










# walk 4 life

## olympic park - lea valley

-  **Lea Valley Walk**
-  **Capital Ring Walk**
-  **Walk 1** 1.5 miles / 30 mins
-  **Walk 2** 1.9 miles / 38 mins
-  **Walk 3** 1.7 miles / 34 mins
-  **Station Link** 0.3 miles / 6 mins
-  **Walk 4** 0.9 miles / 18 mins
-  **Walk4Life Mile** 1 mile / 20 mins
-  **London Overground station**

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](http://www.walk4life.info)

