



LONDON REGION u3a PROGRAMME FOR JULY 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 July 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.

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

To book: Click the links attached to each event

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

PROGRAMME SUMMARY

See page reference for event details

| Date & Time | Event Type | Event Title | Page |
|---------------------------------------|------------------|--|------|
| Mon 6th July, 11.00-12.30 | Walk | A History of Tea. | 3 |
| Fri 10th July, 11.00-12.30 | Walk | St. Paul's to Blackfriars : Faith, Fun and Frolics | 4 |
| Thurs 16th July, 11.00-13.00 | Walk | Ada Salter : Beautifying Bermondsey | 5 |
| Fri 17th July, 11.00-12.30 | Walk | Squares, Stucco and Scandal Around Belgravia | 6 |
| Tue 21st July, 10.45-12.45 appr. | Walk | Society, Scandal & Sex! A Walk around St. James's | 7 |
| Thurs 23rd July, 14.00-16.00 appr. | Walk & Boat Ride | Woolwich-Embankment via Docklands and boat back to town. | 8 |
| Tue 28th July, 10.30-12.00 | Walk | Parklife (Regents Park West) | 9 |
| Tue 28th July, 14.00-15.30 | Walk | Parklife (Regents Park West) REPEAT OF MORNING WALK | 10 |

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

A HISTORY OF TEA

MONDAY 6th JULY 2026 11.00-12.30

GUIDE: CAROLINE MONGAN

| Time | Session Type | Session Description |
|-------------|--------------|--|
| 11.00-12.30 | Walk | <p>MEETING PLACE: Meet at the base of the statue to George IV (equestrian statue) on Trafalgar Square at 11am. Trafalgar Square is near the mainline railway station at Charing Cross. The nearest Underground is Charing Cross on the Northern and Bakerloo lines.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>On this fascinating walk we will visit the location where tea was first served in London and will explain how, from those small beginnings, the thirst for the tea and its profits turned tea into a national and global obsession and shaped the Empire. We will hear all about the history of tea from the story of its accidental discovery in 2737 BC in China to the 140 million kilos consumed in the UK today. We will hear about the tea clipper races, and how one of the most audacious examples of corporate espionage led to India becoming the tea-growing nation that it is today. We will learn how, unknowingly, tea became the catalyst for the American War of Independence.</p> <p>TO BOOK CLICK HERE</p> <p>Max 20 participants.</p> <p>Cost: £10.00. No refunds.</p> |

Caroline Mongan : Caroline is a qualified City of Westminster tour guide who has been guiding in London for over 10 years. She has a wealth of experience and was filmed on a guided tour recently by the BBC. Caroline is a member of the PRVC/FANY and takes part in the Remembrance Sunday parade every year. She also had a pilot's licence and has a BA in History.

Contact for enquiries : Bookings.lru3a@gmail.com**WALK FOR u3a MEMBERS****ST. PAUL'S TO BLACKFRIARS: FAITH, FUN AND FROLICS****FRIDAY 10th JULY 2026 11.00-12.30****GUIDE: ELENA PAOLINI**

| Time | Session Type | Session Description |
|--------------------|---------------------|--|
| 11.00-12.30 | Walk | <p>MEETING PLACE: Outside St Paul's Underground station, Exit 2 (Panyer Alley, outside Caffè Nero) which is on the Central Line. The Walk ends at The Blackfriar Pub, opposite Blackfriars station (District/Circle lines and National Rail)</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>This 1½-hour walk explores one of the least-known and most atmospheric areas of the City of London, beginning at St Paul's Cathedral and ending near Blackfriars station. Moving away from the main thoroughfares, we will walk in the footsteps of William Shakespeare as we uncover the remnants of a medieval friary in a network of quiet lanes and hidden courtyards where time has stood still.</p> <p>We will pause at Wardrobe Place, the site of the medieval Royal Wardrobe, once a key centre of royal administration, and will admire Apothecaries' Hall, exploring the long history of medicine and trade in the City. We will finish the walk at a small architectural gem of a pub.</p> <p>A gently paced walk, ideal for those who enjoy discovering the City's quieter corners.</p> <p>TO BOOK CLICK HERE</p> <p>Max 20 participants.</p> <p>Cost: £10.00. No refunds.</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 time she 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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WALK FOR u3a MEMBERS

ADA SALTER: BEAUTIFYING BERMONDSEY

THURSDAY 16th JULY 2026 11.00-13.00

GUIDE: SUE McCARTHY

| Time | Session Type | Session Description |
|--|--------------|--|
| 11.00-13.00 | Walk | <p>MEETING PLACE: Bermondsey station on the Jubilee Line. Main ticket hall. There is only one exit and usually there is space to gather inside the station.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>Ada Salter - first female mayor in London, first Labour woman mayor in Britain made a significant impact on health, housing and employment.</p> <p>She was the first female mayor in London and the first Labour woman mayor in the British Isles. With her husband, local doctor and MP Dr Alfred Salter, she made a significant impact on health, housing, employment and labour relations, helping to make Bermondsey world famous for its flowers and its Garden City estate, still occupied today. Find out about the legacy of Ada on this charming riverside walk, which tells her story from the Bermondsey Uprising of women jam factory workers in 1911, to her years as a pacifist in the First World War, and her radical policies as Bermondsey Councillor.</p> <p>TO BOOK CLICK HERE</p> <p>Max 15 participants.</p> <p>Cost: £10.00. No refunds.</p> |
| <p>SUE McCARTHY -Sue is a life-long Londoner who has been a qualified guide for over 10 years following a career in adult education and charities. Her walks usually have a social history or literary focus and she is particularly interested in the stories of London’s women. Sue guides with Capital Walks in London and Footprints of London.</p> | | |

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WALK FOR u3a MEMBERS

SQUARES, STUCCO AND SCANDAL AROUND BELGRAVIA

FRIDAY 17th JULY 2026 11.00-12.30

GUIDE: CAROLINE MONGAN

| Time | Session Type | Session Description |
|--|--------------|---|
| 11.00-12.30 | Walk | <p>MEETING PLACE: by the statue called “Little Ben” by the Palace Theatre, on 2 Wilton Rd, London SW1V 1AN. “Little Ben” is just outside The Palace Theatre (showing Hamilton). It is a three minute walk from Victoria Mainline Railway Station and the same from Victoria Underground station which is on the Victoria, Circle and District lines.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>On this fascinating walk around beautiful Belgravia we will see some of the most stunning squares in London and the beautiful cobbled mews tucked away behind them. We will see gorgeous gardens and sculptures, churches, pubs and hidden courtyards. Along the way we will hear about the people who lived, loved and died here, sometimes in dramatic circumstances! We will hear about the murderous aristocrat, the dodgy Lord, the amazing architect who transformed this part of London and the mayhem that was the sinking of the world’s most famous ship and how it was dreamt up over coffee and cigars in a house in Belgrave Square.</p> <p>TO BOOK CLICK HERE</p> <p>Max 20 participants.</p> <p>Cost: £10.00. No refunds.</p> |
| <p>Caroline Mongan : Caroline is a qualified City of Westminster tour guide who has been guiding in London for over 10 years. She has a wealth of experience and was filmed on a guided tour recently by the BBC. Caroline is a member of the PRVC/FANY and takes part in the Remembrance Sunday parade every year. She also had a pilot’s licence and has a BA in History.</p> | | |

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WALK FOR u3a MEMBERS

SOCIETY, SCANDAL AND SEX! A WALK AROUND ST. JAMES'S

TUESDAY 21st JULY 2026 10.45-12.45 approx.

GUIDE: RICHARD PUSEY

| Time | Session Type | Session Description |
|---|--------------|--|
| 10.45-12.45 approx. | Walk | <p>MEETING PLACE: Green Park Underground station, just outside the park entrance by the fountain. Green Park is on the Victoria, Piccadilly and Jubilee lines.</p> <p>The walk finishes near Marlborough House.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>You will hear about the interesting relationships of Georgiana, Queen Anne, George IV, Beau Brummell, Henry Jermyn and many others and what they got up to and where it all happened! What did Emma Hart (later Lady Hamilton) do in the Temple of Health and Hymen? Where can you buy a bottle of wine costing £64,000? If you ever wanted to know all these interesting stories, then this walk is for you!</p> <p>TO BOOK CLICK HERE</p> <p>Max 20 participants.</p> <p>Cost: £10.00. No refunds.</p> |
| <p>Richard Pusey : is a qualified City of London and Camden Tour Guide. He is a retired Orthopaedic Surgeon and Senior Lecturer in Anatomy at UCL. His special interest is Medical and Military History.</p> | | |

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WALK/BOAT RIDE FOR u3a MEMBERS
WOOLWICH TO EMBANKMENT VIA DOCKLANDS
THURSDAY 23rd JULY 2026 14.00-16.00 approx.

GUIDE: MARY ENRIGHT

| Time | Session Type | Session Description |
|---------------------|----------------|---|
| 14.00-16.00 approx. | Walk/Boat Ride | <p>MEETING PLACE: Woolwich Underground station exit(Elizabeth Line). NOT Woolwich Arsenal train/DLR station.</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>A summer afternoon outing to Woolwich, returning to Embankment via riverboat from Canary Wharf and Docklands. We will discover a 17th century royal ammunition factory turned cultural and residential district when walking around the amazingly transformed Woolwich Arsenal. We'll travel to Canary Wharf to view the latest stylish ultra-modern additions to Docklands, then take an Uber Boat (c.£5 with Freedom Pass at your own cost) where we can admire the city and skyline from the Thames.</p> <p>TO BOOK CLICK HERE</p> <p>Max 15 participants.</p> <p>Cost: £10.00. No refunds.</p> |

Mary Enright : Mary has lived in London since 1989 and established herself as a Tour Guide after a career in the arts and public service. Eight years ago she qualified as a Westminster Guide and a couple of years later as a Camden Guide and is devoted to London. 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

PARKLIFE (REGENTS PARK WEST)

TUESDAY 28th JULY 2026 10.30-12.00 (morning)

GUIDE: MARY ENRIGHT

| Time | Session Type | Session Description |
|-------------|--------------|--|
| 10.30-12.00 | Walk | <p>MEETING PLACE: On Baker Street (north) outside Baker Street Underground station, side exit onto Baker Street. Underground lines: Jubilee, Bakerloo, Hammersmith & Circle; Buses 13, 18, 27, 30, 113, 139, 205,453</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>Widely considered the most beautiful public park in London, Regent's Park is also the private home for many residents and not just the animals in the zoo. It was originally intended to be a gated community of large villa homes for wealthy aristocrats, dotted around a magnificent palace for George IV. A proper <i>rus in urbe</i> for the privileged. It didn't quite work out like that - the palace never materialised - but it still makes for an impressive home for a few. On this walk we hear the history of this 200 year old public space while enjoying the lovely summer landscape.</p> <p>TO BOOK CLICK HERE</p> <p>Max 16 participants.</p> <p>Cost: £10.00. No refunds.</p> |

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WALK FOR u3a MEMBERS

PARKLIFE (REGENTS PARK WEST)

TUESDAY 28th JULY 2026 14.00-15.30 (afternoon)

GUIDE : MARY ENRIGHT

| Time | Session Type | Session Description |
|-------------|---|--|
| 14.00-15.30 | Walk THIS IS A REPEAT OF THE WALK FROM THIS MORNING | <p>MEETING PLACE: On Baker Street (north) outside Baker Street Underground station, side exit onto Baker Street. Underground lines: Jubilee, Bakerloo, Hammersmith & Circle; Buses 13, 18, 27, 30, 113, 139, 205,453</p> <p>Suggest participants consult the TFL step-free tube guide.</p> <p><u>Description</u></p> <p>Widely considered the most beautiful public park in London, Regent's Park is also the private home for many residents and not just the animals in the zoo. It was originally intended to be a gated community of large villa homes for wealthy aristocrats, dotted around a magnificent palace for George IV. A proper <i>rus in urbe</i> for the privileged. It didn't quite work out like that - the palace never materialised - but it still makes for an impressive home for a few. On this walk we hear the history of this 200 year old public space while enjoying the lovely summer landscape.</p> <p>TO BOOK CLICK HERE</p> <p>Max 16 participants.</p> <p>Cost: £10.00. No refunds.</p> |

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