



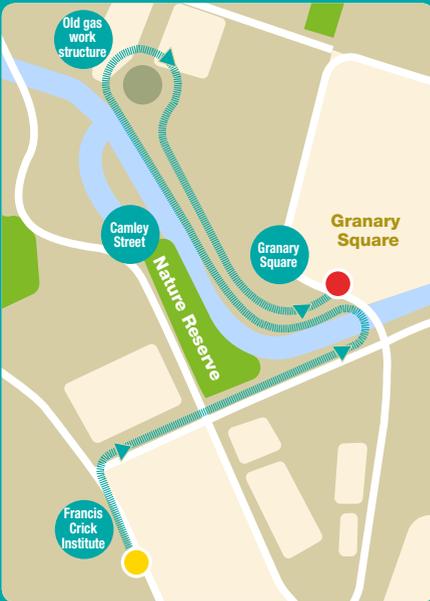
WALK MORE



WHY NOT GET YOUR FRIENDS AND FAMILY OUT WALKING WITH YOU?

SOMERS TOWN WALK

To help get you started, here's a local walking route.



LENGTH: 1 MILE

● Start

Francis Crick Institute, Midland Road

● Finish

Granary Square

- Turn left from the Institute and at the traffic lights cross onto Pancras Road.
- Cross over Camley Street into Goods Way towards the first zebra crossing.
- Turn left into Granary Square and make your way down the canal steps.
- Turn right and walk along the canal passing the lock over a very steep hill.
- A few yards after the steep hill and before the bridge, take a right turn into an old gas work structure and enjoy a circular walk reflected by mirrors. Once complete make your way back to Granary Square.

ACTIVE
10

DOWNLOAD
THE FREE
APP TO HELP

oneyoucamden.org/walking

BECAUSE THERE'S ONLY
ONE YOU

SOMERS TOWN WALK



Brisk is better

Brisk walking means taking up a pace where your breathing rate and heartbeat increase, but you can still carry on a conversation. The NHS recommends people exercise for at least 30 minutes a day, but if you don't walk very much at all, it might be good to break this down into ten minute brisk bursts, and build up to half an hour.

Why walk?

There are many benefits of brisk walking, it:

- increases mobility, strength and balance, reducing the risk of falls,
- improves heart health and blood pressure,
- increases happiness and wellbeing,
- allows you to get to know Camden better, as well as meet new people,
- helps the environment and is a great way to relax.

What are you waiting for?

Turn over to find a suggested local route for you to get you started.

Find more local routes like this, as well as tools, tips and information to help you increase your walking by visiting oneyoucamden.org/walking

If you're unsure about where to walk in Camden, why not join a walking group?

Camden Health Walks, organised by the Council are designed for anyone, including those new to exercise. All walks are led by qualified Walk leaders, and there is no need to book in advance.

For more information email active@camden.gov.uk