

## Capital Promenades Walk Programme

We are pleased to present a programme of walking tours in London led by our experienced and knowledgeable guides.

### Our Walks

#### Spirit of Soho

An exploration of Soho based on the iconic Spirit of Soho mural.

**Start:** Oxford Circus Tube Station

**Finish:** Soho Square

**Duration:** 90 minutes

#### Beyond the Great Stink

Discover water gates and river frontages that have been left high and dry; walk through a possibly haunted underground street; hear how an ancient obelisk was transported from Egypt to the bank of the Thames.

**Start:** Embankment Tube Station

**Finish:** Charing Cross Station

**Duration:** 2 hours

#### Write on Marylebone

Discover Marylebone's literary heritage on this walk featuring Sherlock Holmes, Charles Dickens and the Barratt-Brownings with a few unexpected cameo appearances by others.

**Start:** Baker Street Tube Station

**Finish:** Cavendish Square

**Duration:** 90 minutes

#### Roundabout Old Street

From low-life to high-tech. This circular walk explores remnants of Old Street's sometimes seedy past and its re-invention as London's new high-tech hub.

**Start/Finish:** Old Street Tube Station

**Duration:** 90 minutes

### Meet our Guides

#### Mary Tybourne

Named after a river, Mary loves London, particularly its waterways.

#### Willie Westminster

Willie was born in sight of Big Ben and has lived and worked in the vicinity ever since.

#### Victoria Bank

Victoria knows more about London than most people have forgotten.

#### Sarah Strand

Sarah has been known to sing a song as she walks along!

#### Phil Pimlico

There's nothing better than exploring London in the company of a dapper gent like Phil!

## Walk Programme

Walk	Date	Time	Leader(s)	Places
Beyond the Great Stink	14 July 2014	6:30pm	Victoria Bank	20
Spirit of Soho	23 July 2014	11am	Sarah Strand	15
Spirit of Soho	27 July 2014	2:30pm	Sarah Strand	15
Write on Marylebone	27 July 2014	11am	Mary Tybourne Phil Pimlico	50
Roundabout Old Street	2 August 2014	11am	Phil Pimlico	25
Roundabout Old Street	3 August 2014	2:30pm	Phil Pimlico	25
Spirit of Soho	3 August 2014	2:30pm	Sarah Strand	15