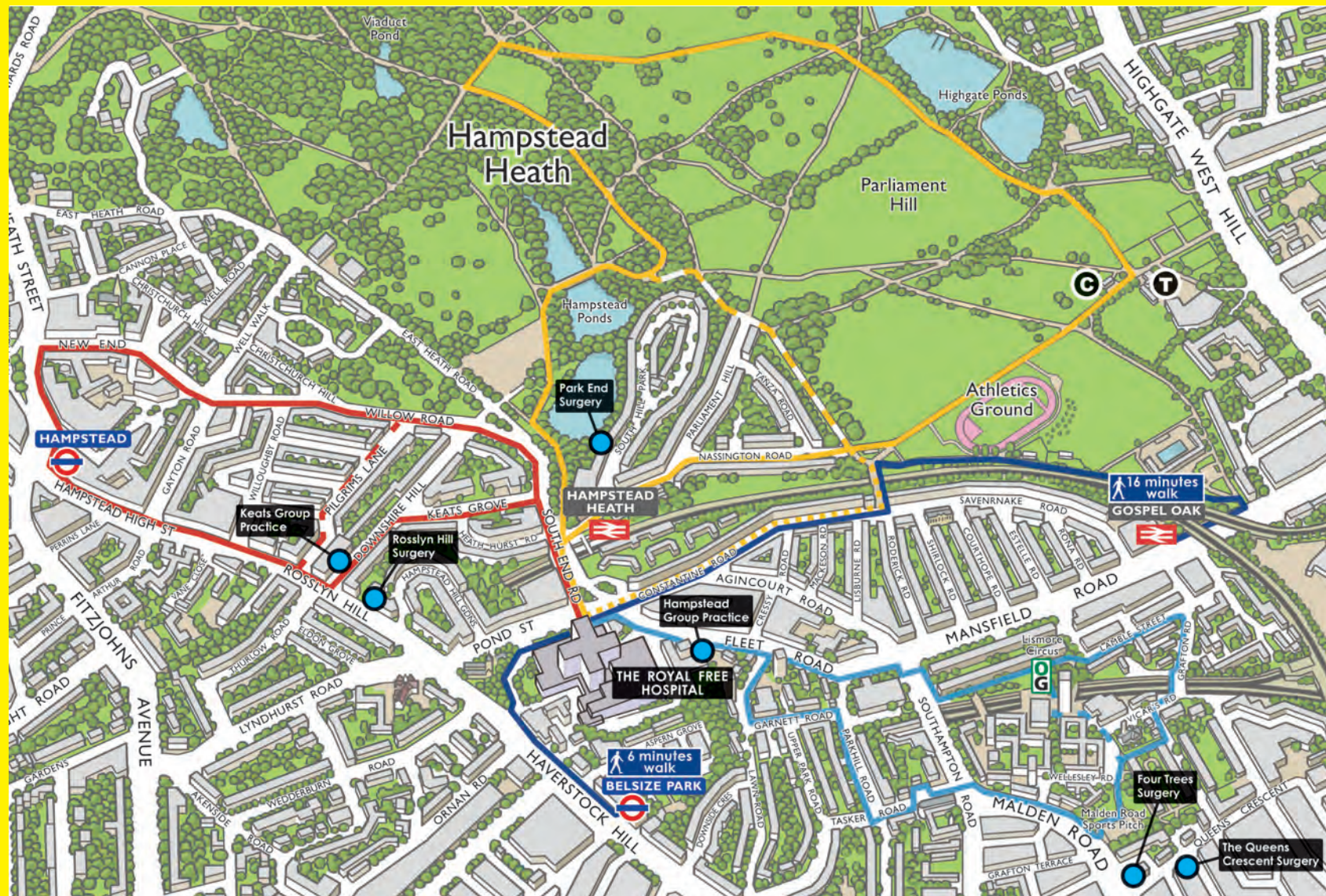


Get Active with NHS Camden's Walking Maps walk 4 life royal free hospital

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 or
www.royalfree.nhs.uk
www.nhs.uk/change4Life



	Gospel Oak Walk: 1.8 miles / 36 mins		Alternative route avoiding steps and steep gradients		Rail Station
	Gospel Oak Short Cut: 1.6 miles / 32 mins		Parliament Hill Short Cut: 1.3 miles / 26 mins		Underground Station
	Hampstead Village Walk: 1.2 miles / 24 mins		Public Transport Link: To Gospel Oak Railway Station 0.8 miles / 16 mins To Belsize Park Tube Station 0.3 miles / 6 mins		Outdoor Gym
	Hampstead Village Short Cut: 0.9 miles / 18 mins				Surgery
	Parliament Hill Walk: 2.5 miles / 50 min				Cafe
					Public Toilets disabled access



NHS Camden
Royal Free Hampstead NHS Trust