

John Lewis

HIT THE STREETS AND DISCOVER THESE LOCAL HIGHLIGHTS



Key: Culture & interests Gardens & parks Art Market Fitness

V&A Museum of Childhood (6,200 steps)

The V&A Museum of Childhood is the UK's National Museum of Childhood. It is the largest institution of its kind in the world. Its mission is to hold in trust the nation's childhood collections.

www.vam.ac.uk/moc

Culture & interests

Bethnal Green

Free

**Cambridge Heath Road
London E2 9PA**

10am - 5:45pm

020 8983 5200

Fitness level - Any

Walking type - Medium

Average length of time spent - 120mins

Average distance - 3.1 miles

Steps achieved - 6,200

Rain safe

Pet friendly

Signup: No

Equipment needed: No

Victoria Park (4,340 steps)

Victoria Park is a 86.18 hectare park in Bow, opened in 1845.

www.towerhamlets.gov.uk/lgnl/leisure_and_culture/parks_and_open_spaces/victoria_park/victoria_park.aspx

 **Gardens & parks**

 **Bethnal Green**

 **Free**

 **London E3 5TB**

 **Opens daily at 7am, closing time varies**

 **020 8985 5699**

Fitness level - Any

Walking type - Medium

Average length of time spent - 60mins

Average distance - 2.2 miles

Steps achieved - 4,340

 Rain safe

 Pet friendly

 Signup: No

 Equipment needed: No

Old Spitalfields Market (2,790 steps)

Old Spitalfields Market is a covered market in Spitalfields, London. There has been a market on the site for over 350 years.

www.oldspitalfieldsmarket.com

 **Market**

 **Liverpool Street**

 **Free**

 **Brushfield Street, London E1 6EW**

 **10am - 5pm**

 **020 7375 2963**

Fitness level - Any

Walking type - Low

Average length of time spent - 60mins


Average distance - 1.4 miles

Steps achieved - 2,790

 Rain safe

 Pet friendly

 Signup: No

 Equipment needed: No

Brick Lane (3,410 steps)

Brick Lane is a street in East London, in the London Borough of Tower Hamlets. This popular area features galleries, restaurants, markets and festivals throughout the year.

www.visitbricklane.org

Culture & interests

 Liverpool Street

 Free

 London E1 6QL

 Times vary

Fitness level - Any

Walking type - Medium


Average length of time spent - 60mins


Average distance - 1.7 miles

Steps achieved - 3,410

 Rain safe

 Pet friendly

 Signup: No

 Equipment needed: No

Isle of Dogs Beach (4,030 steps)

The Isle of Dogs is an area in the East End of London that is bounded on three sides (east, south and west) by one of the largest meanders in the River Thames.

http://www.towerhamlets.gov.uk/ignl/leisure_and_culture/walking/walks/isle_of_dogs.aspx

Gardens & parks

 North Greenwich

 Free

 Thames Park (NE Extension)
London E14 3UX

 Times vary

Fitness level - Any

Walking type - High


Average length of time spent - 60mins


Average distance - 2 miles

Steps achieved - 4,030

 Rain safe

 Pet friendly

 Signup: No

 Equipment needed: No

Museum of London Docklands (6,200 steps)

The Museum of London Docklands is housed in a listed warehouse on West India Quay. The collection tells the story of London's river, port and people from the arrival of the Romans to the construction of Canary Wharf.

www.museumoflondon.org.uk/docklands

 **Culture & interests**

 **Canary Wharf**

 **Free**

 **West India Quay, London E14 4AL**

 **10am - 6pm**

 **020 7001 9844**

Fitness level - Any

Walking type - Medium

Average length of time spent - 120mins

Average distance - 3.1 miles

Steps achieved - 6,200

✓ Rain safe

✗ Pet friendly

✗ Signup: No

✗ Equipment needed: No

Shoreditch Street Art Tours (11,160 steps)

Experience street art and graffiti on a guided walking tour of Shoreditch. See alternative art by Banksy, Eine, Sweet Toof, Stik and many more.

www.shoreditchstreetarttours.co.uk

 **Culture & interests**

 **Liverpool Street**

 **From £10**

 **London E1 6AA**

 **10am - 7pm**

 **07834 088533**

Fitness level - Any

Walking type - High

Average length of time spent - 180mins

Average distance - 5.6 miles

Steps achieved - 11,160

✗ Rain safe

✓ Pet friendly

✗ Signup: No

✗ Equipment needed: No

Swingers Crazy Golf (3,100 steps)

Swingers comprises two 9-hole crazy golf courses, five cocktail bars, and three street food vendors – ideal for private and corporate events.


www.swingersldn.com

 **Culture & interests**

 **Liverpool Street**

 **£ £13**

 **London EC3A 8AL**

 **Monday to Tuesday 12pm - 12am**
Wednesday to Saturday 12pm - 1am
Sunday 12pm - 11pm

 **020 3846 3222**

Fitness level - Any

Walking type - Medium

Average length of time spent - 60mins

Average distance - 1.6 miles

Steps achieved - 3,100

- ✓ Rain safe
- ✗ Pet friendly
- ✗ Signup: No
- ✗ Equipment needed: No

All Star Lanes (4,960 steps)

Designed to be the ultimate escape, All Star Lanes is a place to meet, eat, drink and bowl in style. It serves guests fun experiences, in a timeless classic American style, always delivered with a quirky twist.


www.allstarlanes.co.uk

 **Culture & interests**

 **Aldgate**

 **From £9.95**

 **London E1 6QL**

 **Monday to Thursday 12pm - 12am**
Friday to Saturday 11am - 1am
Sunday 11am - 12am

 **020 7426 9200**

Fitness level - Any

Walking type - Low

Average length of time spent - 60mins

Average distance - 2.5 miles

Steps achieved - 4,960

- ✓ Rain safe
- ✗ Pet friendly
- ✓ Signup: Yes
- ✗ Equipment needed: No

Bunhill Fields (2,093 steps)

Bunhill Fields is a former burial ground in the London Borough of Islington, north of the City of London, now managed as a public garden by the City of London Corporation.

www.cityoflondon.gov.uk/things-to-do/green-spaces/city-gardens/visitor-information/Pages/Bunhill-Fields.aspx

 **Gardens & parks**

 **Old Street**

 **Free**

 **38 City Road, London EC1Y 1AU**

 **8am - 7pm**

 **020 7374 4127**

Fitness level - Any

Walking type - Low

Average length of time spent - 45mins

Average distance - 1 miles

Steps achieved - 2,093

 **Rain safe**

 **Pet friendly**

 **Signup: No**

 **Equipment needed: No**

Coronation Gardens (4,030 steps)

Coronation Gardens is a recreational ground with ornamental gardens, paths and grass areas.

www.walthamforest.gov.uk/content/coronation-gardens

 **Gardens & parks**

 **Leyton**

 **Free**

 **13 Buckingham Road
London E10 5NG**

 **8am - 7pm**

 **020 8496 3000**

Fitness level - Any

Walking type - High

Average length of time spent - 60mins

Average distance - 2 miles

Steps achieved - 4,030

 **Rain safe**

 **Pet friendly**

 **Signup: No**

 **Equipment needed: No**

Lee Valley Hockey & Tennis Centre (1,240 steps)

Lee Valley Hockey and Tennis Centre is made up of two outdoor hockey pitches, and four indoor and six outdoor tennis courts.

www.visitlee valley.org.uk/go/hockey-tennis

Fitness

 Stratford

 Free

 Queen Elizabeth Olympic Park
London E20 3AD

 Monday to Friday 8:30am - 10:30pm
Saturday to Sunday 8am - 8pm

 0300 003 0614

Fitness level - Any

Walking type - Low

Average length of time spent - 30mins

Average distance - 0.6 miles

Steps achieved - 1,240

✓ Rain safe

✗ Pet friendly

✗ Signup: No

✗ Equipment needed: No

Bethnal Green Garden (3,023 steps)

A park with many sporting facilities, including four tennis courts, basketball courts, a 5-a-side football pitch and netball courts, as well as play areas for children of all ages.

http://www.towerhamlets.gov.uk/ignl/leisure_and_culture/parks_and_open_spaces/bethnal_green_gardens.aspx

Gardens & parks

 Bethnal Green

 Free

 London E2 0HL

 9am - 5pm

 020 7364 5000

Fitness level - Any

Walking type - High

Average length of time spent - 45mins

Average distance - 1.5 miles

Steps achieved - 3,023

✗ Rain safe

✓ Pet friendly

✗ Signup: No

✗ Equipment needed: No

Spitalfields City Farm (1,395 steps)

Spitalfields City Farm was originally set up by volunteers in 1978, and today encompasses a farm and gardens.

www.spitalfieldscityfarm.org

 **Culture & interests**

 **Shoreditch High Street**

 **Free**

 **London E1 5AR**

 **Tuesday to Sunday 10am - 4pm**
Monday Closed

 **020 7247 8762**

Fitness level - Any

Walking type - Low

Average length of time spent - 30mins

Average distance - 0.7 miles

Steps achieved - 1,395

✓ Rain safe

✗ Pet friendly

✗ Signup: No

✗ Equipment needed: No

Whitechapel Gallery (3,255 steps)

The Whitechapel Gallery is a public art gallery designed by Charles Harrison Townsend, and opened in 1901 as one of the first publicly funded galleries for temporary exhibitions in London.


www.whitechapelgallery.org

 **Art**

 **Aldgate East**

 **Free**

 **77-82 Whitechapel High Street**
London E1 7QX

 **Tuesday to Wednesday 11am - 6pm**
Thursday 11am - 9pm
Friday to Sunday 11am - 6pm
Monday Closed

 **020 7522 7888**

Fitness level - Any

Walking type - Low

Average length of time spent - 90mins

Average distance - 1.6 miles

Steps achieved - 3,255

✓ Rain safe

✗ Pet friendly

✗ Signup: No

✗ Equipment needed: No

The Old Truman Brewery (5,580 steps)

The Old Truman Brewery, once home to London's largest brewery, is now East London's primary destination for the public and creative businesses alike.

www.trumanbrewery.com

 **Market**

 **Liverpool Street**

 **Free**

 **91 Brick Lane, London E1 6QR**

 **Times vary**

 **020 7770 6001**

Fitness level - Any

Walking type - Low

Average length of time spent - 120mins

Average distance - 2.8 miles

Steps achieved - 5,580

✓ Rain safe

✓ Pet friendly

✗ Signup: No

✗ Equipment needed: No

ArcelorMittal Orbit (3,100 steps)

One of the most enduring visual legacies of the Olympic and Paralympic Games that united London in 2012, the ArcelorMittal Orbit was designed by sculptor Sir Anish Kapoor and engineer Cecil Balmond.

www.arcelormittalorbit.com

 **Culture & interests**

 **Stratford**

 **£9**

 **3 Thornton Street, London E20 2AD**

 **Times vary**

 **0333 800 8099**

Fitness level - Any

Walking type - Medium

Average length of time spent - 60mins

Average distance - 1.6 miles

Steps achieved - 3,100

✓ Rain safe

✗ Pet friendly

✗ Signup: No

✗ Equipment needed: No

Columbia Road Flower Market (2,325 steps)

Columbia Road Flower Market is a street market in East London. Columbia Road is a road of Victorian shops off Hackney Road in the London Borough of Tower Hamlets. The market is open on Sundays only.

www.columbiaroad.info/flowermarket

 **Market**

 **Cambridge Heath**

 **Free**

 **Columbia Road, London E2 7RG**

 **Sunday 8am - 2pm**

Fitness level - Any

Walking type - Medium

Average length of time spent - 60mins

Average distance - 1 miles

Steps achieved - 2,325

 Rain safe

 Pet friendly

 Signup: No

 Equipment needed: No
