



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

Join us on our half marathon walk around our capital city, taking in world-famous sights and less well-known corners as we trace a 13-mile route through London.

This challenging day sees us setting off from our atmospheric event hub near Borough Market. We will pass many iconic landmarks from The Shard, to The Tower of London, Regent's Park and St Paul's Cathedral to name a few!

This year's theme is Film, as we pass by famous sights and landmarks featured in a variety of hits from the silver screen, including Chariots of Fire, the Harry Potter films, Bridget Jones's Diary, Love Actually, the Da Vinci Code, and a variety of other TV hits too, such as Sherlock, Spooks and Luther. 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 challenging one-day event, covering 13 miles. There is a full marathon distance option, which includes many more famous film locations and forms an enormous challenge for walkers if you're keen to take on more!

DETAILED ITINERARY

We meet in the morning at our event hub near Borough Market (earlier for full-marathon 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.

We soon join Regent's Street and cross Oxford Street, with the next few miles packed with world famous and designer stores, including the oldest and largest toy shop in the world, Hamleys. We make a loop towards Leicester Square and continue on through Covent Garden, passing many West End theatres as we go.

As we make our way along to the Strand, 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 event 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 **Challenging (1)**. The main challenge lies in walking on paved surfaces, which can be tough on the feet over a long distance!

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.