

LONDONREGION u3a PROGRAMME FOR SEPTEMBER – OCTOBER 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 September-October2026.

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.

Booking now open

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 these, please check your spam/junk folder before emailing the contact below.

We've recently experienced some issues with PayPal. If you've registered more than once without successfully completing payment, please don't submit another application. Instead, contact us to request the BACS payment details.

Please note that every unpaid application counts towards our capacity limits, so avoiding duplicate applications helps ensure places remain available.

Contact for enquiries: Bookings.lru3a@gmail.com

PROGRAMME SUMMARY

See page reference for event details

Date & Time	Event Type	Event Title	Page
Thur 3 rd Sept, 14.00-16.00	Walk	Corners of Kensington Originally cancelled due to tube strike	3
Thur 10 th Sept, 11.00-13.00	Walk	In the Footsteps of a Georgian Heroine Originally cancelled due to heat wave	4
Tues 15 th Sept 11.00-13.00	Walk	Lost Palaces of the Strand	5
Fri 18 th Sept, 13.30-15.30	Walk	Bedlam, Bulls and Bankers	6
Sat 26 th Sept 11.00-13.00 Note day change	Walk	From the Romans to Wren : The Secrets of the Square Mile Repeat due to sell out in June 2026	7
Tues 29 th Sept, 11.00-13.00	Visit	Space Rockets, Wooden Computers and other Cool Stuff (a tour of the Science Museum)	8
Tues 6 th Oct 10.45-13.00	Visit	The World in Ten Objects : Highlights of the British Museum	9

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.

Contact for enquiries: Bookings.lru3a@gmail.com

WALK FOR u3a MEMBERS

CORNERS OF KENSINGTON

This is a repeat from the postponed walk due to the tube strike

THURSDAY 3rd SEPTEMBER 2026
14.00-16.00

GUIDE: MARY ENRIGHT

Time	Session Type	Session Description
14.00-16.00	Walk	MEETING PLACE: Meet on Kensington High Street outside the underground station (District and Circle Lines). Buses 9, 27, 28, 49 and 328 all stop nearby. Suggest participants consult the TFL Step-free tube guide. <u>Description</u> 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). Max 18 participants. TO BOOK CLICK HERE Cost: £10.00. No refunds.

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.

Contact for enquiries: Bookings.lru3a@gmail.com

WALK FOR u3a MEMBERS

IN THE FOOTSTEPS OF A GEORGIAN HEROINE

This is a repeat of the cancelled walk due to the heatwave

THURSDAY 10th SEPTEMBER 2026

11.00 – 13.00

GUIDE: FREDA DAHL-NIELSEN

Time	Session Type	Session Description
11.00-13.00	Walk	MEETING PLACE: 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. Finish – St. George's Church, Hanover Square. Nearest underground Oxford Circus on the Bakerloo, Central and Victoria lines. Suggest participants consult the TFL Step-free tube guide. <u>Description</u> 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's Palace, to the shops and clubs that abound in St. James's. To balls and boxing and ice-cream and like any good romantic novel a church frequently used for weddings. Max 15 participants. TO BOOK CLICK HERE Cost: £10.00. No refunds.

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.

Contact for enquiries: Bookings.lru3a@gmail.com

WALK FOR u3a MEMBERS

LOST PALACES OF THE STRAND

TUESDAY 15th SEPTEMBER 2026

11.00-13.00

GUIDE: Dr. STEPHEN KING

Time	Session Type	Session Description
11.00-13.00	Walk	MEETING PLACE: Somerset House entrance on the Strand, by the arch into Somerset House Nearest underground stations, Temple on the District and Circle Lines and Covent Garden on Piccadilly Line. Finish near Charing Cross Station. Suggest participants consult the TFL Step-free tube guide. <u>Description</u> The Strand in Westminster was once the home to a host of royal palaces, each with a long and rich history. This tour uncovers where the Savoy Hotel gets its name from. We visit a quiet Royal Chapel still in use today and hear about the rise and fall of a scandalous Stuart family. The tour uncovers the remaining fragments of these once grand palaces and what this tells you about their history. Max 20 participants. TO BOOK CLICK HERE Cost: £10.00. No refunds.
Dr. Stephen King: Dr. 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.		

Contact for enquiries: Bookings.lru3a@gmail.com

WALK FOR u3a MEMBERS

BEDLAM, BULLS AND BANKERS

FRIDAY 18th SEPTEMBER 2026
13.30 – 15.30

GUIDE: CHRIS WILKINS-MOLLOY

Time	Session Type	Session Description
13.30-15.30	Walk	MEETING PLACE: Finsbury Circus Gardens, Finsbury Circus, London EC2M 7DT, by the red roofed water fountain. Nearest rail/tube Moorgate on the Northern, Circle, Hammersmith & City and Metropolitan lines (2 minutes' walk). Finish near St. Paul's Cathedral. Suggest participants consult the TFL Step-free tube guide. <u>Description</u> A green walk through the urban landscape with Chris Wilkins-Molloy, taking in history, art and horticulture. Discover the soothing green spaces winding through the built-up environment of the City of London. Walk with your City Garden Guide from the oldest public park in the Square Mile to some of the newest, taking in carefully curated artworks, archaeological remains and thoughtful planting for biodiversity. Learn about the original Bedlam, encounter a dreaming poet and a mythical beast, and hear about the Goldsmiths bankrupted by the Merry Monarch. <i>Most of the walk is on level ground, but some gardens have step or escalator access.</i> Max 20participants TO BOOK CLICK HERE Cost: £10.00. No refunds.
Chris Wilkins Molloy: She is a qualified City of London Green Badge Guide and also holds guiding qualifications from the City of Westminster and London Borough of Camden. Chris has been leading walks in London for 8 years, since retiring from teaching. Her enthusiasm for our city never wanes – and she now has a 6-year-old grandson who can give you directions all around the Transport for London network!		

Contact for enquiries: Bookings.lru3a@gmail.com

WALK FOR u3a MEMBERS

**FROM THE ROMANS TO WREN :
THE SECRETS OF THE SQUARE MILE**
This is a repeat due to the sell out in June 2026

SATURDAY 26th SEPTEMBER 2026

Please note date change

11.00-13.00

GUIDE: ELENA PAOLINI

Time	Session Type	Session Description
11.00-13.00	Walk	MEETING PLACE: Outside Guildhall Art Gallery in Guildhall Yard. Free toilets available. Nearest underground stations: Moorgate on Northern and Elizabeth lines; Bank on Central, Northern, District and Circle lines plus the DLR. Both are a 10-minute walk. Finish at St. Paul's Cathedral (free toilets and refreshments) [your own expense] available Nearest underground St. Paul's on Central Line and City Thameslink Station, both a 5-minute walk. Suggest participants consult the TFL Step-free tube guide. Description Discover a quieter, richly layered City of London in this relaxed 2-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. 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. 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. Max 20 participants. TO BOOK CLICK HERE Cost: £10.00. No refunds.
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.		

Contact for enquiries: Bookings.lru3a@gmail.com

VISIT FOR u3a MEMBERS

SPACE ROCKETS, WOODEN COMPUTERS AND OTHER COOL STUFF (a tour of the Science Museum)

TUESDAY 29th SEPTEMBER 2026
11.00 – 13.00

GUIDE: Dr. STEPHEN KING

Time	Session Type	Session Description
11.00-13.00	Visit	MEETING PLACE Meet outside the Science Museum. on Exhibition Road Nearest underground is South Kensington on the Circle, District and Piccadilly Lines Finish-within the Museum. Suggest participants consult the TFL Step-free tube guide. Description This tour uncovers the fascinating histories behind some of the world's biggest technological breakthroughs and scientific achievements. Surprising stories including about what powered the industrial revolution, medical innovations and the foundations of computers. Our tour looks at the people behind the breakthroughs from Newton to Lovelace and Franklin. Your guide aims to bring the exhibits to life with engaging insights, fun facts and even interactive discussions. Whether you're a science enthusiast or simply curious about how the world works, this tour offers something for everyone. Max 20 participants TO BOOK CLICK HERE Cost: £10.00. No refunds.
Dr. Stephen King : Dr. 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.		

Contact for enquiries: Bookings.lru3a@gmail.com

VISIT FOR u3a MEMBERS

THE WORLD IN TEN OBJECTS: HIGHLIGHTS OF THE BRITISH MUSEUM

TUESDAY 6th OCTOBER 2026
10.45-13.00

GUIDE: ELENA PAOLINI

Time	Session Type	Session Description
10.45-13.00	Walk	MEETING PLACE : Gail's on Bayley Street, next to the Jack Horner pub on the corner with Tottenham Court Road. Nearest underground is Tottenham Court Road (Northern, Central and Elizabeth Lines). We will enter from the Montague Place entrance on a group ticket provided by the guide. Finish - within the Museum. Suggest participants consult the TFL Step-free tube guide. Description How do you decipher a language that no one has been able to read for 1,500 years? Why were giant stone figures carved on one of the most remote islands on Earth? Could a game of chess reveal the humour and artistry of medieval craftsmen? And what can a seventh-century Anglo-Saxon burial tell us about kingship, power, and life after death? Join us for a lively 90-minute tour of the British Museum as we travel across continents and through thousands of years of history, discovering ten remarkable objects that have shaped our understanding of the past. Along the way we'll encounter sacred treasures, lost civilisations, magnificent works of art, and a few enduring mysteries. This tour explores the stories behind the objects: the people who made them, the beliefs they held, the journeys these treasures have taken, and why they continue to fascinate us today. Max 15participants TO BOOK CLICK HERE Cost: £10.00. No refunds.
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.		

Contact for enquiries: Bookings.lru3a@gmail.com