

 **Sep - Dec 2022**

 Timetable, routes and meeting points



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 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.