



The great outdoors: Discover London's green spaces, trees, waterways and wildlife



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Park life

EXPLORE AND DISCOVER LONDON'S GREENER SIDE

CELEBRATE the capital's green spaces, trees, waterways and wildlife during National Park City Week.

The programme runs from this Saturday to July 29, with more than 280 exciting events, hosted by in excess of 130 organisations.

Get to know the city through guided walks and talks, nature-themed workshops, outdoor yoga, family activities and more.

The new initiative is part of the Mayor's aim for London to become the world's first National Park City in 2019.

Among the highlights are:

HACKNEY YORUBA ARTS FESTIVAL

Saturday, midday to 9pm and Sunday, midday to 8pm

Celebrate the vibrant arts and culture of the Yoruba in Clissold Park, Hackney.

There'll be live music performances, African food and an arts and crafts market. Little ones can get their faces painted and visit the playground for even more fun.

SUP ECO TOUR

Sunday, 10am to 12pm

Head to Kew Bridge in Hounslow for a two-hour guided paddleboarding tour on the Thames. You can also enjoy close encounters of the natural kind.

SURVIVAL SKILLS WITH THE FOREST KNIGHTS

July 24, 10am to 1pm

The Forest Knights in the wilds of Walthamstow will be sharing practical survival tips and bush craft skills, from fire-starting and shelter-building to bow-making and water filtration. Taking place in Lloyd Park, it's a must for adventurers, old and young.

MINDFULNESS IN NATURE

July 27, 12.45pm to 2.15pm

Get your zen on at this outdoor yoga and mindfulness taster session in Ruskin Park, Southwark. Learn how to guide your thinking to experience self-awareness and freedom in a natural setting.

GO ISLINGTON!

July 28, 11am to 4pm

This family event in Highbury Fields is hosting more than 20 different sports including cycling, football, basketball, tennis and rugby.

There will be a marquee for 13 to 19-year-olds with music, dancing and plenty of information about local parks and nature reserves.

Most events are free, with some requiring a small entry fee. For more details, go to london.gov.uk

To plan your journey, visit tfl.gov.uk/plan-a-journey



Go wild: Enjoy family activities at London's first National Park City Week

Get active



MAKE THE MOST OF THE CAPITAL

WITH summer in full swing, there's plenty of activities and events to help you get out and about.

BEST FOOT FORWARD

Getting active doesn't have to be hard work. Why not try walking the last stop on your bus or Tube journey? It will help you keep fit and you can enjoy some fresh air at the same time. Remember to carry water with you in hot weather.

PEDAL POWER

Did you know that Santander Cycles can be hired from just £2? There is no need to book, just go to any docking station with your bank card and touch the screen to get started. Hire a bike, ride it where you like, then return it to any docking station.

SUMMER STREETS

Visit Regent Street this Sunday to see one of London's most iconic shopping destinations go traffic free for a festival of activities, food and drink.

For more information, visit regentstreetonline.com/events

For more advice on exploring London, visit tfl.gov.uk

For more articles and to keep up to date with TfL announcements, visit tfl.gov.uk/news

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