






walk4life excel

-  **Walk 1**
2.4 miles / 48 mins*
-  **Walk 2**
1.5 miles / 30 mins
-  **Walk4Life Mile**
1 mile / 20 mins
-  **Walk4Life Mile**
1 mile / 20 mins

 Docklands Light Railway station

* Measured there and back (1.2 miles each way)

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

