

Medical guidance notes and information

Walking and Nutritional information

Further to our successful London Underground walking week in 2004, this page has details of walks you can do, how walking benefits your health and nutritional information.

Sports and Leisure Discounts

To [view sports and leisure discount information](#)

Events

To [view information on various events](#)

Walk round Regents Park

- Details a walk route around Regents Park (approximately 45 mins) - Walk down Baker St and enter Regents Parks through Clarence gate
- Turn left and walk along the side of the lake
- Turning right by the children's boating pond cross the 2 bridges
- Turn left after the 2nd bridge and left again when the path forks
- Cross outer circle (wide road) and cross Chalbery bridge
- Turn right onto the Regents canal tow path
- Leave the tow path when you reach the 2nd bridge - Primrose Hill Bridge. Cross this bridge to re-enter Regents Park
- Cross the Outer Circle and take the left hand path, with the Zoo on the left
- When the path reaches the corner of the Zoo, take the right hand fork in the path. The path winds past the sports development pitches
- Continue until this path reaches a T-junction and take the path on the left (with black wrought iron fences on either side)
- At the end of this short path turn right and continue for a few minutes to Longbridge Gate
- Exit the park, turning right onto the Inner Circle
- Turn right again into the park through the gate opposite the entrance to the largest café (just past the side entrance to the Open Air Theatre) onto Holme Green
- Follow the path past the band stand and lake, crossing over Clarence Bridge
- Exit Park through Clarence Gate

Abbey Community Centre

Run regular weekly walking groups within the M25 area and a range of fitness activities. Abbey Community Centre is run by the Abbey Community Association, a charity founded in 1948 to meet the needs of communities in Westminster.

Contact details are as below:

34 Great Smith Street, Westminster, London SW1P 3BU

Tel: 020 7222 0303

Email: enquires@abbeycommunity.org

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Walk your way to health

This is an excellent website with information on walking with a useful walk finder by postcode facility. www.whi.org.uk.

Capital Ring Walk

The southern section of London's magnificent Capital Ring walk, funded by Transport for London, was launched at Crystal Palace Park at 4pm on Saturday 25th September. The 34-mile long section is part of the London Strategic Walks Network, an initiative by the Mayor of London to make London "the walking capital of Europe" by 2015.

Further information about the six walks in the network can be found on the Walking Pages of their website, www.tfl.gov.uk/walking, or call the Strategic Walks Information Service on 0870 240 6094 (national rate) or email walking@tfl.gov.uk.

G1224 A1 10/10/2011