



Walking at Work

Introduction

We have compiled a series of walks, from short to pleasantly long to help tempt you to get out of the office at lunchtime or after work, and get in a regular daily walk. The majority of the walks will take you about 30 minutes to complete (our timings are fairly generous), with some longer ones for you to strive for and to provide for any free period available.

The difference a walk makes is dramatic. People who regularly do a minimum of 30 minutes of exercise at least 5 times a week (5x30) are fitter, healthier and feel less stressed and more relaxed than people who don't exercise. Walking regularly is sufficient to get your 5x30 - you just need to walk briskly. However, don't worry about speed - just start to fit in a walk several days a week and you'll soon naturally speed up as you get used to regular walking.

One factor that may naturally help you speed up is the desire to go a little further to see more places during your lunchtime. An after-work walk may benefit you by releasing the stresses of the day. It is also worth choosing a lunch venue a little further away - remember you are now looking to do more walking, not trying to avoid it!

These walks are just a taster. Once you start exploring, you will develop your own favourite routes and destinations, taking a much needed break during the day to try a new café or to pick up something from the shops. Better still you'll have a number of cherished walks to help you wind down after work.

Remember, wear sensible shoes, be mindful of the conditions underfoot and take care crossing roads. There's a helpful *Walking Safely* hand-out that is also available.

How to get the most from these route descriptions

For each walk we've provided details of duration, length, and number of paces (should you not have a pedometer with you). As a rule of thumb, a walk of 1 mile should take no more than 20 minutes and you will have taken some 2,000 paces.

The route descriptions should be enough to guide you without getting lost, but if you want a map, we've provided you with post codes for key points or landmarks so you can apply these to the numerous on-line mapping websites available. Details of nearby destinations recommended by you and your colleagues, especially rail, tube or key bus stops, including an indication of their distance from the centre, are also provided.

Some of the information contained in the guides is repeated from one walk to another - this is so you need only bring one print-out for any walk and have all the information you need.

If you want to choose a linear walking route, from one point to another, we would recommend visiting www.walkit.com

Happy walking!



Local destinations from I Lower Marsh (SE1 7NT)

NEARBY HEALTH CENTRES & COUNCIL OFFICES

- Hurley Clinic (SE11 4HJ) - 0.8 miles/15 mins/1380 paces
- Lambeth Community Care Centre (SE11 4TX) - 0.6 miles/11 mins/1050 paces
- Lambeth Walk Practice (SE11 6SP) - 0.3 miles/6 mins/610 paces
- Mary Sheridan Centre for Child Health (SE11 4TH) - 0.9 miles/17 mins/1510 paces
- Moffat Clinic (SE11 5NG) - 0.9 miles/17 mins/1580 paces
- Sickle Cell & Thalassaemia Centre (SE11 4TH) - 0.9 miles/17 mins/1510 paces
- Waterloo Health Centre (SE1 7RJ) - 0.1 miles/1 min/150 paces
- Vauxhall Surgery (SE11 5NH) - 0.8 miles/16 mins/1440 paces

Lambeth Council Phoenix House (SW8 2LL) - 1.2 miles/23 mins/2090 paces

DESTINATIONS WITHIN WALKING DISTANCE RECOMMENDED BY STAFF

- Department of Health – Richmond House (SW1A 2NS) - 0.7 miles/13 mins/1165 paces
- Department of Health – Wellington House (SE1 8UG) - 0.3 miles/6 mins/555 paces
- Elephant & Castle tube (SE1 6TJ) - 15 mins/0.8 miles/1385 paces
- Imperial War Museum (SE1 6HZ) - 8 mins/0.4 miles/715 paces
- Lambeth North tube (SE1 7BU) - 0.3 miles/6 mins/530 paces
- London Eye (SE1 7PB) - 7 mins/0.4 miles/670 paces
- Royal Festival Hall (SE1 8XX) - 11 mins/0.6 miles/980 paces
- St Thomas' Hospital (SE1 7EH) - 0.2 miles/3 minutes/340 paces
- Southwark Cathedral (SE1 9DA) - 27 mins/1.4 miles/2405 paces
- Tate Modern (SE1 9TG) - 20 mins/1 mile/2000 paces
- Victoria Station (SW1V 1JU) - 29 mins/1.5 miles/2570 paces
- Waterloo station (SE1 7ND) - 8 mins/0.4 miles/730 paces
- Westminster tube (SW1A 2JR) - 0.5 miles/10 mins/910 paces

Get a route guide to any of these destinations from www.walkit.com



Circular walks from I Lower Marsh (SE1 7NT)

Lower Marsh is close by numerous tube and train lines. By extending some of the circular walks - or developing your own - you can walk to a number of different stations, varying your journey to and from work and taking in some of London's best sights whilst getting fit and de-stressed!

The good news is that I Lower Marsh is also in a prime location near some of London's best walking. The Thames is close by, with dramatic views of Parliament, the London Eye and ever changing river scenes.

You are also near some of London's premier cultural centres; the Royal Festival Hall, the National Theatre, the National Film Theatre, Tate Modern... many of which have wonderful and free lunchtime or after-work events.

This area is one of the world's great tourist attractions, so some parts are very crowded - especially around Parliament and near the London Eye - but if you enjoy the bustle, there is plenty to see (such as the numerous human statues just past the Eye).

However, there are pockets of quiet and calm to discover too (such as Archbishops Park and the Museum of Garden History - both real gems).

Don't let the fact that you are hemmed in by Waterloo station put you off. Once you get beyond the tracks there are many lovely routes to explore, unwind in and enjoy.