

# Marathon Walk London



**Activity:** Trek **Grade:**  **(Tough)** **Duration:** 1 day

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 St Paul's Cathedral, Big Ben and the London Eye as we walk through the historic heart of the city.

This year's theme is Film, and we pass locations used in 26 films, from classics including Chariots of Fire and the Italian Job, to Bond and Harry Potter films, Bridget Jones's Diary, Love Actually, the Da Vinci Code, and a huge variety of other hits of the silver screen. Some spots will be instantly-recognizable, and others more obscure, but it will make you appreciate the diversity of London's street scenes and take your mind off the miles ticking by!

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

## DETAILED ITINERARY

We meet early at our event hub near Borough Market (later for half-distance walkers) and, after a rousing warm-up and briefing, set off!

Heading along the Thames, we cross Tower Bridge and walk west towards the City, passing Cornhill and the Bank of England. We walk north towards King's Cross, and after a lovely stretch through Regent's Park, our routes split, with half-marathon trekkers looping south via Leicester Square.

The full marathon route passes Marylebone and Paddington Stations towards Portobello Road, and skirts Hyde Park to pass the Natural History Museum. After Buckingham Palace, we criss-cross the Thames, with the next few miles packed with sights including the London Eye, Houses of Parliament and Trafalgar Square.

Along the Strand and both routes re-join; all walkers will pass Temple Gardens, Millennium Bridge, Shakespeare's Globe Theatre and St Paul's Cathedral, before returning back via Borough Market to our atmospheric hub. There will be plenty of time for celebratory photos on the Finish Line, relaxation and refreshments before heading back home.

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

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## CHALLENGE GRADING

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is graded **Tough (3)**. Main challenges lie in the long distance on paved surfaces, which can be tough on the feet!

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, etc. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.