

Free Health Walks for Age 55+

Friendly short history walks around the City of London

Stroll & Chat (every Tuesday): 10.30-11.30am

An easy short walk, ideal for those who want to improve balance, stability and confidence.

45 minutes walking at a slow pace, finishing with tea and coffee

Meet in Fortune Street Park (by Giddy Up coffee) EC1Y 8JJ

First Saturday Walks: 11.00-12.00

1st Saturday of every month

Uncover hidden gems in the East of the City on this circular walk.

About 60 minutes at a comfortable pace

**Meet at Kindertransport statue outside Liverpool St Station,
Liverpool Street EC2M 7PY**

Monthly Thursday and Sunday Walks

Longer walks exploring the fascinating history of the capital.

90 minutes with 2-3 information stops along the way

Walk schedule Overleaf



More info: www.ageukcityoflondon.org.uk

Thursday and Sunday Walk Schedule

September

Thursday 3rd 2pm Baker Street to the BBC

- Meet by the Sherlock Holmes statue at Baker Street

Sunday 27th 10am Tower of London around the Pool of London

- Meet at the kiosk outside Tower Hill Tube Station

October

Sunday 18th 10am Kings Cross to Barbican (Squares Walk)

- Meet at Kings Cross Station by the bus stops outside the station

Thursday 29th 2pm Barbican to City Road (Finsbury Walk)

- Meet at the back of the Shakespeare Pub on Goswell Road, Barbican

November

Sunday 15th 10am Holborn to Gordon Square (Bloomsbury Walk)

- Meet outside Metro Bank diagonally opposite Holborn Station

Thursday 19th 2pm Barbican to Blackfriars

- Meet at the back of the Shakespeare Pub on Goswell Road, Barbican

December

Thursday 10th 2pm Crossharbour to Mudchute (Isle of Dogs Walk)

- Meet either at Bank Tube Station outside St Mary Woolnorth OR 20 minutes later at Crossharbour Station on the DLR

Sunday 20th 10am Aldgate to Blackfriars

- Meet outside Aldgate tube station

For full details see our Ramblers Wellbeing Walks page: <https://bit.ly/4isxDHO>
or email alice.westlake@ageukcityoflondon.org.uk