

## Top tips and healthy hints

### Pacing yourself

All walking is beneficial, and there is no 'right' walking pace. But to get the maximum health benefit you should aim to walk at the fastest pace you can without overexerting yourself. You should still be able to talk as you walk. And remember to take breaks to enjoy what's around you.

You use up more or less the same amount of energy travelling the same distance no matter how fast your pace: running a mile uses about the same amount of energy as ambling. But the faster you go, the more concentrated the exercise and the more demands it places on your body. As you become a regular walker, try increasing the stride length and frequency a little as you walk.



"Adopt the pace of nature:  
her secret is patience."

**Ralph Waldo Emerson,**  
American essayist

## Step-by-Step



Weekly Walks

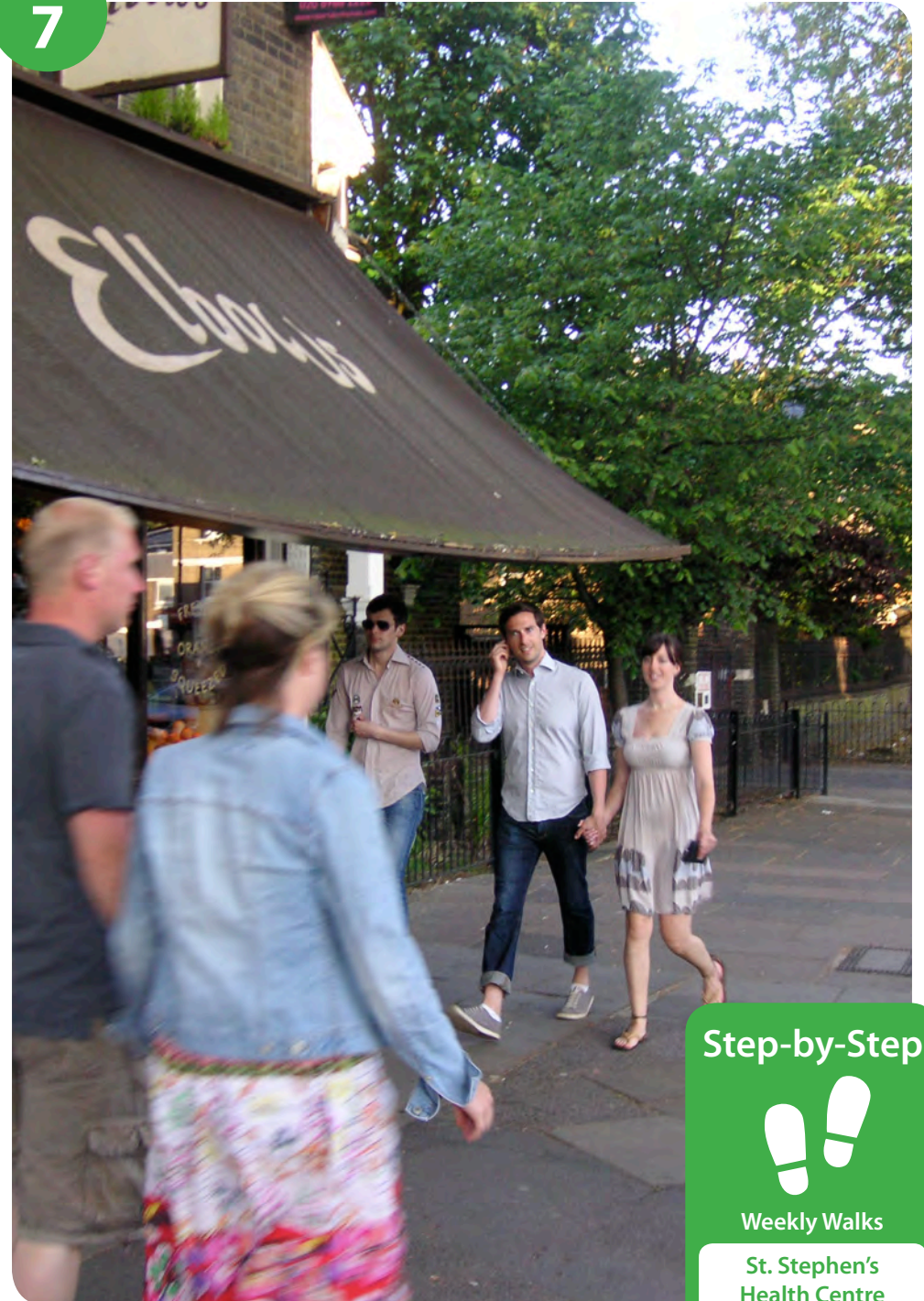
**St. Stephen's  
Health Centre**

The Step-by-Step programme is a 10-week walking action plan designed in conjunction with St Stephen's Health Centre in William Place, just off Roman Road. As you walk, you'll be taking steps towards actively managing your health and wellbeing. And you'll discover more about your local area too.

For more information, contact Zahra Aden at St Stephen's on [zahra.aden@nhs.net](mailto:zahra.aden@nhs.net) or 020 8980 1760.

## Well Street Common and Lauriston Road

**WALK  
7**



## Step-by-Step



Weekly Walks

**St. Stephen's  
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## Stepping into South Hackney

The three boroughs that border Tower Hamlets – the City to the west, Newham to the east and Hackney to the north – have much to offer. And walking is a flexible and healthy way to discover them. In this walk, we venture to Well Street Common and Lauriston Road to enjoy the green spaces and Victorian villas of South Hackney. Our route also takes in Victoria Park and the Regent's Canal towpath, two walking highlights closer to home.



**1** Leaving St Stephen's Health Centre, head to Roman Road. Turn left and then right along St Stephen's Road. Continue on, past St Paul's Church and Old Ford Primary School, to Old Ford Road.

**2** Cross and veer slightly to the right to go along Gunmakers Lane. At the end enter Victoria Park at Gunmakers Gate. Walk straight ahead on the main path across the open park. At the next crossroads, turn right along the roadway, with an adventure playground to your right.

**3** As the open grassed area to your left ends, fork left off the roadway and curve alongside the bowling green. Continue behind the bowling pavilion and exit the park to the left, beside the Britannia pub.

**4** Cross Victoria Park Road at the lights to Well Street Common. At the forked paths, take the right-hand path across the centre of the common. Keep on to the far side – about half-way across you'll start walking alongside a long brick garden wall.

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**5** You emerge onto Church Crescent by the bus stop. Cross over and stroll through the churchyard of St John of Jerusalem to reach Lauriston Road. Turn left and curve around with it, soon branching to the right.

**6** Continue over the broad Southborough Road crossroads, on past Victoria Park Road roundabout and through a wide, tree-lined section of Lauriston Road with cafés, restaurants and shops. Opposite the Royal Inn on the Park, enter Victoria Park by Royal Gate West.

**7** Keep on the main roadway ahead. Your route runs parallel to the edge of the park, in first one section then another, passing St Agnes Gate along the way.

**8** In the far corner of the park, between two low brick walls, leave by Canal Gate to join the Regent's Canal towpath. Turn left and follow the canal under Bonner Hall Bridge, past moored barges and Old Ford Lock, and under Old Ford Road.

**9** Slope up and over – as the Hertford Union Canal branches off – and continue ahead. After Roman Road, turn left on the tarmac bike path beside the orange fishing float sculpture.

**10** Curve right around the grassy mound of the Ecology Pavilion, and slope down along woodchip paths to leave the park opposite the pavilion entrance. Cross Grove Road and ahead along Thoydon Road into the Lanfranc Estate.

**11** Where the road bends left, veer right on a 'Private Estate Road' and immediately left behind Wren House. Walk all the way around the private blue-railed garden and continue to Conyer Street. Skirt left around Olga Primary School.

**12** At Medway Road, turn right and then left into Stanfield Road and Viking Close. Opposite Selwyn Green, walk left to the end of Norman Grove. Continue beside car-parking bays in Rosebank Gardens to reach St Stephen's Road and cross ahead to return to St Stephen's Health Centre.



## Look out for these...



Explore some of the artists' studios and boutique shops en route.



Try out one of the many cafés in tree-lined Lauriston Road.



Peer up to the moss-covered crown and VR inscribed on Bonner Hall Bridge.



Wander past moored barges or watch a narrow boat pass through Old Ford Locks.



Cut through the Lanfranc Estate, with a surprising hidden garden.



Look out for the former toy factory set up by suffragette Sylvia Pankhurst.

## Along the way...



Watch kids swinging, sliding and swooping in Victoria Park's adventure playground.



Roll past the bowling green, flanked by a row of copper beech trees.



Quench your thirst at the new drinking fountain on Well Street Common.



Imagine what secrets lay behind this row of wooden garden doorways.

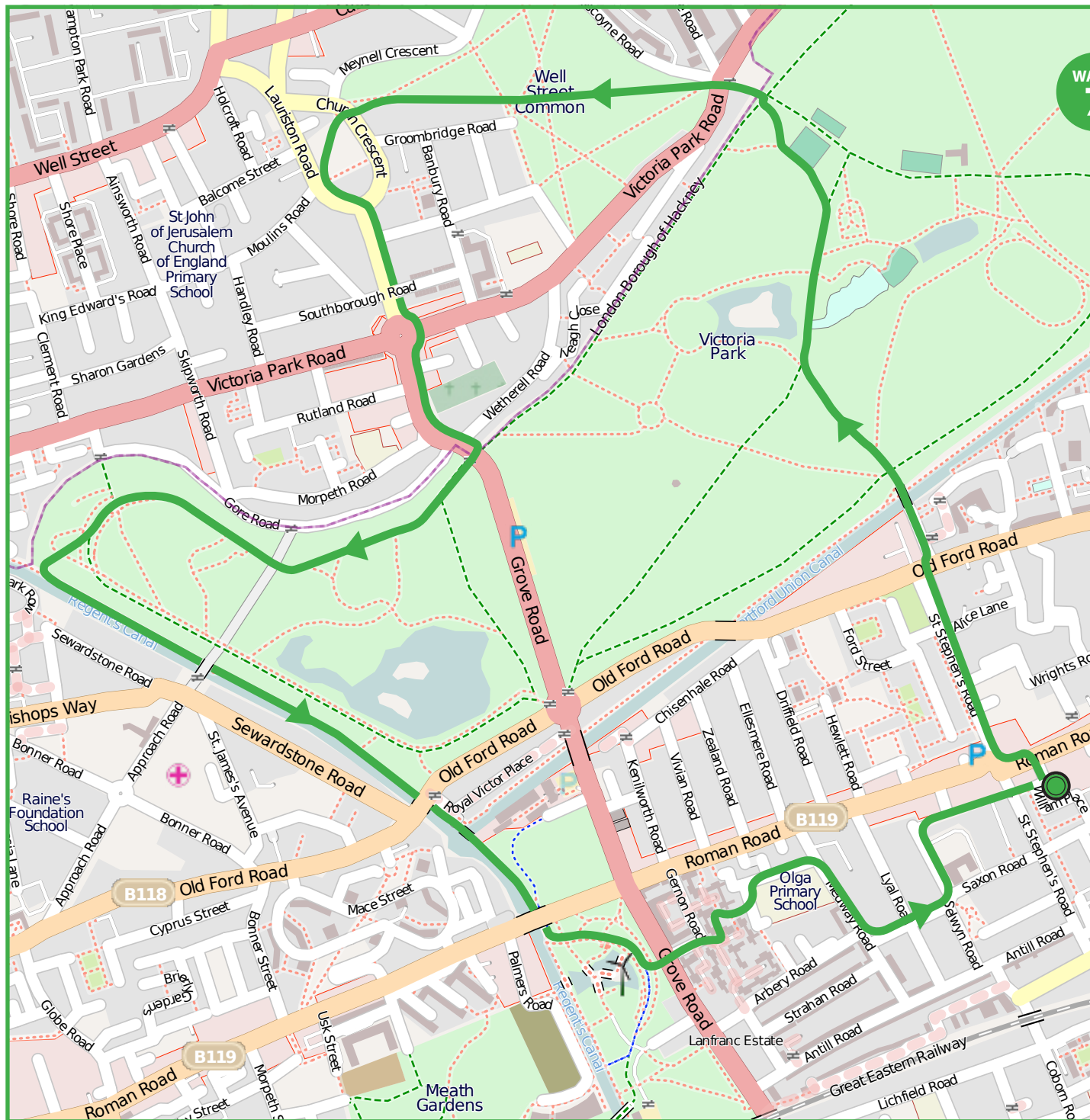


Look back at the ornate church doorway and war memorial at St John of Jerusalem.



Stroll past imposing Victorian villas and walk over a diamond-shaped crossroads.





**WALK**  
**7**

## Well Street Common and Lauriston Road

**Starts:** St Stephen's Health Centre  
**Ends:** St Stephen's Health Centre  
**Distance:** approx 3.2 miles  
**Allow:** 90 minutes



Well Street Common is a broad expanse of green space surrounded by mature London plane and chestnut trees. The site is designated common land and is used for a May festival and other community events, sports and recreation. Make a point of looking at the new drinking fountain; surrounded by mini animal bollards, the central column design is based on a falling water droplet hitting a surface, as if captured by high-speed photograph.