



MARATHON WALK LONDON

UK • TREK • **ORANGE 2**

ABOUT THE CHALLENGE

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, Buckingham Palace and the London Eye as we walk through the **historic heart of the city**.

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

There is a **half-distance option**.

MARATHON WALK LONDON • 1 DAY

Day 1: Marathon Walk London - Half Marathon Distance

The half-distance option sets off a little later than the full-distance participants, from the same event hub in Bloomsbury Square Garden. From here, the first mile follows the full marathon route, before splitting eastwards heading straight for St Paul's Cathedral.

We take a turn to the north, heading through the Barbican, to St Luke's, passing Old Street Station, up through Shoreditch and Hoxton, before reaching the Regent's Canal near to Islington and rejoining the full marathon route. With the canal by our side, our route heads towards Angel Station in Islington and St Pancras, before heading to Camden Town and passing through its famous market. We walk a short distance through Regent's Park, which is home to London Zoo and a favourite with many Londoners and tourists alike for its peaceful atmosphere. We loop south through Little Venice and then leave the canal behind us.

Splitting once again from the full-marathon route, we pass Paddington Station and head down Edgware Road to Marble Arch. We skirt the west side of Hyde Park, before reaching Constitution Hill heading for Buckingham Palace, and through St James's Park. From here, we head northwards up through Covent Garden before returning to our atmospheric hub in Bloomsbury Square Garden.

There will be plenty of time for celebratory photos on the Finish Line, relaxation and refreshments before heading back home.

Trek approx. 13 miles

ROUTE PROFILE



Day 1: Marathon Walk London - Full Marathon Distance

We meet early at our event hub in Bloomsbury Square Garden and, after a rousing warm-up and briefing, set off!

The first part of our route begins in the direction of the River Thames. We walk via Fleet Street and head over Blackfriars Bridge, before walking the short distance to Millennium Bridge and heading north towards St Paul's Cathedral. Passing the Bank of England in the financial centre, we head southwards again to cross London Bridge, following the Thames until we reach Tower Bridge where we cross the river once more. From here, we head towards Bethnal Green, via Brick Lane.

We join the Regent's Canal and walk a lovely stretch through Mile End Park, to reach Victoria Park in South Hackney. With the canal by our side, our route heads towards Angel Station in Islington and St Pancras, before heading to Camden Town and passing through its famous market. We walk a short distance around the edge of Regent's Park, which is home to London Zoo and a favourite with many Londoners and tourists alike for its peaceful atmosphere. We loop south through Little Venice and then leave the canal behind us, skirting Hyde Park and pass the Natural History Museum and the Albert Hall.

The next few miles take us past a procession of landmarks as we head towards Buckingham Palace via Sloane Square, and skirt St James's Park heading up the Mall to Trafalgar Square. We continue south past Westminster Abbey, Big Ben

and the Houses of Parliament, before coming to the Thames. With the London Eye in sight, we know we've reached the final stretch, as we walk via the Southbank, cross back over the Thames and Victoria Embankment, before returning to our atmospheric hub in Bloomsbury Square Garden.

There will be plenty of time for celebratory photos on the Finish Line, relaxation and refreshments before heading back home.

Trek approx. 26 miles

ROUTE PROFILE



WHAT'S INCLUDED

- Experienced Discover Adventure leaders and support staff throughout to manage the event safely and enjoyably
- Pre-trip support and dedicated trip co-ordinators, on hand to answer questions and offer advice on kit and training
- Water stops with refreshments (fruit, sweets and cereal bars)
- Packed lunch
- New route for 2019 - fully reced and marked route
- Maps and route information
- Opportunity to meet charity representatives

- Discover Adventure Passenger Portal
- Mobile app
- Medal
- Celebration drink

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as water bottle, soft drinks, preferential snacks and souvenirs
- Transport to and from the event
- Entry to any optional sites of activities
- Any applicable surcharges as per Terms and Conditions

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Open Challenge FAQs

Download your [Marathon Walk London FAQs](#) here. We hope that these answer all your questions but if there is anything else we can help you with please do give us a call!

PREPARING FOR THE CHALLENGE

Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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

Please note: This document was downloaded on 22 May 2019, and the challenge is subject to change.