



A walk in the park

10 Free Weekly Walks in the Royal Parks!



Natural England and the Royal Parks have teamed up with the Ramblers and the Rain Trust to help Londoners walk their way back to fitness in 2011 with a series of free guided health walks in London's Royal Parks. See reverse for the Walk Timetable.

For more information, or if you are interested in volunteering for 'A Walk in the Park', please visit www.wfh.naturalengland.org.uk/walkfinder/london/walk-park

or email Tom Moulton on thomas.moulton@ramblers.org.uk

Walk Timetable

Please feel free to turn up to the meeting points at the times below – no need to book. For more information email thomas.moulton@ramblers.org.uk

Park	Day	Start Time	Meeting Point	Date of first walk
Green Park	Mondays	11am	Ritz Corner, outside the café, W1J 9DZ	7 th February
Regents Park	Mondays	10am	60 Penfold Street, meet in the Lobby, NW8	Up and Running!
Kensington Gardens	Tuesdays	2pm	Outside the Board Walk Café, W2 4RU	8 th February
St James Park	Wednesdays	10.30am	Guards Memorial, SW1	Up and Running!
Hyde Park	Wednesdays	11am	Outside the Serpentine Bar and Kitchen	9 th February
Hyde Park	Thursdays	2pm	Marlborough Gate, Park entrance, W2	Up and Running!
Greenwich Park	Fridays	11am	Black Heath Gate, SE10 8QY	Start date to be confirmed
Greenwich Park	Saturdays	11am	Black Heath Gate, SE10 8QY	Start date to be confirmed
Regents Park	Saturdays	2pm	Outside the Cow and Coffee Bean, NW1 4NR	12 th February
Green Park	Sundays	3pm	Ritz Corner, W1J 9DZ	Start date to be confirmed

