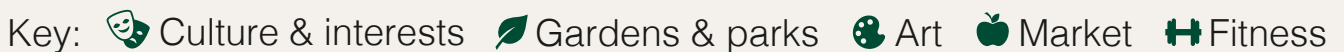


HIT THE STREETS AND DISCOVER THESE LOCAL HIGHLIGHTS



London Zoo is the world's oldest scientific zoo and was originally intended to be used as a collection for scientific study. In 1832 the animals of the Tower of London menagerie were transferred to the zoo's collection.

✖ Equipment needed: No

Regent's Park (3,410 steps)

Regent's Park (officially The Regent's Park) is one of the Royal Parks of London. It lies within north-west London, partly in the City of Westminster and partly in the London Borough of Camden. It contains Regent's University London and the London Zoo.

www.royalparks.org.uk

 **Gardens & parks**

 **Regent's Park**

 **Free**

 **Chester Road, London NW1 4NR**

 **Times vary**

 **020 7637 3095**

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, just show up

 Equipment needed: No

Sherlock Holmes Museum (3,100 steps)

The Sherlock Holmes Museum is a privately run museum dedicated to the famous fictional detective Sherlock Holmes. It is situated at 221B Baker Street, by permission of the City of Westminster, although it actually sits between numbers 237 and 241.

www.sherlock-holmes.co.uk

 **Culture & interests**

 **Baker Street**

 **15**

 **221B Baker Street, Marylebone,
London NW1 6XE**

 **Monday to Sunday 9.30am - 6pm**

 **020 7224 3688**

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, just show up

 Equipment needed: No

Wellcome Collection (930 steps)

Wellcome Collection is a museum displaying an unusual mixture of medical artifacts and original artworks exploring 'ideas about the connections between medicine, life and art'.

www.wellcomecollection.org

 **Culture & interests**

 **Euston Square**

 **Free**

 **183 Euston Road, London NW1 2BE**

 **Tuesday to Saturday 10am - 6pm**
Sunday 11am - 6pm

 **020 7611 2222**

Fitness level - Any

Walking type - Low

Average length of time spent - 60mins

Average distance - 0.5 miles

Steps achieved - 930

- ✓ Rain safe
- ✗ Pet friendly
- ✗ Signup: No, just show up
- ✗ Equipment needed: No

Freud Museum (4,960 steps)

The Freud Museum in London is dedicated to Sigmund Freud, who lived there with his family during the last year of his life.

www.freud.org.uk

 **Culture & interests**

 **Finchley Road**

 **£0 - £8**

 **20 Maresfield Gardens, London NW3 5SX**

 **Wednesday to Sunday 12pm - 5pm**

 **020 7435 2002**

Fitness level - Any

Walking type - Low

Average length of time spent - 120mins

Average distance - 2.5 miles

Steps achieved - 4,960

- ✓ Rain safe
 - ✗ Pet friendly
 - ✗ Signup: No, just show up
 - ✗ Equipment needed: No
-

Madame Tussauds (7,440 steps)

Madame Tussauds is a major tourist attraction displaying waxworks of famous people.
www.madametussauds.com/london

 **Culture & interests**

 **Baker Street**

 **£ £29**

 **Marylebone Road, Marylebone,
London NW1 5LR**

 **Monday to Friday 10am - 4pm
Saturday to Sunday 9am - 4pm**

 **0871 894 3000**

Fitness level - Any

Walking type - High

Average length of time spent - 120mins

Average distance - 3.7 miles

Steps achieved - 7,440

- ✓ Rain safe
- ✗ Pet friendly
- ✗ Signup: No, just show up
- ✗ Equipment needed: No


Jewish Museum London (6,200 steps)

Modern museum with a re-created Victorian Jewish Quarter, historical artifacts and Holocaust gallery.


www.jewishmuseum.org.uk

 **Culture & interests**

 **Camden Town**

 **£ £0 - £8.50**

 **Raymond Burton House, 129-131
Albert Street, London NW1 7NB**

 **Saturday to Thursday 10am - 5pm
Friday 11am - 4pm**

 **020 7284 7384**

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, just show up
 - ✗ Equipment needed: No
-

Fenton House (6,200 steps)

Fenton House is a 17th-century merchant's house in Hampstead, which belongs to the National Trust. It was bequeathed to them in 1952 by Lady Binning, its last owner and resident.

www.nationaltrust.org.uk/fenton-house

 **Culture & interests**

 **Hampstead**

 **£8.50**

 **Hampstead Grove, Hampstead,
London NW3 6SP**

 **Wednesday to Sunday 11am - 5pm**

 **020 7435 3471**





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, just show up
-  Equipment needed: No

Keats House (6,200 steps)

Keats House is a writer's house museum in a building once occupied by the Romantic poet John Keats.

www.cityoflondon.gov.uk/keats

 **Culture & interests**

 **Belsize Park**

 **£0 - £6.50**

 **10 Keats Grove, Hampstead,
London NW3 2RR**

 **Wednesday to Sunday 11am - 5pm**

 **020 7332 3868**





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, just show up
 -  Equipment needed: No
-

Kilburn Grange Park (5,115 steps)

Kilburn Grange Park includes a children's playground, basketball court, outdoor gym equipment and tennis courts.

www.camden.gov.uk/ccm/content/contacts/non-council-contacts/leisure-non-council-contacts/contact-kilburn-grange-park.en

 **Gardens & parks**

 **Kilburn**

 **Free**

 **Messina Avenue, London NW6 2JL**

 **Tuesday to Sunday 10am - 4.30pm**

 **020 7974 4444**

Fitness level - Any

Walking type - Medium


Average length of time spent - 90mins

Average distance - 2.6 miles

Steps achieved - 5,115

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: Gym clothing

Burgh House & Hampstead Museum (4,960 steps)

The historic Burgh House is home to the Hampstead Museum, which features displays on the history of the local area.

www.burghouse.org.uk

 **Culture & interests**

 **Hampstead**

 **Free**

 **New End Square, London NW3 1LT**

 **Wednesday to Friday & Sunday
12pm - 5pm**

 **020 7431 0144**

Fitness level - Any

Walking type - Low


Average length of time spent - 120mins

Average distance - 2.5 miles

Steps achieved - 4,960

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

Primrose Hill (2,480 steps)

Primrose Hill is located on the northern side of Regent's Park and, at a height of 213 feet, it offers spectacular views across London.

www.royalparks.org.uk/parks/the-regents-park/things-to-see-and-do/primrose-hill

 **Gardens & parks**

 **Chalk Farm**

 **Free**

 **London NW3 3DJ**

 **Times vary**

 **020 7619 5003**

Fitness level - Any

Walking type - Medium

Average length of time spent - 60mins

Average distance - 1.7 miles

Steps achieved - 2,480

✓ Rain safe

✗ Pet friendly

✓ Signup: Yes, tickets required

✗ Equipment needed: No

Hoop Lane Cemetery (2,790 steps)

The Golders Green Jewish Cemetery, also known as Hoop Lane Jewish Cemetery, dates back to 1897. It is maintained by the West London Synagogue.


www.hooplanecemetery.org.uk

 **Gardens & parks**

 **Golders Green**

 **Free**

 **Hoop Lane, London NW11 7NL**

 **Monday to Thursday & Sunday 8am
- 4.45pm, Friday 8:30am - 3.15pm**

 **020 8455 2569**

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, just show up

✗ Equipment needed: No

Adelaide Nature Reserve (3,410 steps)

Adelaide Nature Reserve has a summer meadow, pond and small woodland. It is managed by a local volunteer group, who work with the council to improve the site for wildlife and local community use and enjoyment.

 **Gardens & parks**

 **Belsize Park**

 **Free**

 **B509, London NW3 3XX**

 **Saturday to Sunday 8am - 4pm**

 **N/A**

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

Abbey Road Studios (1,860 steps)

Abbey Road Studios is world famous as the location where the Beatles made most of their albums. Scores for films such as 'Star Wars' and 'Skyfall' were also recorded there.

 **Culture & interests**

 **Swiss Cottage**

 **Free**

 **3 Abbey Road, London NW8 9AY**

 **Times vary**

 **N/A**

Fitness level - Any

Walking type - Low


Average length of time spent - 45mins

Average distance - 0.9 miles

Steps achieved - 1,860

 Rain safe

 Pet friendly

 Signup: No, just show up

 Equipment needed: No

Hampstead Heath Whitestone Garden (1,395 steps)

Whitestone Garden is connected to Hampstead Heath and forms the last formal garden of the village of Hampstead before the large wild expanse of heathland.

 **Gardens & parks**

 **Hampstead**

 **Free**

 **Queen Marys House, 124 Heath Street, Hampstead, London NW3 1DX**

 **Monday to Sunday 8am - 7pm**
 **N/A**

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**

The British Library (2,325 steps)

The British Library is the national library of the United Kingdom and the second largest library in the world by number of items catalogued. It holds well over 150 million items from many countries.


www.bl.uk

 **Culture & interests**

 **Euston**

 **Free**

 **96 Euston Road, King's Cross, London NW1 2DB**

 **Monday to Thursday 9.30am - 8pm**
Friday 9.30am - 6pm, Saturday 9.30am - 5pm, Sunday 11am - 5pm

 **0330 333 1144**

Fitness level - Any

Walking type - Low


Average length of time spent - 150mins


Average distance - 1.2 miles

Steps achieved - 2,325

 **Rain safe**

 **Pet friendly**

 **Signup: No, just show up**

 **Equipment needed: No**

Camden Arts Centre (3,255 steps)

Camden Arts Centre is the place for contemporary art exhibitions and education. The changing programme includes exhibitions, artist residencies, off-site projects and artist-led activities and courses.

www.camdenartscentre.org

 **Art**

 **Finchley Road**

 **Free**

 **Arkwright Road, London NW3 6DG**

 **Tuesday, Thursday to Sunday 10am - 6pm, Wednesday 10am - 9pm**

 **020 7472 5500**

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

Talacre Gardens (3,410 steps)

This large open space is between Chalk Farm to the west and Kentish Town to the east. It was redesigned in 2003 following the development of Talacre Community Sports Centre.

 **Gardens & parks**

 **Kentish Town**

 **Free**

 **London NW5 3PH**

 **Times vary**

 **N/A**

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, just show up

✓ Equipment needed: No

Hampstead Heath (4,030 steps)

Hampstead Heath is one of the highest points in London. The heath is rambling and hilly, embracing ponds, new and ancient woodlands, a lido, playgrounds and a training track. It adjoins the former stately home of Kenwood House.

 **Gardens & parks**

 **Golders Green**

 **Free**

 **Hampstead Heath**
London NW3 1BP

 **Times vary**

 **N/A**

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

Ealing Common (2,790 steps)

Ealing Common is a large open area of parkland (approx 47 acres) with avenues of horse chestnut trees.

www.ealing.gov.uk/site

 **Gardens & parks**

 **Ealing Broadway**

 **Free**

 **London W5**

 **Any time**

 **N/A**

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, just show up

 Equipment needed: No
