





# walk 4 life

around the olympic park

-  Jubilee Greenway Walk
-  Lea Valley Walk
-  Capital Ring Walk
-  2012 Games Walking and Cycling Route – Lee Valley North
-  Walk 1 2.2 miles / 44 mins
-  Walk 2 2.3 miles / 46 mins
-  Walk 3 2.0 miles / 40 mins
-  2012 Walk4Life Mile 4 x 0.25 miles / 25 mins
-  Olympic Park Entrance
-  Rail Station

These routes will be subject to changes 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)

