

## The Statistics



This walk should take around 45-50 minutes to complete at a moderate pace.



The approximate step count is 5000 steps –half of the recommended amount for an entire day.



The walk is approximately 2.5miles (4km).

## Have the Time to Stop?

If you have the opportunity to stop along your way, you could always pick up a bite to eat on campus or you might wish to revisit the route after work in order to eat at a local business. If so, then here are some of our favourites!

### The Roebuck

50 Great Dover Street

This Victorian pub with a rustic interior offers 100% locally sourced vegetables and free range meat.

### Tiny Leaf

44 Newington Causeway

London's first zero waste, organic vegetarian restaurant started life as a pop-up in Notting Hill but has now found a South London home in the rather cosmopolitan Mercato Metropolitano market. (Closed on Mondays.)

### Mustard

109 Great Suffolk St

This great 'on the go' sandwich bar uses produce from its sister company, The Fruit Tree, which is the quaint green grocers you will find opposite.

## Sustainability and You

This walk aims to encourage a 'sustainable lifestyle' by recognising the connection between Sustainability and Health and Well-being. The health benefits from walking are regularly emphasised by the NHS, who recommend taking an average of 10,000 steps a day to reduce the risk of type 2 diabetes, various cancers and heart disease.

Additionally, the walks are a chance to improve mental wellbeing. If your job involves sitting in an indoor environment all day, it is important to get outside, move around and mentally refresh yourself. However, being in a densely populated, and at times, heavily polluted area like Central London means that sustainable living can be a difficult goal. This is why we have included various open green spaces to visit and enjoy. Not only are these spaces rich in biodiversity and provide some tranquillity and cleaner air, but they also offer a connection to the past and present local community.

## Safety

- Wear comfortable walking shoes or trainers that provide adequate support.
- If you are listening to music, do not have the volume so loud that you cannot hear the environment around you, such as traffic.
- These walks are designed around footpaths but still always be aware of cyclists, runners and of course cars near the road side!
- Always use designated crossing points, such as Zebra and Pelican crossings
- Beware of uneven pavements and other tripping hazards
- Consider taking these walks with a friend or colleague to enrich your day by connecting with people through this shared experience.



London  
South Bank  
University

EST 1892



Lunchtime Walk  
The Bermondsey Route

Trinity Church

Make the most of your day! Take the time to get out and explore our beautiful surroundings and diverse community in your lunch hour.



Southwark is a fascinating neighbourhood, scattered with historical sites and hidden green spaces. This self-guided walk is intended to help you explore these points of interest and should take around 45-50 minutes – perfect to complete it in your lunch hour!

**1. Southwark Playhouse**

**2. Newington Gardens**

Southwark's dark history resonates in this park that housed the gaol and gallows for the whole borough in the 18th Century.

For further information on Newington's fascinating criminal background, stop at the exit of the park to find the information board.

**3. Trinity Church/Henry Wood Hall**

A local church since 1800, this building now functions as a rehearsal hall and concert venue. Famously used by the Royal Philharmonic Orchestra.

This beautiful Georgian square has been chosen as a filming location for some fundamentally British favourites including *Bridget Jones' Diary*, *Sherlock* and *Luther*.

**4. Tabard Gardens**

Just one of seventeen open spaces in Southwark to be awarded a prestigious 'Green Flag' accreditation by The Environment Agency.

Make sure to turn left just before the adventure play park (towards Otford House) to stay on route!

**5. Leathermarket Gardens**

Sports a beautiful rose bed in the summer and is a peaceful shortcut away from the busy roads all year round.

The Bermondsey Leather Market was the centre of London's industrial leather trade. This whole neighbourhood was dedicated to production so look out for the original signage and architecture of the tannery factories on the buildings around you.

**6. Glass Blowing Gallery**

A fascinating gallery which allows you to watch the glassblowing process for free and browse the delicate finished products.

