

Get ready to spring into action

Explore the capital on foot with 42 free guided walks to choose from across a bumper weekend.



Lead the way: Discover London's sights under the guidance of experienced walk leaders

NOW that the weather is getting warmer, it's time to limber up and learn more about London with TfL's upcoming series of themed walks.

The Spring into Summer walking weekend on Saturday May 12 and Sunday May 13 includes a range of excursions across the capital, all led by experienced Walk London guides.

The routes vary from short strolls to longer hikes, and more than 25 of them are fully accessible – meaning there's something to suit people of all ages and abilities.

Not only are they full of fascinating facts, the group walks are also a great way to get active, reducing health risks and improving overall physical and mental wellbeing.

Whether you're yearning to get outside in the warmer weather, are a fitness fanatic, or just fancy finding out more about history and art, why not take a look below for some of the options on offer?

They are all free of charge – just book your place in advance online and you'll be good to go.

Saturday May 12

Urban Tree Trail – 2.5 miles

Look at London's greenery with fresh eyes on this walk designed to explore the importance of trees. Great for anyone who is interested in nature, it will look at some of the environmental, social and economic benefits that arboriculture can deliver.

Goodnight Mister Tom – 1.6 miles

Inspired by classic children's book Goodnight Mister Tom by Michelle Magorian, this family-friendly walk explores the City of London and offers insight into what life was like for those living in the capital during the Blitz.

A Sensory and Dementia Friendly Walk – 1.5 miles

A gentle sensory stroll in beautiful Dulwich Park, this route focuses on helping those living with dementia to enjoy the sights, sounds and smells of the outdoors. The walk is open to everyone, but is particularly suitable for people who have dementia and their carers, friends and family.

Sunday May 13

#BehindEveryGreatCity Suffragette City – 1.5 miles

One hundred years after the first women won the right to vote, this tour



Did you know?

- May is National Walking Month – a great time to lace up those walking shoes
- Just a 20-minute walk each day can help to keep you mentally and physically healthy
- You use an impressive 200 muscles every time you take a step
- Walking one mile burns up to 100 calories
- Taking a short walk every day can increase productivity by up to 30 per cent

of Westminster and the surrounding areas takes in Trafalgar Square, Downing Street, Whitehall and the Houses of Parliament. Learn more about the women who fought for the vote, as well as the politicians who opposed them.

From Prejudice to Pride – 1.8 miles

Centred on Soho, the heart of London's modern LGBTQ+ community, this walk explores the challenges individuals have faced to have their sexuality and gender identity recognised. Discover more about the fight for equality and

take a look at some bohemian bars and meeting places from the 1930s.

Walthamstow Wetlands – 3.8 miles

A visit to this Site of Special Scientific Interest provides a great opportunity to observe birds in a peaceful natural environment. Participants will be able to take time out from the hustle and bustle of everyday life and get closer to a variety of rare and protected species.

■ To find out more and to book a free place on a walk, visit walklondon.org.uk



Good signs: The weekend is a chance to discover nature on your doorstep

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Are they avoiding staff and police?

Please report any unattended items or suspicious activity to a member of staff immediately

We'll sort it.

In an emergency always call 999

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