



WALKING ROUTE 1

Cheapside Loop walk
(30/40 minutes, 2 km or 15 minutes (one way) 1 km)

This circular walking route takes you on a tour of Cheapside and gives you the opportunity to take in some of London's most iconic heritage sites as well as Cheapside's gardens.

The loop avoids walking on the generally more polluted main roads and instead takes you on the quieter, cleaner and more pleasant back lanes of Cheapside.

Although the official starting point is outside New Change, the route is circular and designed so that it can be started from any point and used as a way to travel across the Cheapside area – whether you have a meeting to get to or are touring the sites of the City.

The Royal Exchange – Paternoster Square or visa versa , via south route:
15 minutes, 1 km.



WALKING ROUTE 3

West Cheapside Green walk (15 minutes, 1 km)

Starting at Paternoster Square you'll head on a journey of discovery taking in the West of Cheapside and all the greenery it has to offer.

Walk through St Paul's gardens with its interesting variety of tree species. Once in Festival Gardens make sure you admire the view of the Cathedral behind you. When you cross New Change Road walk through the intimate eastern part of Festival Gardens for a real escape from the City.

Bow Churchyard offers some seating and a rest under the Plane trees whilst you admire the architecture. On the corner of Cheapside Road and Wood Street you'll find the oldest tree in the square mile, at over 250 years old, reaching out between the buildings. Opposite the junction between Goldsmith Street and Wood street you can enjoy some younger planting with nice seating next to rustling bamboo.

As you walk through Priests Court admire the secret courtyard and planting of Saddlers Hall to your left. You will be finishing the walk back at Paternoster Square.

GET WALKING AROUND CHEAPSIDE

Cheapside has something to offer for everyone, whether you are a first time visitor, resident or work in the area, the best way to get around the area and discover more is to walk.

This walking map has been created by Cheapside Business Alliance to encourage all that visit the area to enjoy Cheapside by walking more and in turn reducing local air pollution, promoting active travel and encouraging the exploration of Cheapside's rich cultural heritage.



WALKING ROUTE 2

East Cheapside Heritage walk (20 minutes, 1.5 km)

Starting behind The Royal Exchange, founded in the 16th Century as the centre of commerce for the City of London. You will wind your way around Bank junction and Mansion House avoiding the main roads.

St Stephen Wallbrook Church was designed by Wren and the interior is described by some as one of his most beautiful. The church was also the site of the establishment of the Samaritans charity in the 1950s.

Once you have crossed Queen Victoria Street enjoy Pancras Churchyard and its carved seats, located on the site of an 11th Century church.



When winding your way through the Bow Lane area admire its intimate shopping lane and the 11th Century St Mary Le Bow Church, location of the famous 'Bow Bells'. Crossing Cheapside Road, once the site of the most important market in London, you are heading north towards Guildhall Yard. If you have time take in the awe-inspiring size of the open space which is also the site of an ancient Roman amphitheatre with the boundary marked across the yard and the remains free to see at the Guildhall Art Gallery.

On your return you'll pass behind the Bank of England and at The Royal Exchange admire the statues that commemorate both the founders of Reuters and the Peabody Trust.

HOLD A WALKING MEETING

Who said you had to sit down around a table for a meeting? In reality, the most creative moments take place outside them. You'll get a change of scenery, boost your energy, get some fresh air and burn a few calories too.

Try getting out for a walking meeting and feel energised and inspired.

- Keep it to no more than four people.
- Avoid busy roads that might make it difficult to hear.
- Assign someone to take actions and circulate them after the meeting.



CHOOSE TO WALK AND GET OFF A STOP EARLY

All of us should aim to do some kind of physical activity on a daily basis. Ideally, this activity should add up to at least 150 minutes of moderate exercise (a brisk walk) each week, in sessions of at least ten minutes.

You might not be able to walk the whole way to or from work. But you can get off the bus, train or tube a stop or two early and walk the last mile to the office.



HOW YOU CAN USE THIS MAP

There are three suggested walking routes designed for use as a stand-alone walk or they can be used if you want to get from one part of Cheapside to the other using quick, interesting and less polluted routes. The walking routes take you off the roads that experience higher levels of air pollution from traffic and use quiet-ways that take in Cheapside's iconic and interesting sites.

Walking regularly doesn't just make people feel healthier, it has also been proven to reduce stress levels and make us feel happier.

All you need to get started is a pair of comfy shoes and this map.

This map has been produced by Living Streets, the UK charity for everyday walking.

We want to create a walking nation where people of all generations enjoy the benefits that this simple act brings, on streets fit for walking.

www.livingstreets.org.uk

Useful links

Cheapside BID
www.incheapside.com

City of London Walks
www.cityoflondon.gov.uk/things-to-do/visit-the-city/walks

Download the CityAir app for low pollution routes - cityairapp.com

Transport for London
www.tfl.gov.uk/modes/walking/

Living Streets [The Pedestrians' Association] is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland).

Company Limited by Guarantee (England and Wales), Company Registration No. 5368409.

Registered office: 4th Floor, Universal House, 88-94 Wentworth Street, London E1 7SA.

Key

- Cheapside Loop: 30-40 minutes walk (2km)
- East Cheapside Heritage Walk: 20 minutes walk (1.5km)
- West Cheapside Green Walk: 15 minutes walk (1km)
- Cheapside area
- London Underground station
- Docklands Light Railway station
- National Rail station

