CLICK HERE</a></b></p> <p><b>Cost: £10.00. No refunds.</b></p>
<p><b>Richard Watkins :</b> Richard is a London tour guide of around 15 years who delivers historic walking tours in Westminster, the City of London, Lambeth and other areas. He also conducts bus and coach tours to historic sites around the country; delivers courses of walks for adult education and talks for history groups and conducts tours of historic parts of the London underground. Richard has worked for a number of London museums, in particular the Crystal Palace Museum and has spoken on historic subjects on radio and tv.</p>		

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**VISIT FOR u3a MEMBERS**

**INSPIRING WOMEN IN THE NATIONAL PORTRAIT GALLERY**

**TUESDAY 9<sup>th</sup> JUNE 2026 11.00 – 12.30 (morning)**

**GUIDE: DAVID LLOYD**

Time	Session Type	Session Description
11.00-12.30	Visit	<p><b>MEETING PLACE:</b> The main entrance of the National Portrait Gallery. <b>The guide will have a u3a notice on display.</b></p> <p><b>Nearest Underground stations :</b> Leicester Square on Piccadilly and Northern lines 5 mins walk; Charing Cross on Northern and Bakerloo lines and National Rail, 7 mins walk; Embankment on Bakerloo, Circle, District and Northern lines, 10 mins walk. NB Charing Cross may have access issues.</p> <p><b>Suggest participants consult the TFL step-free tube guide.</b></p> <p><u><b>Description</b></u></p> <p><b>“The Inspiring Women Tour” covers a time span from the Tudors to 21<sup>st</sup> Century including monarchs, musicians, medics, scientists, artists, campaigners and writers. Mothers and daughters as well as sisters all feature. There are occasional changes to what is on display due to loans to other galleries and curatorial decisions; so there has to be flexibility and vigilance on the part of the guide!</b></p> <p><b>Max 15 participants.</b></p> <p><b>TO BOOK <a href="#">CLICK HERE</a></b></p> <p><b>Cost: £10.00. No refunds.</b></p>
<p><b>David Lloyd :</b> Studied History at the Universities of Bristol, Liverpool and UCL. He taught History and Law for many years in London. He has guiding qualifications from the City of London, the City of Westminster and the Borough of Camden. In addition to the National Portrait Gallery and Tate Britain he also guides at Trinity House, the Guildhall Art Gallery and the Foundling Museum as well as leading history and literary walks in the capital. He is also a tutor to trainee London guides.</p>		

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**WALK FOR u3a MEMBERS**  
**FROM THE ROMANS TO WREN: SECRETS OF THE SQUARE MILE**  
**SUNDAY 21ST JUNE 2026 11.00 – 12.30 (morning)**  
**GUIDE: ELENA PAOLINI**

Time	Session Type	Session Description
11.00-12.30	Walk	<p><b>MEETING PLACE:</b> Outside Guildhall Art Gallery in Guildhall Yard. Free toilets available.  <b>Nearest Underground stations:</b> Moorgate on Northern and Elizabeth lines; Bank on Central, Northern, District and Circle lines plus the DLR. Both are a 10 minute walk.</p> <p>Finish at St. Paul’s Cathedral (free toilets and refreshments [your expense]) available.  <b>Nearest underground St. Paul’s</b> on Central line and City Thameslink station. Both a 5 minute walk.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u><b>Description</b></u>  <b>Discover a quieter, richly layered City of London on this relaxed 1½-hour walk, suitable for both those who already know and love the City and for those who are keen to get to know it better. Beginning at Guildhall Yard and finishing at St Paul’s Cathedral, we explore the City’s less familiar corners - tucked-away gardens, hidden courtyards, Wren churches, and traces of Roman London that are easy to miss.</b>  <b>We uncover the City’s story through medieval guilds and livery companies, the scars of fire and war, and the remarkable rebuilding that followed. Along the way, we consider how the City has continually reinvented itself, setting medieval institutions alongside bold modern architecture and revealing how different layers of history sit side by side.</b>  <b>The walk takes in a fascinating mix of architecture old and new, from surviving fragments of the Roman city to elegant Wren churches and striking contemporary buildings. We finish at St Paul’s Cathedral, where centuries of history converge in one of London’s most celebrated spaces.</b></p> <p><b>Max 20 participants.</b></p> <p><b>TO BOOK <a href="#">CLICK HERE</a></b></p> <p><b>Cost: £10.00. No refunds.</b></p>

**Elena Paolini** : Is a qualified and accredited Camden guide and City of London guide, and has guided professionally since 2021. She is fascinated mostly by history with a small “h”: the everyday lives of the people who walked, lived and occasionally misbehaved on the very streets we are exploring today. Elena enjoys uncovering the small clues they left behind and piecing together their stories as we wander through the city. Her favourite topics include women’s history, medicine and crime, and she has a particular soft spot for London’s lesser-known corners. In her spare timeshe volunteers as a tour guide at Highgate Cemetery or pokes around the Thames foreshore as a volunteer for the Thames Discovery Programme. She is also a member of London Historians.

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**VISIT FOR u3a MEMBERS**

**GEOLOGY MUSEUM HIGHLIGHTS TOUR:  
THE STORY BENEATH YOUR FEET**

**TUESDAY 23<sup>rd</sup> JUNE 2026 11.00-12.30 (morning)**

**GUIDE: Dr. STEPHEN KING**

Time	Session Type	Session Description
11.00-12.30	Visit	<p><b>MEETING PLACE:</b> Meet outside at the entrance to the Geology Museum on Exhibition Road. This is not the main entrance to the NHM, but round the corner on Exhibition Road, opposite the V&amp;A.</p> <p>Please allow time to queue and enter the museum.</p> <p><b>Nearest Underground:</b> South Kensington station (Circle, District and Piccadilly Lines – not step free). Short walk to the museum. Knightsbridge station on the Piccadilly Line is step free but further away from the museum.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>The NHM is one of the world’s leading museums. This tour explores 4 billion years of earth's dynamic history and the key points in the evolution of the planet. Experience a Japanese earthquake, see inside a volcano and meet the weird and wonderful life forms that were our distant ancestors.</p> <p><b>This visit to the Natural History Museum may not be suitable for wheelchair users.</b></p> <p>Max 15 participants.</p> <p>TO BOOK <a href="#">CLICK HERE</a></p> <p>Cost: £10.00. No refunds.</p>

**Dr. Stephen King:** is a qualified and experienced London tour guide who offers various historical and themed walks around the city. His tours aim to be fun and engaging, as well as packed full of often interesting facts and surprising tales. He brings his enthusiasm for London and his years of experience to each tour. You can find him on social media at @stevendoestours.

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**WALK FOR u3a MEMBERS****IN THE FOOTSTEPS OF A GEORGIAN HEROINE****THURSDAY 25<sup>th</sup> JUNE 2026 11.00 – 13.00 (morning)****GUIDE: FREDA DAHL-NIELSEN**

<b>Time</b>	<b>Session Type</b>	<b>Session Description</b>
<b>11.00-13.00</b>	<b>Walk</b>	<p><b>MEETING PLACE:</b> The Diana Statue in Green Park. It is located just outside the South exit (the Buckingham Palace exit) of Green Park tube station which leads directly into the park. There is a small food kiosk located next to the statue. Green Park station is on the Jubilee, Piccadilly and Victoria lines.</p> <p><b>Finish</b> – St. George’s Church, Hanover Square. Nearest Underground Oxford Circus on the Bakerloo, Central and Victoria lines.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>It is a truth universally acknowledged that a walk is good for your health and so come along to places that those fictional heroines in Regency novels but more surprisingly how Jane Austen – one of our most famous authors would have known. Her brother Henry and cousin Eliza had lived and been a part of, and mixed with, London Society. So, you will explore – from Hanoverian celebrations in Green Park to girls being presented at St. James Palace, to the shops and clubs that abound in St. James. To balls and boxing and ice-cream and like any good romantic novel a church frequently used for weddings.</p> <p><b>Max 15 participants.</b></p> <p><b>TO BOOK <a href="#">CLICK HERE</a></b></p> <p><b>Cost: £10.00. No refunds.</b></p>

**Freda Dahl-Nielsen:** is an adopted Londoner having lived and worked in London for over 40 years as a Chartered Surveyor employed by the Civil Service. She loves to travel and to find out about places including exploring her adopted city of London. Discovering courses for Guiding she qualified in 2019 as a City of London Green Badge Guide and is also qualified guide for Camden and the City of Westminster. Freda volunteers at Historic Royal Palaces including as a Guide for the Garden History Tours and at the Foundling Museum as well as at Westminster Abbey. She guides for Open House weekend and for London Walks Guiding Day.

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## WALK FOR u3a MEMBERS

### MEMORIALS, MEMORIES AND THE MILITARY – A MILITARY WALK AROUND WHITEHALL

**MONDAY 29<sup>TH</sup> JUNE 2026 10.45-12.45 (morning)**

**GUIDE: RICHARD PUSEY**

Time	Session Type	Session Description
10.45-12.45	Walk	<p><b>MEETING PLACE: Meet</b> at 10.45 at Westminster Underground station just outside the ticket barriers outside Greggs (under cover and café and toilet facilities nearby).</p> <p>Westminster Station is on the District, Circle and Jubilee lines.</p> <p><b>Finish</b> at Trafalgar Square at approx. 12.45 close to Charing Cross and Leicester Square stations. Charing Cross on Northern and Bakerloo underground lines as well as National Rail. Leicester Square on Piccadilly and Northern Lines.</p> <p>Many eateries in the area. Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>The walk will look at events in British history from the Romans to WWII by looking at memorials finishing with details of the death of Lord Nelson at Trafalgar Square. You will watch the Horse Guards in action (assuming Horse Guards Parade is clear after Trooping the Colour on 13 June) and you will hear whether Florence Nightingale actually had a lamp!</p> <p>Max 20 participants.</p> <p>TO BOOK <a href="#">CLICK HERE</a></p> <p>Cost: £10.00. No refunds.</p>

**Richard Pusey** is a City of London Green Badge guide and Camden Tour guide. Served in the Territorial Army for over 20 years and awarded the Territorial Decoration retiring at the rank of Lieutenant Colonel and has a special interest in medical and military history.

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## VISIT FOR u3a MEMBERS

## SEEN AND UNSEEN: WOMEN IN THE GUILDHALL ART GALLERY

TUESDAY 30<sup>th</sup> JUNE 2026 11.00 – 12.30 (morning)

GUIDE: ELENA PAOLINI

Time	Session Type	Session Description
11.00-12.30	Visit	<p><b>MEETING PLACE:</b> Start/Finish: Guildhall Art Gallery, outside main entrance on Guildhall Yard.</p> <p><b>Nearest Underground stations:</b> Moorgate (Northern, Circle, Hammersmith &amp; City and Metropolitan lines) and Bank (Northern, Central, Waterloo &amp; City, DLR lines) - both 10 minute walk.</p> <p><b>Suggest participants consult the TFL step-free tube guide.</b></p> <p><b><u>Description</u></b></p> <p><b>At the Guildhall Art Gallery, women appear throughout the City of London’s art collection: sometimes at the centre of a painting, sometimes quietly in the background and sometimes as the creators behind the works themselves. This guided tour explores the collection through a female lens, revealing figures who are often overlooked. We will encounter muses and sirens who inspired artists, Victorian trailblazers, refugee artists, medieval artisans and even Roman female gladiators. Together they offer a fresh perspective on the Guildhall collection and the many roles women have played through history.</b></p> <p><b>Max 15 participants.</b></p> <p><b>TO BOOK <a href="#">CLICK HERE</a></b></p> <p><b>Cost: £10.00. No refunds.</b></p>

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## VISIT FOR u3a MEMBERS

## SEEN AND UNSEEN: WOMEN IN THE GUILDHALL ART GALLERY

TUESDAY 30<sup>th</sup> JUNE 2026 14.00 – 15.30 (afternoon)

GUIDE: ELENA PAOLINI

Time	Session Type	Session Description
14.00-15.30	Visit	<p><b>MEETING PLACE: Start/Finish: Guildhall Art Gallery, outside main entrance on Guildhall Yard.</b></p> <p><b>Nearest Underground stations: Moorgate (Northern, Circle, Hammersmith &amp; City and Metropolitan lines) and Bank (Northern, Central, Waterloo &amp; City, DLR lines) - both 10 minute walk.</b></p> <p><b>Suggest participants consult the TFL step-free tube guide.</b></p> <p><b><u>Description</u></b></p> <p><b>At the Guildhall Art Gallery, women appear throughout the City of London's art collection: sometimes at the centre of a painting, sometimes quietly in the background and sometimes as the creators behind the works themselves. This guided tour explores the collection through a female lens, revealing figures who are often overlooked. We will encounter muses and sirens who inspired artists, Victorian trailblazers, refugee artists, medieval artisans and even Roman female gladiators. Together they offer a fresh perspective on the Guildhall collection and the many roles women have played through history.</b></p> <p><b>Max 15 participants.</b></p> <p><b>TO BOOK <a href="#">CLICK HERE</a></b></p> <p><b>Cost: £10.00. No refunds.</b></p>

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