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**Sep - Dec 2022**

Timetable, routes and meeting points

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Square Mile Health Walks are run by Age UK City of London and are part of Ramblers Wellbeing Walks.

For more info contact Alice Westlake on

[Alice.Westlake@ageukcityoflondon.org.uk](mailto:Alice.Westlake@ageukcityoflondon.org.uk) or

0203 488 6884 (Mon-Wed)

See our website [www.ageuk.org.uk/cityoflondon/](http://www.ageuk.org.uk/cityoflondon/) to find out about other activities and services run by Age UK City of London

**Sunday and Thursday Walks**

Longer walks exploring the fascinating history of the capital**.** Suitable for all abilities. We walk for 90 minutes with 2-3 info stops along the way.

**Sun 4th Sep**

**10am-12noon**

**Aldgate to Shadwell and Wapping, circular**

Meet outside Aldgate Station, EC3N 1AH

**Thurs 22nd Sep**

**2 – 4pm**

**Shakespeare Pub to Lincolns Inn Fields, circular**

Meet outside Shakespeare Pub, 2 Goswell Road, EC1M 7AA

**Thurs 6th Oct**

**2 – 4pm**

**Royal Exchange to Bishopsgate via City Churches, circular**

Meet outside the Royal Exchange, Cornhill, EC3V 3LR (on the steps)

**Sun 23rd Oct**

**10am-12noon**

**St Pauls to Borough, circular**

Meet at St Pauls tube, Panyer Alley, EC2V 6AA (outside Café Nero)

**Thurs 3rd Nov**

**2 – 4pm**

**Highbury and Islington to Barbican, linear**

Meet at Highbury and Islington tube station, Upper Street, N1 1SE

**Sun 20th Nov**

**10am-12noon**

**Oxford Street to Soho/TCR, linear**

Meet at Oxford St tube, Argyll St exit, W1F 7TW

**Sun 4th Dec**

**10am-12noon**

**Shakespeare Pub to Royal Exchange, circular**

Meet outside Shakespeare Pub, 2 Goswell Road, EC1M 7AA

**Tuesday Walks**

**Every Tuesday – Very gentle walk**

Ideal for those who want to improve balance, stability and confidence

**10.30-11.30am weekly**

30-45 minute walk at a slow pace, finishing with tea/coffee

**Meet outside Fusion Leisure, Golden Lane, Fann Street EC1Y 0SH**

**Saturday Walks**

**1st Saturday of every month – City churchyards walk**

Explore the hidden City with a focus on history, architecture and green spaces

**11am-12noon 1st Saturday of each month**

Approx 60 minute walk at a comfortable pace

**Meet at St Pauls Tube, Panyer Alley (outside Café Nero) EC2V 6AA**

**Maggies Walks**

We also run walks in partnership with Maggies Centre within Barts Hospital, for people living with or having treatment for cancer, and their relatives.

The walks take place weekly on a Wednesday morning.

For more information please speak to staff within Maggies – or you can contact Alice on the details overleaf.

**Email reminders**

If you would like to be added to our e-mailing list to receive reminders about walks, plus details of any last minute alterations, please speak to any of the walk leaders who will be pleased to take your details.