



# Wellbeing Walks

The Association of  
**Bloomsbury Squares and Gardens**  
invites you on healthy brisk walks around  
Bloomsbury with our expert guides.

Just turn up on the day for a 1 hour circular walk.  
Spaces limited - allocated on a first come, first served basis.  
Walks will go ahead in all weathers. **Free of charge.**

Day	Date	Time	Start	Theme
Fri	30.07.21	1230hrs	Marchmont Gardens	Drinking water was diverted to a growing 17th century London.
Weds	04.08.21	1230hrs	Red Lion Square	The chicken who killed a knight
Weds	11.08.21	1200hrs	Tavistock Square	Thomas Coram's quest to save poverty-stricken children
Mon	16.08.21	1100hrs	Brunswick Square	Suffragettes serving at Endell Street Military Hospital during WW1
Thurs	26.08.21	1100hrs	Russell Square	A churchyard with a very colourful history going back to Roman times.
Fri	03.09.21	1430hrs	St George's Gardens	Hear about a leper hospital, martyrs and the 'rookery' slum.
Weds	08.09.21	1230hrs	Russell Square	Find one of London's hidden gems
Sat	18.09.21	1200hrs	Red Lion Square	Discover the world's largest biomedical research institute.

Visit <https://bloomsburysquares.com/> for more information

