

The seven magnificent ways to...

Walk London

It's true - walking has many benefits. It's been described as "the nearest activity to perfect exercise" - but more than this a walk around London will reveal things that you simply can't see from a car or a train and you don't need any specialist equipment - just a comfortable pair of shoes and off you go.

Our capital's network of parks and open spaces rivals any other city in the world. The walks described here and on our website are specifically designed to be easily accessible by public transport and you can travel as little or as far as you want by walking them in sections.

So, whichever way, step out and Walk London... there's lots to see and a magnificent seven, well maintained, clearly waymarked routes connecting it all together.



Put the busyness of the capital into perspective and relax in the countryside on the doorstep of the city. Often called the M25 for walkers, **The LOOP Walk** provides 152 miles (245 km) of accessible paths that encircle Greater London through the Green Belt. It's a fascinating journey through new and ancient woodland, over rolling downs, along the windswept estuary and past historic houses, farms, windmills, village greens and pubs... a perfect escape.

Circle the city along **The Capital Ring Walk** through ordinary and affluent garden suburbs with their wealth of open spaces. See the growth of London's Metroland, passing magnificent mansions and eccentric monuments on a 78 mile (126 km) journey all within ten miles of the heart of London. Take in a panorama of the real city - of villages and suburbs, canals, commons, parks and woodland, with spectacular views of the city and beyond.

Weave together the allotments and commons, ancient woodland, parkland and recreation grounds of south-east London by following the **The Green Chain Walk** for 50 miles (80 km). Thirty years ago forward-thinking planners acted to designate this fantastic resource - one of the longest green and pleasant walks available in any city. Enjoy a wide variety of healthy green spaces from the river's edge, through the valleys and into the hills with wonderful views across the city.

Hunt for clues along **The Lea Valley Walk** to see how water milled, manufactured and transported the goods that enabled a great city to function. The route shadows the Lee Navigation towpath for 18 miles (29 km) from King Harold's burial place at Waltham Abbey, past the Olympic Park to Trinity Buoy Wharf at the confluence with the Thames. Zig-zag the Meridian Line, pass huge reservoirs and nature reserves towards wild and original marshes popular with migrating birds.

Meander **The Thames Path** from its willowy western banks for 40 miles (64 km) to the gleaming Thames Barrier and The Queen Elizabeth Bridge arching across the estuary marshes. Navigate the very heart of London, past palaces, royal parks, working boatyards and leisurely marinas to the regenerated docklands. Historic waterfront buildings mix with the contemporary while 24 bridges link both banks and reveal a unique maritime heritage along its course.

Walk **The Jubilee Walkway** to appreciate how central London joins up over ground and make the most of the city's symbolic squares and ceremonial routes linking world class art, theatres and museums with iconic views and architecture. Inspired by the reign of Her Majesty The Queen, the route traces the heart of London's major landmarks along a 15 mile (24 km) circular walk providing a perfect opportunity to reflect on the extraordinary history of the capital city.

Connect central London's 2012 Olympic and Paralympic venues with some of the capital's best parks, attractions, heritage and views by walking or cycling the 37 mile (60 km) **Jubilee Greenway Walk**, much of it along the Regent's Canal and the River Thames. Designated to celebrate Her Majesty The Queen's anticipated 60th anniversary this is one of the best ways to get to know London, see the city and meet its people.

www.walklondon.org.uk



whichever way... Walk London



More than 7 million walks are made in London every day proving it's one of the best ways to get around and rivaling any other city in the world.

Together the Mayor, Transport for London, the London Boroughs and Walk England are looking after and promoting seven magnificent walks in and around London: the LOOP Walk, The Capital Ring Walk, The Green Chain Walk, The Lea Valley Walk, The Thames Path Walk, The Jubilee Walkway and The Jubilee Greenway Walk making London a nicer place to live, work and visit.

If you're inspired to walk further, looking for a guide or just need a little more information on the things that catch your imagination along the way, please visit us online at www.walklondon.org.uk where you'll find maps, route directions and lots of useful tips and links.



MAYOR OF LONDON

Transport for London



Design and production: www.sea-hd.co.uk 01227 768808



The Jubilee Greenway Walk

www.walklondon.org.uk



A celebratory parade of national treasures connecting the Games venues with some of London's finest attractions, heritage and views.



stroll amble saunter dawdle pace hike wander stride sashay strut mooch stomp roam mosey gambol swagger glide march tread promenade meander parade whichever way Walk London

MAYOR OF LONDON

Transport for London



www.walklondon.org.uk



The Jubilee Greenway Walk is a magnificent 37 mile loop around the capital but for those of us who aren't quite up to Olympic standard the route's been thoughtfully divided up into 10 manageable sections. It's gentle walking with just the occasional diversion while work is being completed ahead of the 2012 Games. Distinctive recycled glass discs mark the way and there are lots of links to public transport all within the Travelcard zone - in case you lose track of time! Don't worry if you're new to walking or unfamiliar with the area, just visit us online first - you'll find more details and lots of practical information at www.walklondon.org.uk



... along the way

The Jubilee Greenway Walk : on your marks, get set - stroll

Historic Waterways
Enjoy the tranquillity of London's waterways as you pass by reminders of the pivotal part the River Thames has played in the capital's history.

Killing Parklands
Take a break close to nature in the peaceful setting of some of the capital's best-loved parks - from Hyde Park to Regent's Park - both of which will also play an important part in the 2012 Games.

Sporting Arenas
Get close to the Olympic preparations as you tour some of the arenas that will feature the most exciting contests - from the purpose-built Olympic Park to the Horse Guards Parade and the O2 Arena.

Majestic Buildings
Don't wait for the Queen's Diamond Jubilee to soak in the splendour of Buckingham Palace. Stop off at other iconic London landmarks like the Houses of Parliament and Lambeth Palace on your way.

