

# These routes are made for walking

Getting more active this year could be as easy as making a small change to your daily commute.

WHETHER you're looking to get into shape, improve your general fitness or benefit from more fresh air, swapping part of your Tube journey for a short walk could help you to stick to your resolutions this month.

### Plan to succeed

TfL offers a range of useful tools to help would-be walkers plan ahead, including the Walking Steps Tube map, which shows the number of steps it takes to walk between stations in zones 1, 2 and 3.

For example, you could walk from Liverpool Street to Bank in 1,000 steps, or Oxford Circus to Bond Street in 700 steps – good news if you've set yourself a daily target for the year ahead.

If you're looking to break your journey with a shorter walk, stations such as Covent Garden and Leicester Square are only 400 steps apart – just four minutes at average walking pace.

Exploring alternative ways to travel could even get you to your destination in less time. There are 109 journeys between neighbouring stations on the London Underground that could be quicker to walk. Many popular journeys between stations on different lines, such as Charing Cross and Westminster, Covent Garden and

Tottenham Court Road or Cannon Street and St. Paul's, can be made in about ten minutes by foot.

### All mapped out

Londoners and visitors can make use of more than 1,700 Legible London street signs and maps to find the best route to their destination. They are easy to spot thanks to their distinctive yellow and blue design, and provide information about walking routes and the capital's landmarks.

Many of the maps are located near Tube stations, at bus stops and at Santander Cycles docking stations, making onward travel as quick and simple as possible.

Legible London signs also feature circles showing which places can be reached within five or 15 minutes when walking at an average pace.

### Going green

Rethinking the way you travel can also help you do your bit for the environment.

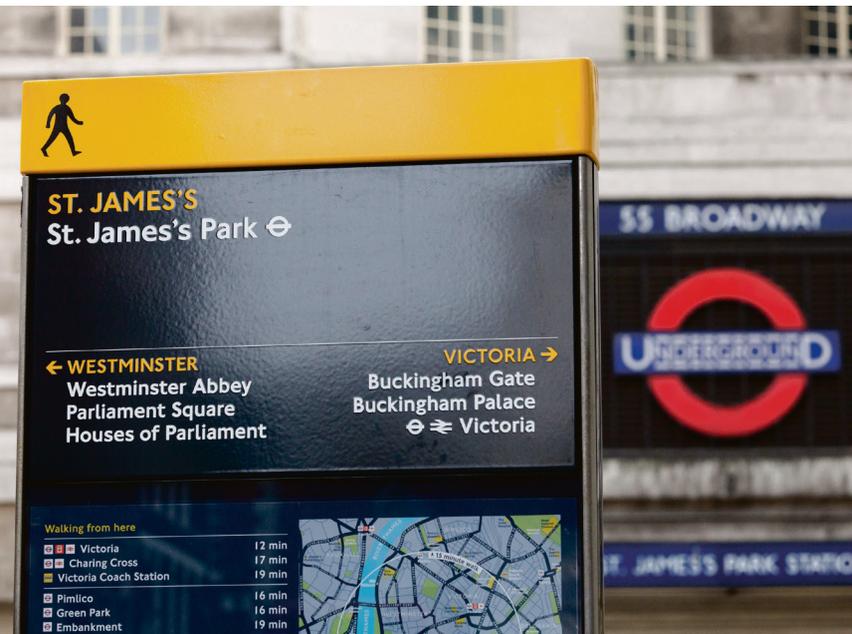
The Mayor Sadiq Khan is committed to helping Londoners get more active by making it quicker and easier to walk and cycle around the capital. This includes working with London boroughs to create safer and more attractive streets, providing new facilities for pedestrians and

cyclists and helping walkers to identify their most suitable routes.

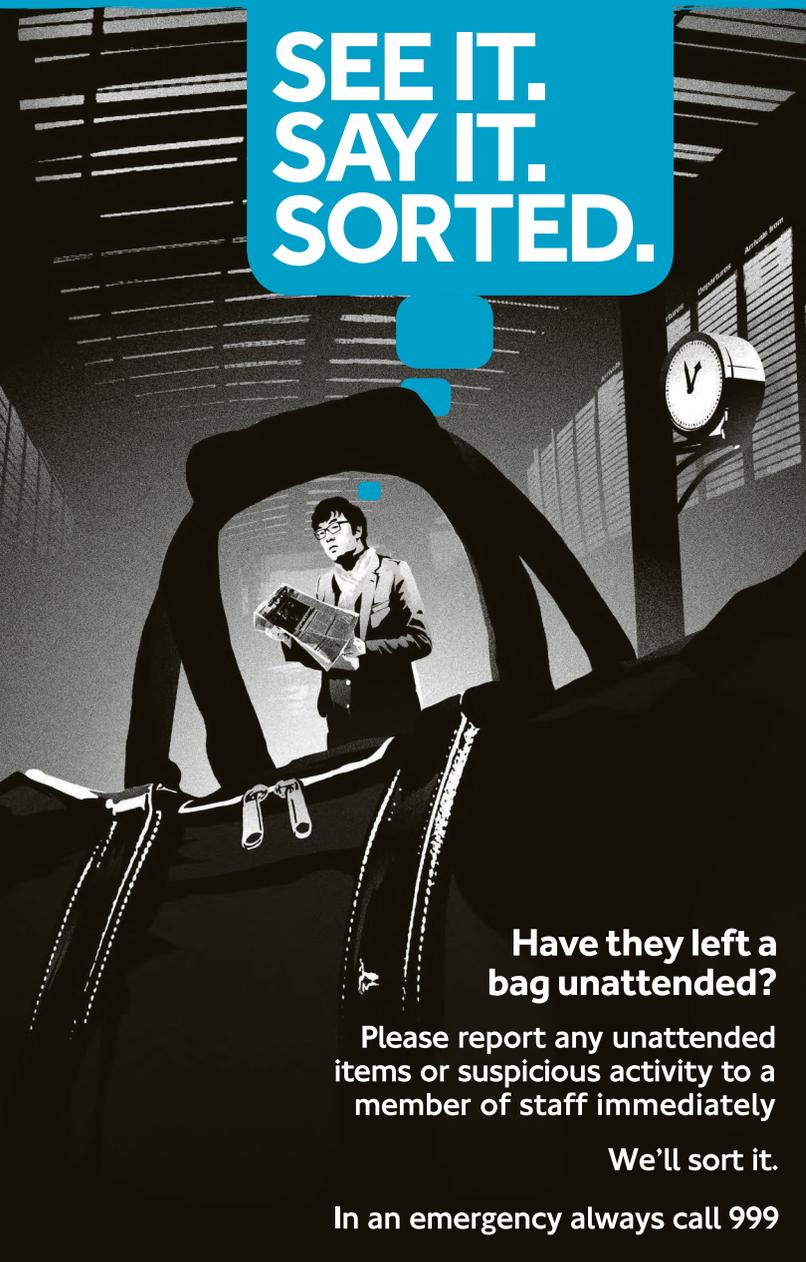
■ **To download the Walking Steps Tube map and for further advice on ways to make walking part of your daily routine, visit [tfl.gov.uk/walking](http://tfl.gov.uk/walking)**

### Did you know?

- Just two, ten-minute walks a day are enough to start making a difference to your physical and mental wellbeing
- Going for a daily stroll could significantly reduce your risk of developing type 2 diabetes, heart disease, depression and Alzheimer's
- A single step uses up to 200 muscles. So you're not only doing a little cardio, but toning yourself up too
- Increasing the number of steps you take can help you to relax and may improve your sleep. To reduce the stress of your commute even further, try walking to a less busy station to beat the crowds



## SEE IT. SAY IT. SORTED.



**Have they left a bag unattended?**

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

**We'll sort it.**

In an emergency always call 999

## TfL consultations

### Have your say

TfL is consulting on the following proposals:

**Oxford Street Closes tomorrow**  
Comment on plans to transform Oxford Street and the areas nearby into one of the world's best outdoor shopping experiences and an unrivalled place to live, work and visit.

**Rotherhithe to Canary Wharf Closes January 8**  
Have your say on a new river crossing between Rotherhithe and Canary Wharf. It would provide a safe and direct route for pedestrians and cyclists, reduce journey times and encourage more active

travel for the growing communities on both sides of the river.

**Direct Vision Standard Closes January 24**  
Give your views on a proposed direct vision standard for freight vehicles in the capital, which looks to ban the least compliant by 2020.

**ULEZ Closes February 28**  
TfL is consulting on the Mayor's proposals to help clean up London's dangerously polluted air.

■ **To find out more information on proposals TfL is consulting on, visit [tfl.gov.uk/consultations](http://tfl.gov.uk/consultations)**

For more articles and to keep up to date with TfL announcements, visit [tfl.gov.uk/news](http://tfl.gov.uk/news)

## London travel advice: plan your journey now

 [tfl.gov.uk](http://tfl.gov.uk)

 24 hour travel information  
**0343 222 1234\***

 Sign up for email updates  
[tfl.gov.uk/emailupdates](http://tfl.gov.uk/emailupdates)

   [tfl.gov.uk/socialmedia](http://tfl.gov.uk/socialmedia)

**London Travelwatch**  
London's transport watchdog  
call 020 3176 2999, or visit  
[www.londontravelwatch.org.uk](http://www.londontravelwatch.org.uk)

\*Service and network charges apply. See [tfl.gov.uk/terms](http://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.