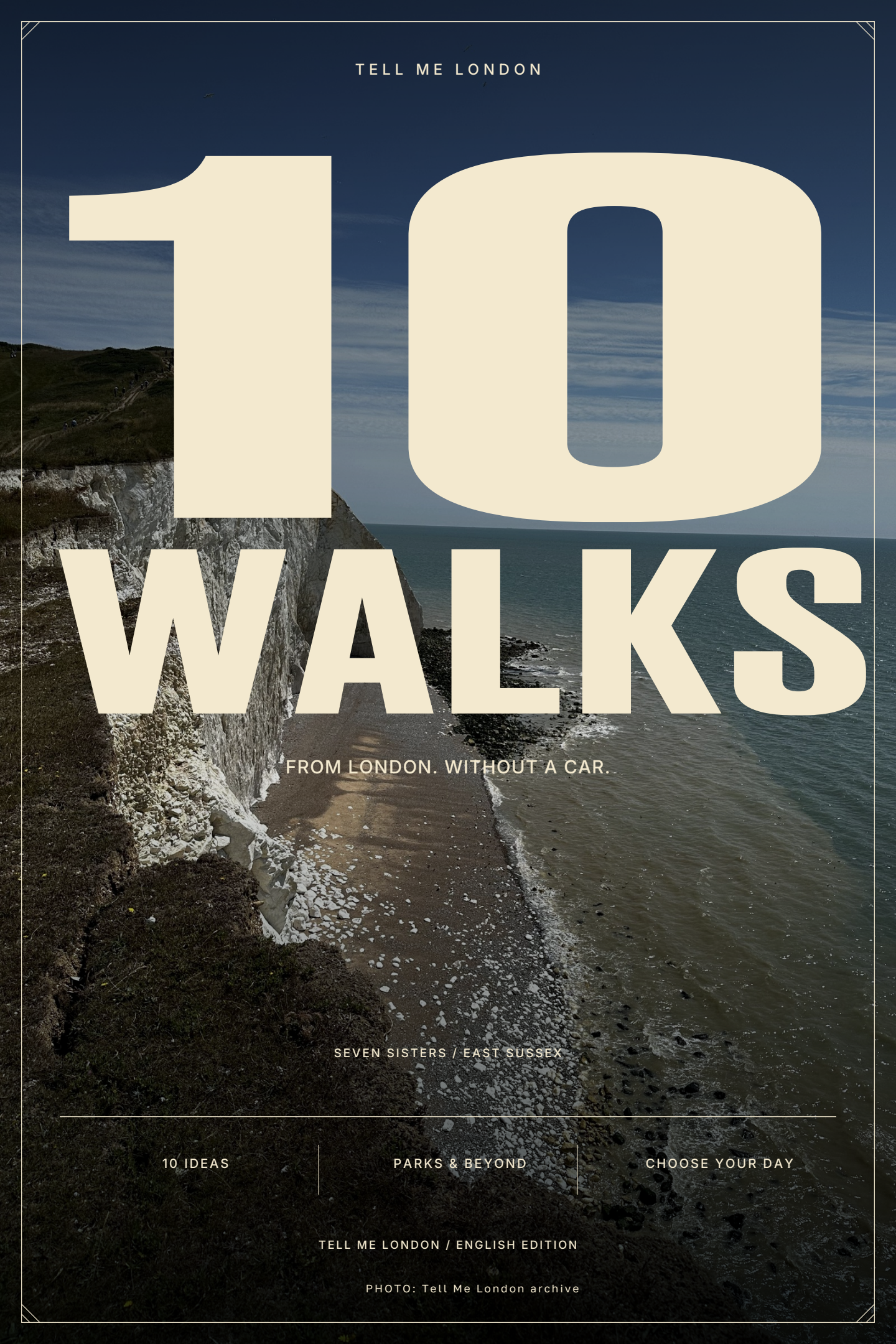
TELL ME LONDON

10 WALKS

FROM LONDON. WITHOUT A CAR.



SEVEN SISTERS / EAST SUSSEX

10 IDEAS | PARKS & BEYOND | CHOOSE YOUR DAY

TELL ME LONDON / ENGLISH EDITION

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Start small



SEVEN SISTERS / EAST SUSSEX



Cotswolds

01 · Hampstead Heath

Hills, ponds and a free skyline view from Parliament Hill. A good place to start with a short outing. Getting there: Northern line to Hampstead; choose your own park loop.

02 · Richmond Park

The Tamsin Trail runs around the park, past oaks and deer. Choose a shorter section if you prefer. Getting there: District line or train to Richmond, then allow time to reach the park.

03 · Epping Forest

Woodland walks begin near the Underground. The Oak Trail is one option; check the chosen trail for hills and muddy ground. Getting there: Central line to Theydon Bois.

04 · Box Hill, Surrey

A classic Surrey viewpoint over the Mole valley. Some routes have steep steps: this is more demanding than a flat park walk. Getting there: train to Box Hill & Westhumble, checking your connection.

05 · Marlow, Buckinghamshire

A gentle Thames-side outing near Marlow for an unhurried day. Getting there: London Paddington to Maidenhead, then the branch line towards Marlow; check changes for your service.

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When you want more space



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Cotswolds

06 · Dorking & Denbies

Chalk hills, vineyards and views from God's Seat, with room for a coffee stop afterwards. Getting there: train to Dorking; choose a route suited to your fitness.

07 · Shere & Gomshall

The village associated with The Holiday, plus beech and yew woodland. Small-scale and very English. Getting there: train to Gomshall, usually with a change; check the route for your date.

08 · Tring to Ivinghoe Beacon

Chiltern hills and wide views from Ivinghoe Beacon. Longer than the city options, with the station approach to include. Getting there: Euston to Tring, then the walk from the station.

09 · Wendover Woods

Woodland trails in the Chilterns, with different route lengths to choose from. Getting there: Marylebone to Wendover; allow for the approach to the woods.

10 · Seven Sisters

White chalk cliffs and sea air. Save this for a more confident day: coastal routes can be long, steep and exposed. Getting there: train to Seaford with the appropriate connection. Stay back from cliff edges.

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Three habits for an easier walk



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Cotswolds

Start with a distance and terrain you can comfortably manage. Check the return train before leaving and download a proper offline map: reception can disappear in open countryside. Wear suitable footwear and carry water, food and layers.

These ten places are starting ideas. Journey times, trail conditions and railway services vary; no live timetable is included.

Planning links: National Rail - nationalrail.co.uk; GWR - gwr.com/travel-information/train-times; Box Hill - nationaltrust.org.uk/visit/surrey/box-hill.

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