










Get Active with  
NHS Camden's  
Walking Maps

walk 4 life  
king's cross

For more information or to  
download a map visit:  
[www.camden.nhs.uk/walkingmaps](http://www.camden.nhs.uk/walkingmaps)  
or [www.walkengland.org.uk](http://www.walkengland.org.uk)  
[www.nhs.uk/change4Life](http://www.nhs.uk/change4Life)

	Regent's Canal Walk: 2.7 miles / 54 mins		Coram's Fields Walk: 1.8 miles / 36 mins		Underground Station
	Alternative route avoiding steps and steep gradients		Spas Fields Walk: 2.5 miles / 50 mins		Rail Station
	Regent's Canal Walk Short Cut: 1.8 miles / 36 mins (via St Pancras)		Outdoor Gym		Surgery