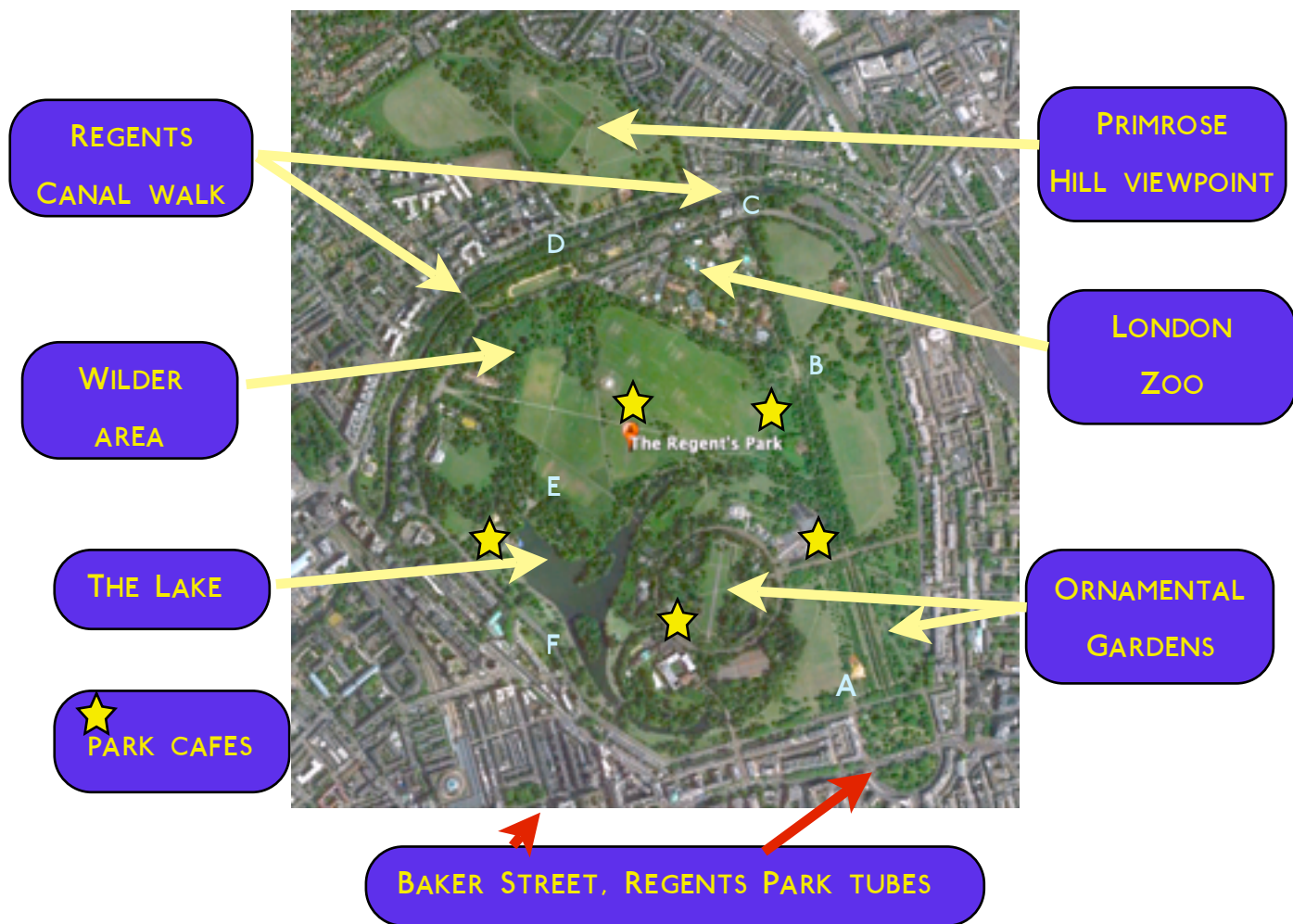




**QUIETER DAY:
THE REGENT'S PARK**

Personally speaking, this is my favourite of all of London's Royal Parks. It has a complete mix of sporting areas, ornamental gardens, boating lake, waterside features, cafes and (if you include Primrose Hill) a great view over the City. Not to mention an Open Air Theatre and the London Zoo! The Regent's Park dates from Henry VIII and was later laid out by John Nash, the lake was originally formed from the Tyburn river but this has now been diverted.



A walk in the Park



Starting from Regent's Park station, you will need to cross the busy Marylebone Road and then walk up Park Square East or Park Square West to reach the public entrance to The Regent's Park. Point A on the map above is at the southern end of the Broadwalk, and it is halfway between the northern ends of Park Square East and Park Square West. Walk up the Broadwalk. Either side are ornamental gardens and fountains until you reach Chester Road, which you cross and continue northwards towards point B.

Inside the triangle formed by points B, C and D above is London Zoo, the main entrance to which is near point C (admission £24.30 for an adult. You can also reach the Zoo by a

Waterbus along the Canal from Little Venice, near Warwick Avenue Tube). You can see into the zoo at various places, particularly from the path that runs straight from B to D.

Whichever way you choose to go, when you reach the gate cross the road and then the canal and another road to climb up Primrose Hill to the viewpoint at the top.

Head down the hill towards point C, and then make your way down on to the path beside the canal (known as the Towpath, as it was used by horses which drew the original narrowboats along the canal between London, Birmingham and Liverpool at the beginning of the 19th Century).



If you turn left along the towpath, immediately going under the roadbridge, in about half a mile you will reach the old dock/rail transfer area known as Camden Lock. Today this is a thriving market for clothes, trinkets and international foods. Also accessed from Camden Town Tube or Camden Road Overground stations.

Turning right on the towpath your walk will take you under the Zoo's Snowdon Aviary, built to allow people and exotic birds to share the same space.

Once you have passed the Aviary, look for the path up to the next bridge (you need to go under the bridge first),

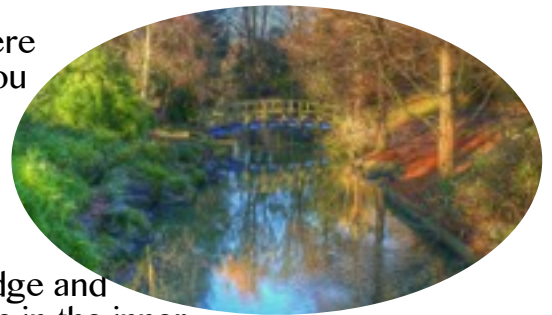
cross the bridge and re-enter the Park at point D.

In front of you are three paths, take the right-hand one which will take you through the less manicured area of the park - you could wander through some of the non-tarmac trails here, and make for point E (next to some toilet facilities).

Turn right to cross a bridge over an arm of the lake. There is a seating and viewing area on this peninsula before you cross the second bridge.

Turn left to walk along the lake side towards point F.

You now have several options. If you leave the park at F you will find yourself quickly at Baker Street (Sherlock Holmes tourist locations included!). If you cross the bridge and turn left you will make your way up to the Rose Gardens in the inner ring of the park. If, after crossing the bridge you turn right you will come to an artificial hill with cascades and then, continuing to follow the lake, to a wetland area. If you do not cross the bridge you can make your way back along the side of the lake to point A and Regent's Park station.



Along the walk you will have passed several different cafes serving a variety of food styles. A coffee hut is located just as you cross Chester Road between A and B, just south of B and to the left of the path is a Burger Restaurant, and as you reach the lake after crossing the bridges after E there is a Pizza eatery.

The Park's largest cafe is not on the walk as described, but is next to the Open Air Theatre and Rose Gardens in the central ring of the Park.