



07 GREATER LONDON WESTMINSTER TO PARLIAMENT HILL

Distance: 10¾ miles/17.2km Time: 4½ hours Grade: Moderate



SEE
FEATURE
ON PAGE 76

From Royal Parks to the great people's park of Hampstead Heath.

PHOTO: PAUL DANIELS/SHUTTERSTOCK



CHOSEN BY...
GUY PROCTER
London is one of the world's great

walking cities and this route linking Royal Parks, contrasting boroughs and rich communal heath is a cheering reminder of the grandeur and variety of our capital. From the shadow of Big Ben to the (comparatively) dizzying heights of Parliament Hill, the walk follows the course of the vanished Tyburn River and forms a satisfying expedition with abundant options en route for refreshment, relaxation and retail.

1 Start

Turn R out of Westminster tube station beneath Big Ben.

Pass the statue of David Lloyd George and cross the road (Birdcage Walk) to St James's Park. Buckingham Palace looms ahead like a great limestone cliff. Around the head of the lake, walk past Canada Gate and along the drive of memorials. Beyond Wellington Arch and the Royal Artillery Memorial, enter your next park at Hyde Park Corner. Follow the finger post in the direction of Marble Arch and Speakers' Corner, but then angle L past the benches and cavalry monument toward the south bank of the Serpentine.

2 2¼ miles/3.6km

Beyond the Diana Memorial Fountain Cross serpentine bridge, carry

PLAN YOUR WALK



ROUTE

Start/parking

Westminster Tube Station, grid ref TQ279820. Fish Golders Green Tube Station, grid ref TQ251875

Is it for me? A long walk through town, parkland and heath

Stiles None

PLANNING

Nearest town London

Refreshments Abundant!

Public toilets Numerous!

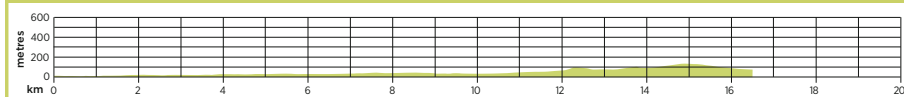
Public transport London Underground

Maps OS Explorer 173; Landranger 176

on in the same direction before crossing the road and a sandy horse gallop. Follow the path heading to Speakers' Corner across Tyburn meadows (turning R at the info board). Leaving the park aim for Marble Arch and join Oxford Street. Keep crossing roads until turning L



GRADIENT PROFILE



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OS Explorer map 173 Buy maps at: ordnancesurvey.co.uk/shop

on Marylebone Lane, the course of the Tyburn River.

3 miles/6.4km

Cross the A5204, jinking L to pick up Marylebone Lane again, following it into Blandford Street and then turning R into Baker Street. Cross busy Marylebone Road, the sight of trees beckoning you on your next park.

4 ¼ miles/7.6km

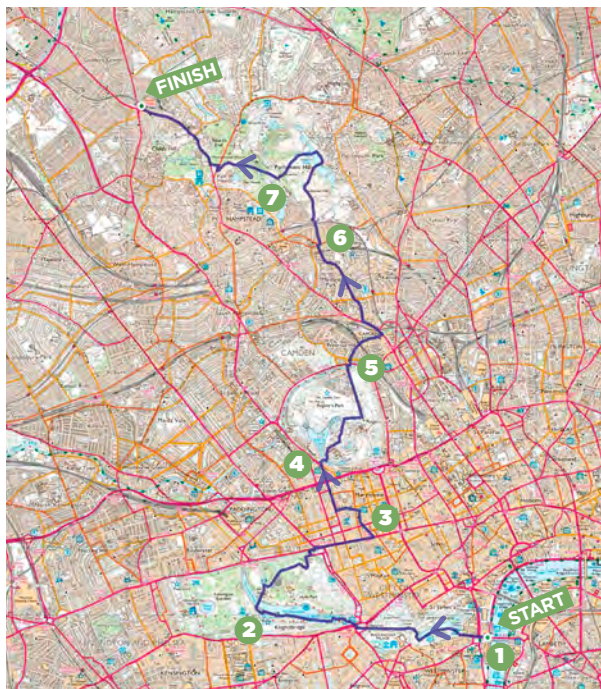
Enter Regent's Park, crossing the boating lake on nearby bridge then following the Open Air Theatre sign. Beyond the theatre follow in the direction of London Zoo. Leaving via the 1933 Chester Road gate, keep straight passing the allotment gardens on L. Turn L at The Broadwalk heading for the bright white of the Ready Money Drinking Fountain. Stay straight.

5 miles/9.6km

Leave Regent's Park on same course and cross bridge to join canal towpath heading past the Feng Shang Princess floating restaurant. Follow into heart of Camden crossing iron bridge to The Ice Wharf pub. At road turn L, recrossing the canal and passing under the famous Camden Lock bridge. At Ferdinand street turn R to follow Malden Road passing the Fiddler's Elbow on L.

6 ½ miles/12km

At junction with Mansfield



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Road turn briefly R then L on Roderick Road. Painted on the wall above: 'Leading to Parliament Hill fields over footbridge'. Over the bridge, climb the hill steeply as the famous London vista gathers behind you. Carry straight on over the hill to pick up the path leading between the ponds (men's swimming pond on R). Follow L round the far side of Model Boating Pond and then head back uphill towards the tree-encircled tumulus. Beyond the tumulus head downhill picking up path between lines of lofty trees.

7 9 miles/14.5km

At cross path turn R uphill, marked bridleway/boat, to the Vale of Health. Turn R at road, almost immediately taking narrow path L cutting by wall. Cross next road and turn R parallel with it. Follow to Golders Green tube. CW

VIEW THE WALK ON OS MAPS ONLINE:

walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING