

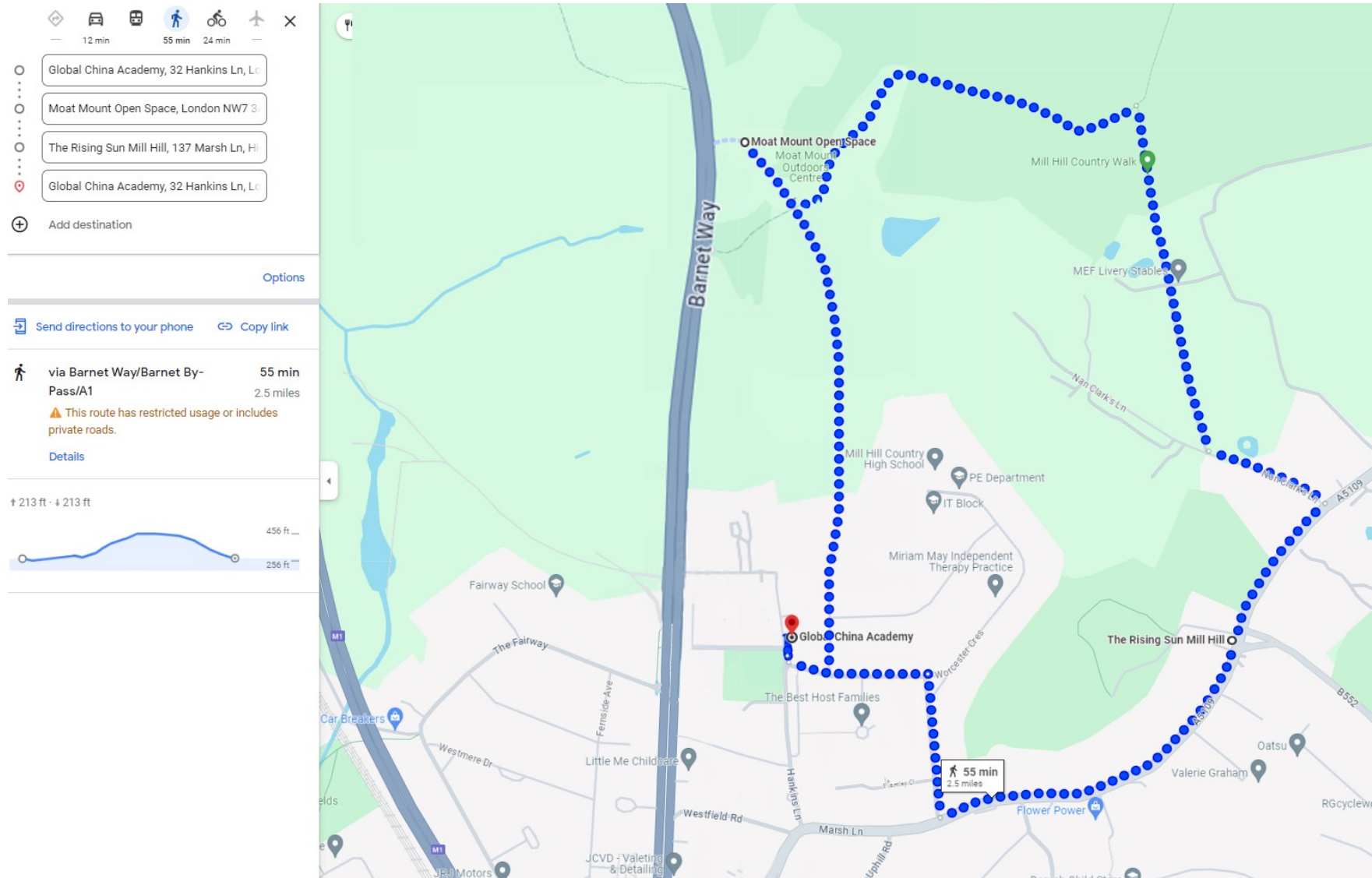
# Five 'walk and talk' routes, including tea and lunch

## [Global China Academy Centre](#)

### Route A

9:30 Tea at 32 Hankins Lane, walk at local wood - [Moat Mount Open Space](#), walk back for lunch or

12:00 Lunch at 32 Hankins Lane, walk at local wood - Moat Mount, walk back for Tea



## Moat Mount Open Space [https://en.wikipedia.org/wiki/Moat\\_Mount\\_Open\\_Space](https://en.wikipedia.org/wiki/Moat_Mount_Open_Space)

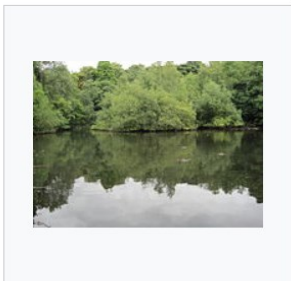
Moat Mount Open Space is a 110-hectare park and nature reserve in Mill Hill in the London Borough of Barnet. It is part of Moat Mount Open Space and Mote End Farm Site of Borough Importance for Nature Conservation, Grade II, which includes Barnet Gate Wood and Scratchwood Countryside Park, but is separate from Scratchwood itself, which is a neighbouring park and nature reserve. Most of the site is open to the public, but Mote End Farm and some other areas are private. Scratchwood and Moat Mount are a Local Nature Reserve.

Moat Mount is a large, hilly open space with extensive views from the top of the hill. Most of it lies over [London Clay](#). Much of the Countryside Park is grassland, which has a diversity of wildflowers and many butterflies. The Park also has Leg of Mutton Pond and several small woods, such as Target Wood and Nut Wood. Moat Mount also includes Moat Mount Outdoor Centre and Campsite, which has a range of activities for local schools and youth organisations. The [Dollis Brook](#) rises on Mote End Farm.

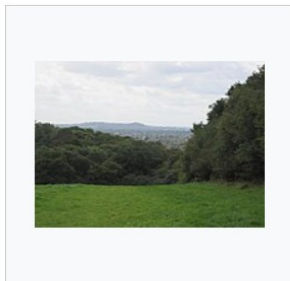
The site was once owned by [Irwin Cox](#), the Conservative MP for Harrow from 1899 to 1906.

## Moat Mount Outdoor Centre & Campsite <http://www.moatmount.co.uk/>

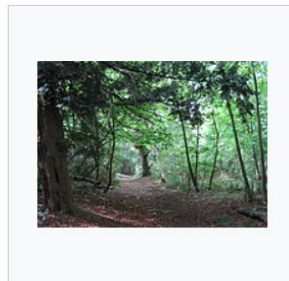
- It combines an ideal location with low-cost accommodation with flexible residential experience at very reasonable prices - probably the cheapest rate in London - and without the need for expensive travel to find a natural environment.
- Our Centre has everything you need to ensure that your group gains the maximum benefit from their residential experience with us. You can fully self-cater; part self-cater or have us cater for you - it is entirely up to you and part of our flexible approach to meet your needs. Built to the highest standards, to striking design, the Centre has a comprehensive range of features:
- Four dormitory rooms and two staff bedrooms, accommodating 32 young people and four adults / Fully equipped kitchen, ideal for self-catering, including a high-speed dishwasher / Full wheel-chair access (including showers, and a wheel-chair lift between floors) / Washing machine and tumble drier Full central heating throughout / Spacious dining room/activity room / Large multi-purpose activity room / Smaller group/activity room
- In addition to our residential centre, a five-acre field is available for groups to camp, with covered areas for cooking and barbecues. A separate toilet block is provided for campers with showers and washing up facilities. All of our activities are set up and organised by suitably qualified staff.



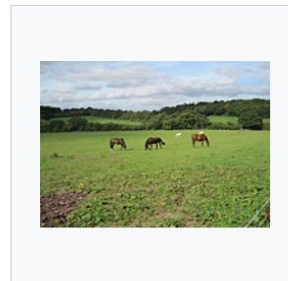
Leg of Mutton Pond



View from footpath to  
Barnet Road



Nut Wood near Leg of  
Mutton Pond



Fields on Mote End  
Farm are used to keep  
horses for its livery  
stables



Rising Sun Farm Camping



## Mill Hill Golf Club <https://www.millhillgc.co.uk/home-2>

- Set across **167 acres of woodland**, Mill Hill combines a challenging course and welcoming atmosphere to provide a fantastic golf experience for our members and guests.
- With **three bars**, catering and function rooms available to hire, learn more about our historic Clubhouse.
- First opened for play in **1927**, one of the best courses in Middlesex, has been challenging golfers for almost a century.
- In 1923, 149 acres of Moat Mount Estate was purchased by John Lewis Griffiths and his dream of a golf course became a reality. Miss Anne Joyce Cooke drew up plans for the Clubhouse, and several of the existing buildings were incorporated into the design. The Professional's shop, locker rooms and trolley sheds were adapted from the original cow sheds.
- In 1924 the golf course on the west side began construction, which was designed by the celebrated golf course architect Mr J F Abercrombie (1861-1935). The course was opened in 1927 and named Mote Mount Golf Club.
- In 1931 the course was remodelled under the most eminent golf course architect H S Colt (1869-1951) whose achievements includes Camberley Heath, Sunningdale and Wentworth, his greatest achievement was the Eden Course, St Andrews.
- In 1965 when the course was renamed Mill Hill Golf Club, further course alterations were made due to the country's need of motorways.



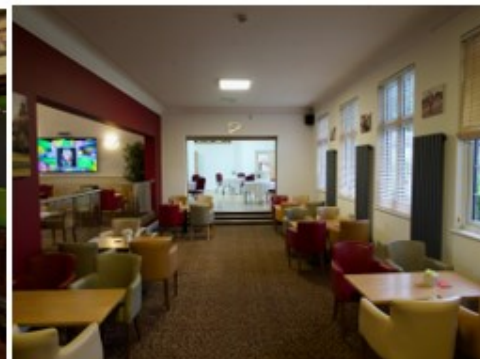
The Course



The Clubhouse



Members Snooker Bar



The Upper Lounge Bar



The Gardiner Room



The Molloy Suite



## The Rising Sun <https://www.therisingsunmillhill.com/>

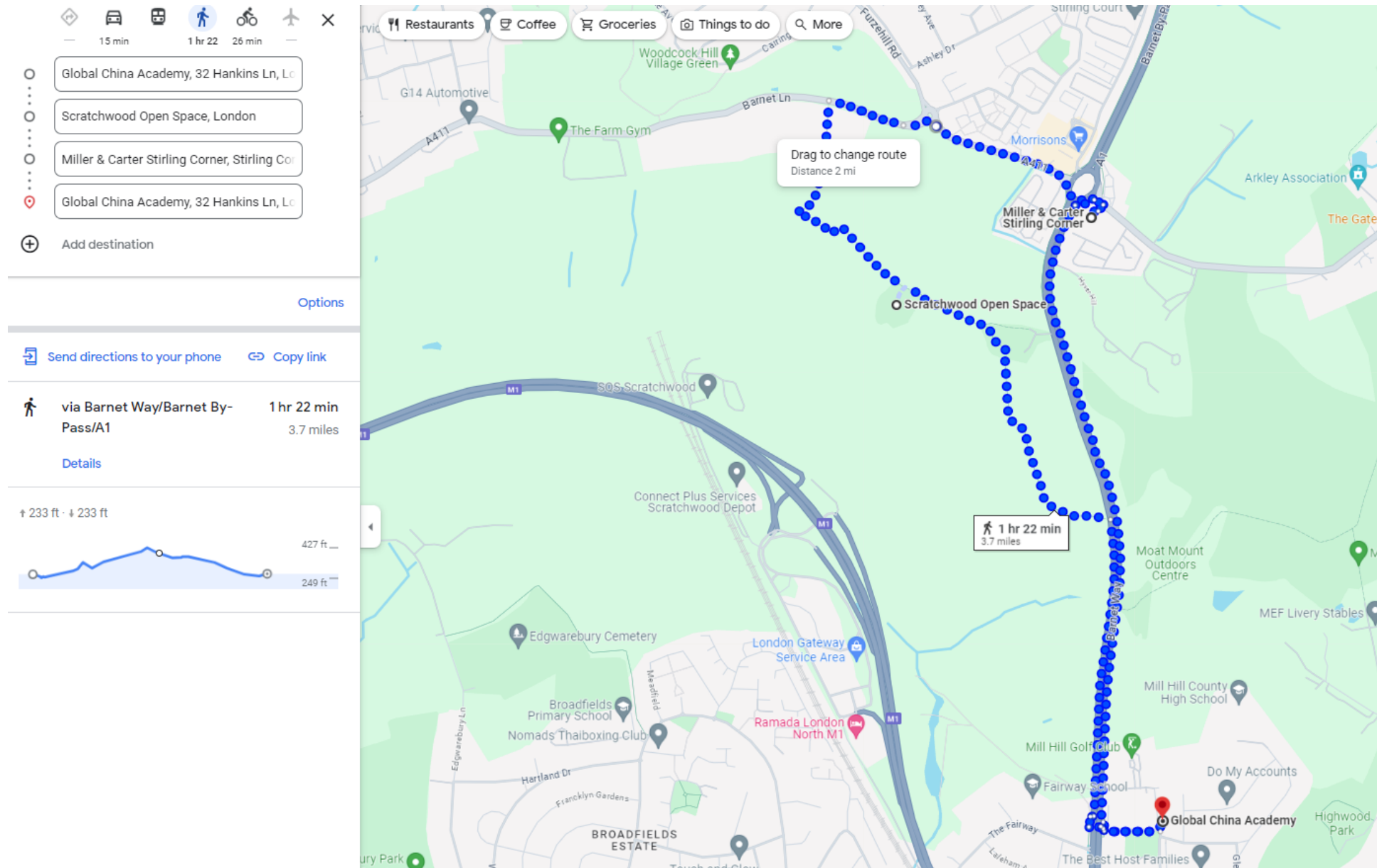
- The Rising Sun is steeped in history, dating back to the 16th century, and today is run by the innovative Delnevo brothers. Our neighbourhood picturesque pub and dining rooms which is set in the heart of Mill Hill, is renowned for its delicious cuisine and excellent service.
- The menu has been inspired from our Italian heritage with a sumptuous Asian influence. Our pizzas are bursting with flavours bringing you a taste of Napoli to your table.
- On Sundays, you can choose from our normal a la carte menu and a Sunday roast to rival mum's home cooking.
- A "Dine@Home" menu can enjoy our delicious food @Home which you are welcome to collect from us or order from Uber Eats and Deliveroo.



## Route D

9:30 Tea at 32 Hankins Lane, walk to [the Good Earth](#), walk back, or

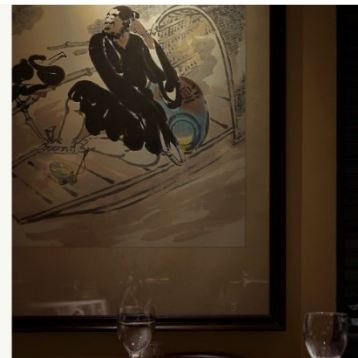
11:30 Arrival at 32 Hankins Lane, walk to the Good Earth, walk back for tea



## The Good Earth <https://www.goodearthgroup.co.uk/locations/mill-hill/>

A North London institution, locals and residents from nearby Edgware, Barnet and Stanmore have been dining in the Good Earth Mill Hill since 1981. More recently the restaurant has also been welcoming Harry Potter fans touring Warner Brothers Studio as well as Rugby fans and supporters of Saracens visiting Allianz Park. The restaurant's private dining space on the first floor is ideal for hosting private parties.

- In 1979, the first Good Earth restaurant opened its doors on the King's Road in London, founded by Holland Kwok, arriving as a young immigrant from Hong Kong in the 1950s, Holland started working in restaurants as a way of providing for his new life in London. Along the way, he discovered that it was more than simply a job, restaurants were his passion, and with the opening of The Good Earth his dream was realised.
- Due to the success of the first restaurant, subsequent branches quickly followed suit, with Esher in 1980, Mill Hill in 1981 and Knightsbridge in 1984.
- The latest addition to the group is the Wandsworth Common branch which opened in 2013. It features a contemporary art deco interior evocative of old Shanghai conceived by Albert Kwan who also designed the Shanghai Tang boutiques.
- The Good Earth also produces for the wholesale market with a food factory from where companies such as Centre Parcs, Sheraton Hotels, DimT restaurants, Whole Foods and Roadchef Motorway service stations are clients.
- Now in his 80s, Holland continues to be passionate about the business and works alongside his son, Andrew Kwok, who joined the family business in 2000.





## Route E

9:30 Tea at 32 Hankins Lane, walk to [Scratchwood](#), Lunch at [Miller & Carter](#), walk back, or

11:30 Arrival at 32 Hankins Lane, walk to the Lunch at Miller & Carter, walk at the Scratchwood, and walk back for tea

15 min 1 hr 22 26 min

- Global China Academy, 32 Hankins Ln, Lc
- Scratchwood Open Space, London
- Miller & Carter Stirling Corner, Stirling Cor
- Global China Academy, 32 Hankins Ln, Lc

Add destination

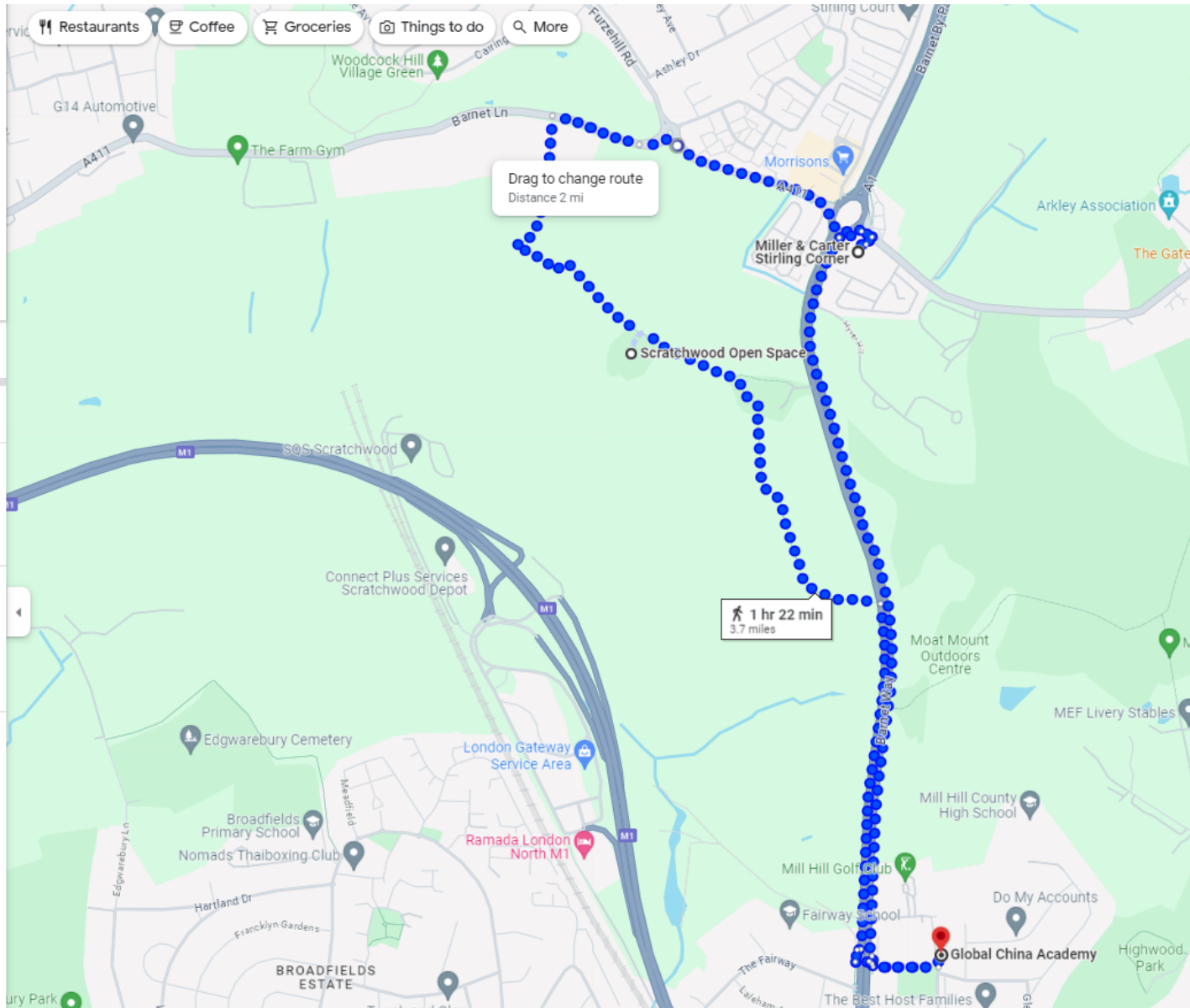

Options

Send directions to your phone Copy link

via Barnet Way/Barnet By-Pass/A1 1 hr 22 min 3.7 miles

Details

↑ 233 ft · ↓ 233 ft



## Scratchwood <https://en.wikipedia.org/wiki/Scratchwood>

Scratchwood is an extensive, mainly wooded, country park in Mill Hill in the London Borough of Barnet. The 57-hectare site is a Site of Metropolitan Importance for Nature Conservation and together with the neighbouring Moat Mount Open Space. It is a Local Nature Reserve.

Scratchwood is a remnant of the once great Middlesex Forest and has the largest area of ancient woodland which survives in Barnet. Parts of it may go back to the woods which grew up after the end of the last ice age, the Younger Dryas, 11,500 years ago. The ancient woodland consists mainly of sessile oak and hornbeam, with some wild service trees, while secondary woodland areas are mainly birch, hawthorns, and sycamore. In the view of the London Ecology Unit, 'Scratchwood is the Borough's best woodland in terms of floral diversity, especially of ancient woodland indicator species. The herb rich grassland and the pond have a number of rare plants. Breeding birds include nuthatch, lesser whitethroat, and cuckoo.

The area of Scratchwood south of the entrance was once hay meadows, growing food for London's vast horse population, but in 1866 Scratchwood and Moat Mount were part of a 400-hectare estate which was purchased by Edward William Cox, and Scratchwood was then used for sport and rearing game. The areas which are now nature reserves were purchased by Hendon Urban District Council in 1923.

The main entrance is by the car park, which is accessed from the northbound lane of Barnet Way, a dual carriageway which is part of the A1 Road, near Stirling Corner. There is also access by a footpath from Barnet Lane in Elstree. [The London Loop](#) crosses the reserve.



Overgrown pond at Scratchwood



Path in Scratchwood



## Miller & Carter - Steakhouse Restaurant - AWARD WINNING PRIME STEAK

<https://www.millerandcarter.co.uk/restaurants/london/millerandcarterstirlingcorner#/>

- We are proud to have been awarded 'The Masters of Steak' from the prestigious Craft Guild of Chefs. Their meticulous inspection of our field to fork practices, from the way we rear our cattle, to how our steaks are butchered, aged and cooked to perfection has led to this industry-leading award. The steps we take with our prime 30 day matured British & Irish beef ensures we deliver our signature 'steak experience' on every plate we serve.
- Beef is a labour of love here at Miller & Carter. We put everything into pursuing the perfect steak, from the field to the butcher's block to the grill, so only the finest, most flavoursome cuts make your plate. All our beef is carefully and ethically sourced from trusted farmers and our chefs are trained at our very own 'Steak School,' so they are the experts in how to prepare and cook each cut to your exact personal preferences.
- Established in 1965, the Craft Guild of Chefs has developed into the leading Chefs' Association in the UK, with many members worldwide.
- Members come from all aspects of the foodservice and hospitality sectors, working in a wide variety of positions from students and trainees to top management. Their aim is to increase standards of professional cooking through the combination of greater awareness, education, and training.
- Sourcing, preparing, and serving great steak is what we do, day in, day out. By working with a few hand-picked suppliers our steaks are all fully traceable and are of the very highest quality. We are extremely selective to ensure we can deliver the steak experience that truly exceeds expectations. All our farms are assured to Red Tractor or Bord Bia Sustainable Beef Assurance Schemes.
- Our prime British & Irish steaks are aged for a minimum of 30 days, using wet and dry techniques for the optimum succulence. All our steaks are matured under the supervision of our Master Butcher.
- Our award-winning butchers cut all our steaks by hand, except for the mighty T Bone due to its size. They only use prime cuts from the forerib, sirloin, fillet and rump selected for the ideal balance of tenderness and marbling, for taste.
- Whether you have chosen a butter-soft fillet or a flavour-packed sirloin, we know complete steak satisfaction depends on your cut being cooked just the way you like it. With only a few minutes between rare and well-done, timing is everything. That is why you will find our Steak School-trained chefs waiting patiently for the exact moment to turn it on our chargrill. Like a fine wine, we guarantee our steaks breathe for at least 30 minutes prior to cooking and rest afterwards to ensure the best flavour and tenderness. It is our team's knowledge, passion and skill that is helped us become the best kept secret in steak.

