

The Statistics



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



The approximate step count is 4000 steps – around half of the recommended amount for an entire day.



The walk is approximately 2 miles (3.3km).

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!

Burnt Lemon Bakery

Flat Iron Square, 64 Union Street

Located within a new mini-Borough Market complex, Burnt Lemon focuses on sourdough breads made with organic flours with the source and seasonality of the ingredients paramount. Closed Mondays.

Brigade

139 Tooley Street

The restaurant is staffed through a fantastic social enterprise that offers hospitality training and catering apprenticeships to vulnerable people. A bonus is the magnificent Victorian fire station building that this bistro resides in.

Borough Market

Reflecting the diversity of London life, this famous market still houses local family owned stalls alongside gourmet international companies. Full market opens Wednesday-Saturday.

The George Inn

77 Borough High Street

The only original, galleried coaching inn left in London. It has been standing since 1676 and still offers a cobbled courtyard and traditional pub food.

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.



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Lunchtime Walk The Borough and Bankside Route

Southwark Cathedral

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 in your lunch hour!

1. Mint Street Park

Once the site of a Victorian workhouse, but now beautifully transformed into the biggest green space in the Bankside area.

When walking down Ayres St. look to your right. The peculiar building covered in moss is actually the headquarters of Bankside Open Spaces Trust. It has created 45 individual parks and gardens in the area, including all 3 on this walk.

2. Winchester Palace

Only a few walls remain of this medieval palace that was home to the brother of King Stephen, the Bishop of Winchester.

Bizarrely, these ruins were discovered because of a fire! In 1814, the industrial buildings that hid them burnt down, leaving the medieval architecture still standing.

3. The Golden Hinde

A full-sized reconstruction of the 16th Century ship Sir Francis Drake used to circumnavigate the globe. It's complete with actors in period dress and a collection of historical artefacts.

Look to your left to see a stunning view of 3 of the most iconic skyscrapers on the London skyline.

4. Southwark Cathedral

The building dates back to 1220, but has only been a cathedral since 1905. Look out for the William Shakespeare memorial window!

Walking along Park Street, look for Number 15 – it was used as an external filming location in the iconic 1998 British film Lock Stock and Two Smoking Barrels.

5. Crossbones Garden

Don't let the name discourage you, this is a fascinating and beautiful garden space tended by locals and volunteers. Open 12pm-3pm.

The morbid past of this huge paupers' grave which lies next to the garden came to an end in 1853 but their memory is honoured today by the ribbon-clad memorial gate.

6. Red Cross Gardens

This tranquil space has been restored to its original Victorian layout and is now maintained purely by volunteers. In 2016, it was named "small park of the year" by the Royal Horticultural Society.

7. Charles Dickens Primary School

Named after the world famous Victorian author who drew ideas from these streets for his characters and novels. The notorious debtors' jail, the Marshalsea prison, was located a short distance from here in Angel Court – Dickens' own father was imprisoned here inspiring his novel, *Little Dorrit*.

