










Get Active with
NHS Camden's
Walking Maps

walk 4 life king's cross

For more information or to
download a map visit:
www.camden.nhs.uk/walkingmaps
or www.walkengland.org.uk
www.nhs.uk/change4Life

 Regent's Canal Walk: 2.7 miles / 54 mins	 Coram's Fields Walk: 1.8 miles / 36 mins	 Underground Station
 Alternative route avoiding steps and steep gradients	 Spas Fields Walk: 2.5 miles / 50 mins	 Rail Station
 Regent's Canal Walk Short Cut: 1.8 miles / 36 mins (via St Pancras)	 Outdoor Gym	 Surgery