**Capital Growth Edible Gardens Open Day, 21st September 2013**

**Self-Guided Tours - North London**

Further details of all participating spaces at [www.bigdig.org.uk/london](http://www.bigdig.org.uk/london)

Please note: estimated durations are approximate and based on a 30 minute visit to each space. Please feel free to spend as long as you want and make the day of it!

**Cycling tour** (Duration: 3 hours)

* **Start at The Regent’s Park Allotment Garden,** corner of Chester Road & the Inner Circle, NW1 4NR

Open 11am-4pm; taste food from the allotment

*(Cycle time - 13 minutes)*

* **Camden BME Alliance & Permaculture Garden**, 110 Camley Street, NW1 0PF

Open 10am-5pm; refreshments available

*(Cycle time – 10 minutes)*

* **Crovers Centre**, 19 North Road, N7 9EY

Open 11.30am-1.30pm; refreshments available

*(Cycle time – 3 minutes)*

* **Rowstock Gardens Allotments**, Rowstock Gardens, N7 0BG

Open 10am-3pm; refreshments available

*(Cycle time - 4 minutes)*

* **Finish at** **Caledonian Park & Community Orchard**, Market Road, N7 9PL

Open 12-6pm; refreshments for sale