

Put a spring in your step

Enjoy spectacular views of London in bloom on a Spring into Summer free guided walk this weekend.

THERE are 45 walks across the capital, organised by Walk London and TfL, which explore the capital's hidden gems, famous landmarks, parks and canals.

Whether you fancy a short stroll or a challenging trek, there is something to suit all ages and walking abilities. Many walks are family friendly, including Animal I-Spy in the City, a gentle stroll searching for mythical creatures, while the Goodnight Mister Tom walk takes inspiration from the much-loved book.

There's also a new design-themed walk following the Bakerloo line above ground, which features Oscar Wilde, Sir Arthur Conan Doyle and the Marlboro Man. The route celebrates TfL's Transported by Design programme. The walks are led by experienced Walk

London guides who provide fascinating facts that highlight London's curiosities, history and culture. They are free but places must be booked in advance.

The Spring into Summer weekend includes:

Saturday May 21

Royal Parks and Palaces - Buckingham Palace to Little Venice, 11am (4 miles)

This walk goes through three Royal Parks, past royal palaces, over hidden rivers and along lakes, ponds and canals.

Animal I-Spy in the City, 10.30am (1.5 miles)

A family-friendly stroll through the streets of the city. You will discover where dragons, lions and even unicorns may be hiding.



Scenes on Screen - Film and TV in London, 2pm (1.7 miles)

Takes in locations used for films, TV series and commercials, and offers insights into some of the famous former local residents.

Goodnight Mister Tom - London in the Blitz, 2pm (1.6 miles)

This family-focused walk is inspired by Michelle Magorian's book Goodnight Mister Tom, which tells the story of Willy Beech who is evacuated from London during World War II.

Sunday May 22

The Bakerloo line, 11am (2.2 miles)

This is a new design-led walk above the Bakerloo line, which celebrates TfL's Transported by Design programme. Discover the beautiful architecture of the Tube stations along the line as well as what happened when Oscar Wilde



had dinner with Sir Arthur Conan Doyle, and how the supposedly all-American Marlboro Man actually owes his name to Soho.

London's Hidden Treasures, 11.30am (2 miles)

Take a stroll along both sides of the

River Thames which will reveal some of the secrets that lie beneath the streets and under the river.

Gleaming Spires - Architecture and public art in the City of London, 1pm (1.5 miles)

Explore the art and architecture in the vibrant City of London and experience its ever-changing skyline.

Twin Peaks on the Capital Ring, 1.30pm (4.5 miles)

This new walk goes through nature reserves and along the Grand Union canal to cross Horsenden Hill and then Harrow-on-the-Hill.

■ To book your free place, visit walklondon.org.uk. For more information about walking in the capital and to download TfL's Walking Tube map, visit tfl.gov.uk/walking

BUGGY USERS PLEASE MAKE SPACE FOR WHEELCHAIR USERS

There's only one place on the bus where wheelchair users can travel safely. Please fold your buggy or move out of the wheelchair priority area if necessary.

Top tips to get you walking

AS part of National Walking Month, charity Living Streets has suggested some ideas to help encourage Londoners to do 20 minutes of walking each day.

Ditch the car for a walk. Today marks the start of Walk to School Week, and while more than 70 per cent of today's parents walked to school, fewer than half of their children do. Walking to school can make a real difference to children's happiness and stress levels and to local air quality.

Got a hot date this weekend? Nothing says I love you more than a romantic wander. Take an after dinner stroll with friends and family and watch the sun set together. A perfect end to the day.

The perfect way to zone out. Rid yourself of negative thoughts. Take time to absorb your surroundings - sights, smells and sounds.

Power walking. This is a great way to stay healthy, boosting fitness and energy levels. Try walking on different surfaces and inclines - it uses different muscles and will strengthen them too. And of course, power walking is a great excuse to buy a new pair of trainers - a good incentive to keep up the walking habit.

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

London travel advice: plan your journey now

tfl.gov.uk

24 hour travel information
0343 222 1234*

tfl.gov.uk/socialmedia

London Travelwatch
London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply. See tfl.gov.uk/terms for details.

Newspapers left on the Tube can jam doors and cause delays to your journey. Take your newspaper with you or put it in a recycling bin.