



Bubble and Squeak: The otter pups at London Zoo are really worth a visit LONDON ZOO

Get in the zone

DISCOVER BRILLIANT DAYS OUT WITH THE FAMILY IN EVERY ZONE, ALL BEFORE THE SCHOOLS GO BACK AND SUMMER ENDS

LONDON has lots to offer in terms of great outdoor spaces and fun family days out. Here's a pick of the best, most of them free, selected to keep little ones amused and create great memories this summer.

LONDON ZOO
Zone 1

Conveniently situated on the northern edge of Regent's Park, London Zoo is an ideal choice for the perfect day out with children. With more than 755 species of animals, this is one of the largest collections in the UK. Stroll along and look at the giraffes, zebras and lemurs, and don't forget to peek at the baby otters Bubble and Squeak, both born this April. To book a slot in advance, visit www.zsl.org/bookticketszsl



Water world: Enjoy nature at Walthamstow Wetlands WALTHAMSTOW WETLANDS

LONDON WETLAND CENTRE
Zone 2

A ten-minute walk from Hammersmith station, this urban oasis is a magnet for amazing wildlife, including otters, red kites, buzzards and lizards. Take a walk around the ponds and lakes, enjoy a break at the café, or take young adventurers to one of the exciting play areas. Meander through the vibrant wildflower gardens, woodland glades and enjoy breathtaking viewpoints. It's a perfect spot for budding photographers, no matter what the weather is like. To book your visit in advance, go to www.wwt.org.uk

WALTHAMSTOW WETLANDS
Zone 3

Walthamstow Wetlands is also a nature reserve, providing home and shelter to a wide range of wildlife, from waterfowl to birds of prey. It is fully accessible, and entry is free of charge. Take the children for a quiet afternoon on the banks of a reservoir, watching out for herons and flashing kingfishers. You can plan your visit at: walthamstowwetlands.com

RAF MUSEUM
Zone 4

The RAF Museum in Colindale charts the transformation of the Royal Air Force through the ages. It's a unique opportunity to get up close and personal to some of the most iconic aircraft in aviation history. Take a picnic and enjoy it in the museum airfield, a new site based on the shape of RAF Hendon's historic airfield. Here you can listen to interviews with local residents and ex-service personnel talking about their experiences in Hendon through 1930s style airfield tannoy. Entrance to the RAF Museum is free, but make sure to book online: www.rafmuseum.org.uk/london

GO APE COCKFOSTERS
Zone 5

Escape the big smoke and head to Zone 5 for a real adventure. Located in Trent Park, you'll find yourself immersed in the woody smell of pines and swaying greenery. This tree-top, high rope adventure course is great for guiding you in as it starts low and builds up.

As your confidence increases, you'll be all set to tackle the highest course in the south east, which is also home to the longest and fastest zip wire in London and two very big Tarzan swings. For information and to book, visit goape.co.uk/locations/cockfosters

EPPING FOREST
Zone 6

Although only a short ride on the Central line, this 6,000-acre forest feels a million miles away from the bustle of the city. There are mountain bike trails and bridleways for horse riders to explore, and also a mix of wildlife and historical landmarks. Take a ride on the Epping Ongar Heritage Railway, offering visitors nostalgic trips down memory lane with outstanding views of this beautiful area. For more information, visit www.visiteppingforest.org/ For the latest information and advice to help you plan your journey, visit tfl.gov.uk

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