

Taking it all step by step

BREAK NEW GROUND AND TRY OUT THESE OPTIONS TO GET AROUND THE CITY ON FOOT

PUBLIC transport should only be used when it is absolutely necessary, so instead Londoners are encouraged to walk or cycle.

As part of the new Streetspace programme, lots more space is available on pavements and footpaths throughout

the capital – so why not take advantage of it today?

A blast of fresh air has great health benefits, and there are lots of ways to make navigating around the city easy. Check your route while on the move with Legible London street signs and maps.

With their navy-blue totem design and distinct yellow band, the signs are easy to pick out and help you find where you are, as well as providing walking times between key places.

If you're missing using the Underground map, you can find out how long it takes to walk between stations with TfL's Walking Steps Tube map. Use the time estimates to zip around the city on foot and get an endorphin boost while you're at it. To download the map and find out more, visit tfl.gov.uk/walking

GO JAUNTLY

TfL has teamed up with wayfinding app Go Jauntly, bringing clearly marked routes in your locality straight to your smartphone. It provides self-guided routes with directions, photos and interesting facts, all designed to keep you on track. It will identify meadows, parks and Sites of Special Scientific Interest in your proximity, helping you to explore and enjoy new green spaces.

Choose from a range of short daily strolls, family-friendly wanders and all the latest routes created by



Putting your best foot forward: Use Legible London signs to navigate

others in your area. You can even try longer TfL walking routes, including the Capital Ring, London Loop and Jubilee Walkway. These are divided into sections, so you can choose whether you'd like to combine sections and travel a greater distance, or take it easy and do one section at a time.

Feel part of the Go Jauntly community by documenting your own routes. Take photos and add useful details as you walk. You can also use the app to access the Walking Steps Tube Map. Search Go Jauntly and download the app for free.

Advice for hot weather

DURING this hot weather, TfL is reminding customers to carry water when travelling around London. Make sure your hands are clean, and be aware of others around you, before taking off and putting on your face covering to have a drink.

Avoid using public transport wherever possible and walk or cycle if you can.

**TRAVEL
OFF-PEAK
TO MAKE
MORE
SPACE**

Fewer people on the public transport network, especially during the early morning and evening peaks, will help with social distancing.

Let's make sure every journey matters
#LondonTogether

Get free access to Headspace

DISCOVER mental wellbeing by taking advantage of the support offered through TfL's partnership with Headspace, the mindfulness and meditation app. Customers of TfL can get two months of free access to all of Headspace's content, including hundreds of meditations, sleep sounds, and more.

There are a range of mindful walking options, carefully curated for London. These walks can bring

greater calm and improve both your mental and physical health. Londoners are reminded to keep two metres away from other people.

Download the app using the code THETUBE to get your free access. This offer remains available until August 30, 2020.

To find out more about how mindfulness could help you, visit www.headspace.com/tfl

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

London travel advice: plan your journey now

 Check your travel
tfl.gov.uk/travel-tools

 24 hour travel information
0343 222 1234*

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

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

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The views expressed are those of TfL only and are not those of Metro.