

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/ to find out about other activities and services run by Age UK City of London



Square Mile Health Walks

Jan – April 23

Timetable, routes and meeting points



Tuesday Walks

Every Tuesday – Very gentle walk

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

10.30-11.30 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.

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 15th Jan

10am-12noon

Aldgate to Wapping circular

Meet outside Aldgate tube station, EC3N 1EH

Thurs 26th Jan

2 – 4pm

Bank to Canary Wharf circular (travelling on Elizabeth Line)

Meet outside Shakespeare pub EC1M 7AA

Sun 12th Feb

10am-12noon

Kings Cross to Blackfriars linear

Meet at Kings Cross station, bus stop E, N1 9AL

Thurs 23rd Feb

2 – 4pm

St James Park circular

Meet St James Park station, SW1H 0BD

Sun 12th March

10am-12noon

Waterloo to Shakespeare pub linear

Meet at Waterloo, outside Pure shop, gangway that goes to platforms 20-24

Thurs 16th March

2 – 4pm

Aldgate to Whitechapel circular

Meet outside Aldgate tube station, EC3N 1EH

Sun 16th April

10am-12noon

Canada Water to Tower Hill linear

Meet at Canada Water station, Deal Porter Way, SE16

Thurs 27th April

2 – 4pm

Kings Cross circular

Meet at Kings Cross station, bus stop E, N1 9AL