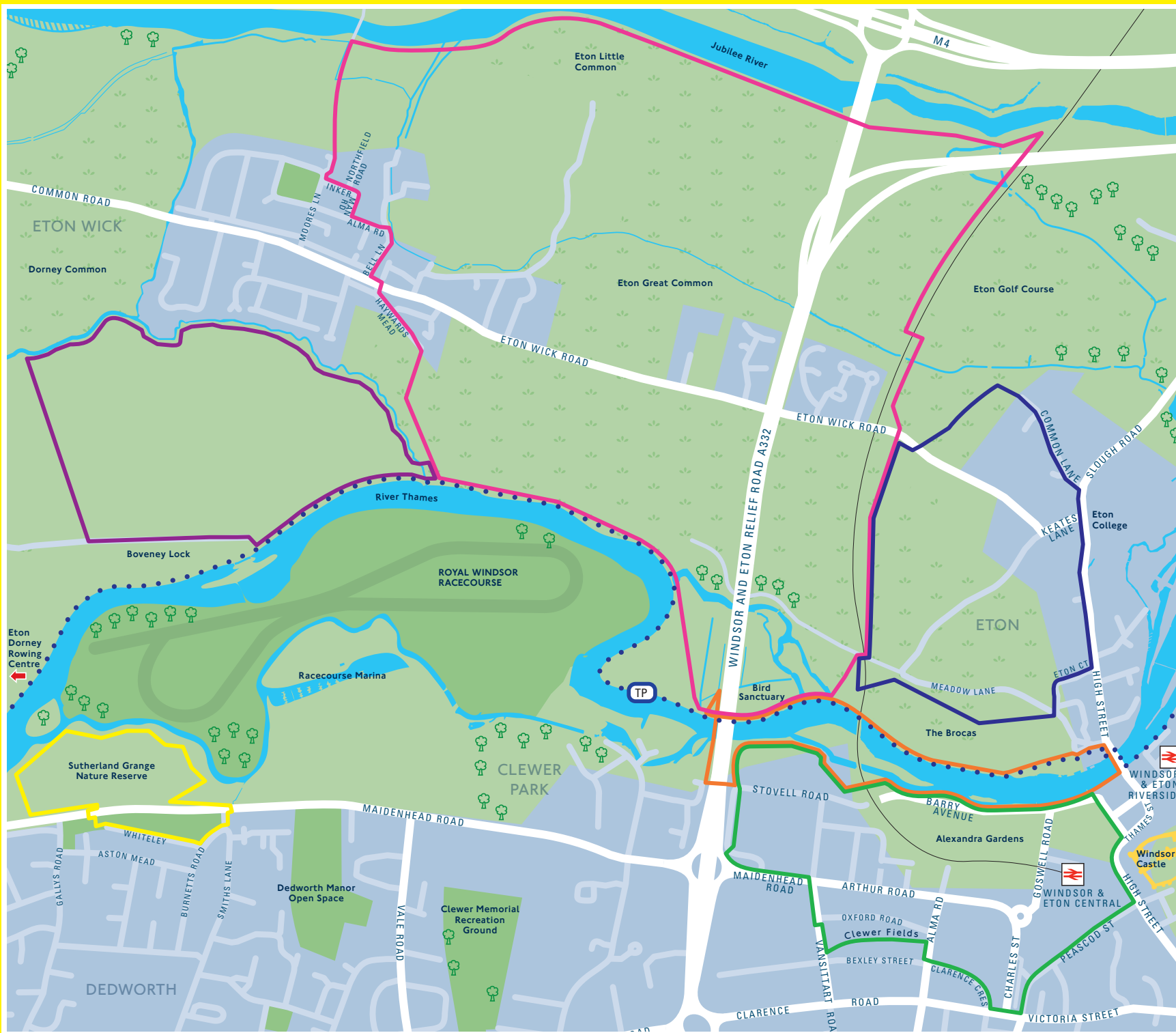


walk 4 life eton dorney



-  Thames Path National Trail
-  **Boveney Lock**
1.7 miles / 34 mins
-  **Two Rivers**
4 miles / 80 mins
-  **Eton College**
1.6 miles / 32 mins
-  **Windsor & Eton Riverside**
1.8 miles / 36 mins
-  **Windsor Central**
2 miles / 40 mins
-  **Walk4Life Mile**
1 mile / 20 mins
-  National Rail station
-  Open Access Land*

These routes will be subject to change during the London 2012 Olympic and Paralympic Games. Some routes may not be accessible from June to September 2012.

For more walks and to track your progress visit www.walk4life.info



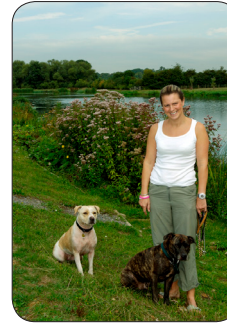
Accessibility Information

Boveney Lock, Two Rivers and Windsor Central walks are all barrier free and have firm, relatively flat surfaces.

Eton College walk has some uneven surfaces including cobbles and grass.

Windsor and Eton Riverside walk has a flight of steps but these can be avoided. Some sections are on level grass.

The Walk4Life Mile has two gates.



Eton Dorney

The landscape and the rivers and waterways around Eton Dorney are very special places. Parts of them are recognised in local, national and international designations.

Eton Dorney lies alongside the River Thames and Jubilee River. Dorney means dry ground in marsh (or island in marsh) in old Anglo Saxon.

The Rowing Lakes at Eton Dorney are owned by Eton College and cared for by Dorney Lake Trust to provide safe rowing for Eton College pupils and offer the highest-level facilities for major rowing events as well as welcoming the local community for sporting and other activities. Eton College has a strong connection with wildlife. Joseph Banks, the botanist on Captain Cook's first expedition, went to Eton.

The lakes were created from old gravel pits and are now home to all kinds of wildlife. Frogs, toads and newts all use the lakes to lay their eggs in. The lakes are a great place for birds that love water too. Look out for the bright blue Kingfisher or many kinds of different ducks.

Much of the land around the lakes is grazed. This keeps it open and is great for all kinds of wildlife. The rare Brown Gallinule plant (pictured right) needs damp grazed land to survive and there are all kinds of other beautiful flowers too.

The River Thames that flows past Eton and Windsor rises in Gloucestershire and meets the sea 215 miles later in the Thames Estuary. It is home to over 120 kinds of fish including Salmon and Trout.

If you enjoy the river you can follow the Thames Path National Trail from the Cotswolds to London. You don't have to walk it all in one go. You can 'dip' in and out all along its length. If you are on the path look out for the Olympic Knowledge Plaque near Boveney Lock.



* Open Access Land

The Commons are designated "Open Access Land". This means you have the right to walk on them without having to stick to paths. There are rules about what you can do – please take notice of the information signs. For more information see www.naturalengland.org.uk/ourwork/enjoying/places/openaccess/visiting_open_access.aspx and look out for signs.

About this map

The Olympic and Paralympic Games offer an opportunity to inspire everyone across the UK to do something different, including the way we travel.

The London 2012 Active Travel programme aims to build on the opportunities offered by the Games to encourage more walking and cycling in the lead-up to, during and after the Games. It is a UK wide programme jointly delivered by Transport for London, the Olympic Delivery Authority (ODA) and the London Organising Committee of the Olympic and Paralympic Games (LOCOG).

This map is one of a series of 12 that have been delivered as part of the London 2012 Active Travel programme. They carry the London 2012 Inspire mark; a mark of excellence awarded to projects that encourage participation in opportunities inspired by the Games.

The maps have been specially designed to encourage short local walks around the venues that will be used to host the London 2012 Games. Getting around by foot or bike is a great way to incorporate physical activity into busy lives and we hope these maps may inspire you to explore on foot, helping London 2012 meet its aim of delivering a truly sustainable Games.