



Public Health
England



**STEP IT UP
ISLINGTON**

ENJOY YOUR BOROUGH ON FOOT!

WHY SHOULD YOU WALK?

- **WALKING INCREASES MOBILITY, STRENGTH AND BALANCE**
- **IT IMPROVES HEART HEALTH AND BLOOD PRESSURE**
- **IT INCREASES HAPPINESS, HEALTH AND WELLBEING**
- **YOU COULD MEET NEW PEOPLE AND GET TO KNOW ISLINGTON BETTER**
- **WALKING CAN BENEFIT THE ENVIRONMENT AND IS A GREAT WAY TO RELAX.**

You'll see the most benefits from walking if it is brisk enough to raise your heartbeat and breathing rate. However, there is no need to race - you should still comfortably be able to carry on a normal conversation.

WHAT'S STOPPING YOU?

Walking is free, feels good, is a manageable activity for almost everyone and is easy to fit into your daily routine. You don't need any fancy gear, or expensive clothing, just a comfortable pair of shoes!

Visit oneyouisington.org/walking for more information on

- **THE BENEFITS OF WALKING**
- **TOOLS TO HELP YOU BUILD WALKING INTO YOUR ROUTINE**
- **LOCAL, SOCIABLE WALKING GROUPS**
- **LOCAL ROUTES TO EXPLORE**

Alternatively, email ciphadmin@islington.gov.uk or call 020 7527 1222 for a paper copy of this information or any of the routes.

ACTIVE
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DOWNLOAD
OUR FREE
APP AND GET
WALKING



ISLINGTON

oneyouisington.org/walking

BECAUSE THERE'S ONLY
ONE YOU

CULTURAL AND HISTORICAL ROUTES IN ISLINGTON

This map shows the starting locations for 15 walking routes in Islington. Distances vary between 1.3 and 4 miles (between 2,500-7,500 steps, taking 25-75 minutes).

WHY DON'T YOU PICK A ROUTE?

Click on the links next to each of the walks below for a **route** that you can follow on your smart phone and/or **printable maps**, which have details of the cultural and historical points of interest on each walk.

Please click links below:

[📄 route](#) [🗺️ printable map](#)

1. ARCHWAY TO CROUCH HILL [📄](#) [🗺️](#)

2. ARCHWAY TO CAXTON HOUSE COMMUNITY CENTRE [📄](#) [🗺️](#)

3. TUFNELL PARK AND NAG'S HEAD [📄](#) [🗺️](#)

4. Highbury Corner to Finsbury Park [📄](#) [🗺️](#)

5. FINSBURY PARK TO CROUCH HILL [📄](#) [🗺️](#)

6. ARSENAL TO Highbury [📄](#) [🗺️](#)

7. CANONBURY [📄](#) [🗺️](#)

8. MILD MAY [📄](#) [🗺️](#)

9. BARNSBURY [📄](#) [🗺️](#)

10. ANGEL TO FARRINGDON [📄](#) [🗺️](#)

11. ANGEL TO ESSEX ROAD [📄](#) [🗺️](#)

12. EC1 [📄](#) [🗺️](#)

13. ST JOHN'S STREET [📄](#) [🗺️](#)

14. OLD STREET TO ANGEL [📄](#) [🗺️](#)

15. CLERKENWELL [📄](#) [🗺️](#)

