



Maps made for walking

It's ten years since the distinctive blue and yellow Legible London signs started appearing on the capital's streets.

NOW special edition maps have been launched to celebrate this decade of walking in the city.

The guides, for Brixton, Old Street and North Bank, have eye-catching covers by illustrator Matt Blease whose design puts little feet on the letters of each title. The maps are packed with fun facts about walking and the local area, and also include a scale so people can work out distances that can be walked in five minutes.

They will help people living and working in the capital, as well as visitors, to walk regularly. The maps come just a month after Public Health England released figures showing that millions of people across the UK still don't walk the recommended amount each month.

Analysis also shows that if every Londoner walked or cycled for 20 minutes

a day, it would save the NHS £1.7 billion in treatment costs over the next 25 years.

The maps have been produced by TfL in partnership with businesses in Brixton, Old Street and North Bank.

Walking and cycling commissioner, Will Norman, said he wants to create healthier streets where walking and cycling is an easy and obvious choice for everyone: 'Legible London helps people find out for themselves how easy and fun it can be getting around and exploring the capital on foot. And by helping Londoners find their way around, it encourages more people to make walking a part of their everyday lives.'

■ Copies of the maps can be collected from Brixton, Old Street, Embankment, Temple and Charing Cross Tube stations

Sign of the times

Legible London signs and maps can be found on the streets across the capital, at Tube and rail stations, in bus shelters and at cycle hire docking stations.

There are more than 1,700 wayfinding signs in the city and, in line with the Mayor's draft Transport Strategy, TfL is working with boroughs, businesses and other partners to install more.

The aim is to get 80 per cent of people walking, cycling and using public transport in the city by 2041. Currently, the figure is 64 per cent. It would mean there would be around 3 million fewer car journeys in London every day.

Get walking

Walking is a great way to stay healthy and see the city, plus it could be quicker than you think.

The good news is that just two, 10-minute walks a day can keep you fit.

You'll sleep better, feel more relaxed, and significantly reduce the risk of developing a range of health problems, such as Type 2 diabetes, heart disease, depression and Alzheimer's disease.

Using public transport is a great way to build some walking into your day and people who regularly use public transport are more likely to get the activity they need to stay healthy.



Traffic information for the capital

For a full list of traffic information, go to tfl.gov.uk/trafficnews

Hanger Lane gyratory
Weekday nights, 10pm to 5am, until November 1

Various restrictions on the gyratory and its approaches for maintenance works.

Central London area
Friday 10pm, to Monday 6am
Eastbound lanes closed on the Marylebone Road, at the junction of York Gate for utility works.

Nightly, 10pm to 6am, Monday to Thursday
Shaftesbury Avenue closed between Piccadilly Circus and Rupert Street for crane operations.

Finsbury Park
Saturday 11am, to Sunday 10.30pm
Large crowds expected in the area for a two-day music festival. Stroud Green Road may close between Tollington Park and Seven Sisters Road, from 9.15pm to 11.15pm, as people leave the event.

Bermondsey area
Saturday 7pm, to Sunday midday
Lane and traffic restrictions along the route of the Shine Night Walk, from Southwark Park to Old Billingsgate, Lower Thames Street. Roads affected include Jamaica Road, Tanner Street, Queen Elizabeth Street.

Wembley Stadium
Sunday, 11am to 10pm
Heavy traffic and large crowds expected in the area for the NFL Jacksonville Jaguars v Baltimore Ravens game. Kick off is at 2.30pm.

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

*Service and network charges apply.
See 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.

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



Our fleet of greener buses includes 70 electric and 2,600 hybrids

This is part of the commitment by the Mayor, Sadiq Khan, and TfL to help Londoners breathe cleaner air.

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