



# MARATHON WALK LONDON

UK • TREK • ORANGE 2

## ABOUT THE CHALLENGE

Join us on our marathon walk around our capital city, taking in world-famous sights and less well-known corners as we trace a 26-mile route through London.

This challenging day sees us setting off early from our atmospheric event hub, and takes us through peaceful parks and alongside waterways, passing iconic landmarks including the Tower of London, Buckingham Palace, the Houses of Parliament and the London Eye as we walk through the historic heart of the city.

This is a tough one-day event; at approx. 26 miles, it forms an enormous challenge for walkers.

There is also a half-distance option.

**Marathon Walk London Start Time:** 6.30am registration for a 7-7.30am start

**Half Marathon Walk London Start Time:** 9.00am registration for a 10-10.30am start

**Start/finish Hub:** Bedford Square Gardens

**Approximate Finish Time:** Anytime between 2.30pm and 6.30pm (majority in 2019 came through between 4.-5.30pm).

*We aim to ensure that all participants are through the finish line in daylight. The route may be changed towards the end if*

*there are still participants walking in darkness for reasons of health and safety.*

## MARATHON WALK LONDON • 1 DAY

### Day 1: Marathon Walk London - Half Marathon Distance

The half-distance option sets off a little later than the full-distance participants, from the same event hub in Bedford Square Garden. From here, the first two miles follow the full marathon route, before splitting eastwards towards the Tower of London.

We take a turn to the north, heading towards Whitechapel and onwards to join Regent's Canal. We follow the town path with the canal by our side towards Angel Station in Islington and St Pancras, before turning south where we join Great Portland Street. We cut across Oxford Street and join Regent Street, before making our way to New Bond Street and Piccadilly, marvelling at the designer shops as we go.

Upon reaching The Mall, with a fantastic view of Buckingham Palace behind us, we walk along the edge of St James's Park before splitting from the full-marathon route once again. We head northwards towards Leicester Square and through Covent Garden before returning to our atmospheric hub.

There will be plenty of time for celebratory photos on the Finish Line, relaxation and refreshments before heading back home.

---

### Day 1: Marathon Walk London - Full Marathon Distance

We meet early at our event hub in Bedford Square Garden and, after a rousing warm-up and briefing, set off!

The first part of our route begins in the direction of the River Thames. We pass St Paul's Cathedral before heading across the Millennium Bridge, where we will see the Tate Modern and Shakespeare's Globe Theatre. We walk alongside the River Thames, before heading further southwards through Southwark Park towards Greenwich and Cutty Sark, the record-breaking tea clipper.

Once again, we cross back over the River Thames via the Greenwich Foot Tunnel, heading northwards towards Millwall Park and Canary Wharf. Following the curve of the River Thames, we make our way towards the Tower of London before heading north to Whitechapel. From here we head in the direction of Regent's Canal town path and walk a lovely stretch through Mile End Park, to reach Victoria Park in South Hackney. With the canal by our side, our route heads towards Angel Station in Islington and St Pancras, before turning south where we join Great Portland Street. We cut across Oxford Street and join Regent Street, before making our way to New Bond Street and Piccadilly, marvelling at the designer shops as we go.

The next few miles take us past a procession of landmarks as we head towards Buckingham Palace and skirt St James's Park heading up the Mall. We continue south past Westminster Abbey, Big Ben and the Houses of Parliament, before coming to the Thames. With the London Eye in sight, we know we've reached the final stretch, as we walk via the Southbank, cross back over the Thames and Victoria Embankment, before returning to our atmospheric hub.

There will be plenty of time for celebratory photos on the Finish Line, relaxation and refreshments before heading back home.

## WHAT'S INCLUDED

- New route for 2020 - fully reced and route marked
- Experienced Discover Adventure leaders and support staff throughout to manage the event safely and enjoyably
- Pre-trip support and dedicated trip co-ordinators, on hand to answer questions and offer advice on kit and training
- Water stops with refreshments (fruit, sweets and cereal bars)
- Packed lunch
- Maps and route information
- Opportunity to meet charity representatives
- Discover Adventure Passenger Portal
- Mobile app

## WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as water bottle, soft drinks, preferential snacks and souvenirs
- Transport to and from the event
- Entry to any optional sites of activities
- Any applicable surcharges as per Terms and Conditions

## GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



logo aito



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 16 Jan 2020, and the challenge is subject to change.