

Walk off your festive excesses



A stroll in the capital is a great way to get some exercise

BEFORE you consider forking out for gym membership or digging out your old sports gear, there is a simpler alternative – how about a daily walk in the capital?

Exploring London is a great way to discover the city and give a healthy boost to your day.

By taking simple steps, such as getting off public transport a stop or two earlier and exploring different routes to work, you could discover a new place to have lunch or find a hidden gem.

Covering more than 360 miles in total, the following routes have been created by Walk London and TfL. You could try a section

of one as part of your daily commute or an energising lunchtime walk:

Capital Ring – At 78 miles long, this is a surprisingly green walking route that circles central London. It will take you through parks and open spaces.

Green Chain – An extensive network providing many days of walking through woodland and open spaces.

Jubilee Greenway – A path for walkers and cyclists, linking the Olympic and Paralympic Games venues, with some of the London's best attractions, heritage sites, parks, waterways and views.

Jubilee Walkway – A route to celebrate the Queen's Silver Jubilee, encompassing many landmarks, from St Paul's to Buckingham Palace, with Bloomsbury and the City on the way.

Lea Valley Walk – 18 miles of paths that follow the river and canal in north east London. Highlights include Swan and Pike Pool near Enfield Lock and two colourful marinas at Waltham Abbey and Springfield.

London Loop – This almost completely encircles Greater London and covers a distance of 152 miles.

Thames Path – On this route you are likely to see boating in almost all its forms, including canoeing, sailing, trip boats, tugs, barges, narrowboats, houseboats, marinas and boatyards.

This year, the Thames Path has come second in the world's best city hikes according to Lonely Planet '1000 Ultimate Adventures', behind Tijuca Forest in Rio de Janeiro, Brazil.

■ For full details of these walks and more, go to tfl.gov.uk/walking

Fancy sitting back and enjoying the scenery?

IF you prefer to start 2014 at a more leisurely pace, you could always consider a trip on the river. London River Services, part of TfL, manages eight piers on the Thames between Millbank and Greenwich.

Bankside Pier

The 'Tate to Tate' service connects the Tate Modern with Tate Britain. River Buses run to the O2 Arena and Woolwich Arsenal.

■ Bankside, SE1

Blackfriars Pier

Close to the Clink Prison Museum, Shakespeare's Globe and St Paul's. River Bus services run Monday to Friday to the O2 Arena and Woolwich Arsenal.

■ Victoria Embankment, City, EC4

Embankment Pier

With nightlife nearby, it's handy for getting home with Embankment Tube just minutes away. River Buses run to Tower Bridge, Greenwich, The O2, Blackfriars and Woolwich Arsenal among others.

■ Victoria Embankment, WC2

Festival Pier

Not only is there an array of restaurants nearby, it's a handy stop for the Royal Festival Hall.

■ South Bank, SE1

Greenwich Pier

Great for the National Maritime Museum, the Royal Naval College and the Royal Observatory.

■ Cutty Sark Gardens, SE1



Millbank Pier

Next to the Tate Britain, it offers a 'Tate to Tate' link to the Tate Modern and other South Bank attractions.

■ Millbank, Westminster, SW1

Tower Pier

Convenient for the Tower of London and exploring the City. Services run to Westminster, the London Eye, Greenwich, the O2 Arena and Woolwich Arsenal among others.

■ Lower Thames River, City, EC3

Westminster Pier

Located next to Westminster Tube station, services run to Tower Pier and Greenwich.

■ Victoria Embankment, Westminster, SW1

■ To find out more, go to tfl.gov.uk/river

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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

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See tfl.gov.uk/terms for details.



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