

GREEN TRAVEL IN THE BECK CORRIDOR

WALKING IS FUN!

Our natural means of transport is walking! Vehicles have meant that most of us do much less of it than we used to – 94% of 'walk all the way' journeys are less than 2km! Getting outdoors appeals to most people and can provide a strong motivator to begin – and continue – exercising!

(London Area Travel Survey, 2001).

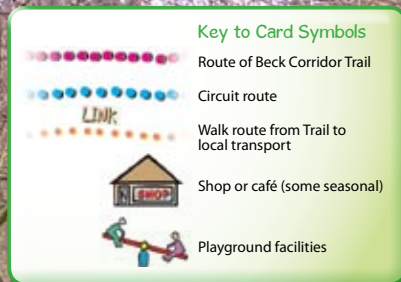
Walking is fun and has proved to be an effective way to get more people, more active, more frequently! Whether you want to enjoy the open air, stretch out in open space or include walking as part of your personal green exercise plan, the Beck Corridor is a good place to start!

Walk cards in this pack feature three linear routes that join together to make up the 7.4 km (4.6 mile) 'Beck Corridor Trail'. The Trail, written as though walking from north to south, joins up with three of London's strategic walking routes - the Green Chain Walk, the Capital Ring and the London Outer Orbital Path (LOOP). Five further walk cards feature short circular routes or 'circuits' that have direct links to the Trail. Each walk card incorporates a map, directions

and information on accessibility, so as to inform a range of ages and abilities. Features of natural, historical and built interest are also highlighted. Symbols for shops and playgrounds are marked on the walk card maps too.

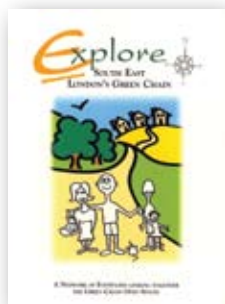
'Explore the Beck Corridor' is one of a range of urban and rural trails, circular and strategic walks you can explore in the London Borough of Bromley! If you want some company, why not join in one of the many guided and escorted walks offered in the Borough throughout the year?

For ideas right on your doorstep, visit www.bromleybiodiversity.co.uk. Of course, there's nothing to stop you devising your own green walking route most convenient and local to you too!



STRATEGIC WALKS

The Beck Corridor links with three of London's strategic walks.



Green Chain Walk

This 40-mile network of paths links many of the Green Chain open spaces of the London Boroughs of Lewisham, Bromley, Greenwich and Bexley. The entire network is well signposted and within easy walking distance of 15 railway stations and numerous bus routes. An overview leaflet of the walk is available and is complemented by a pack of 10 detailed, weatherproof route cards (charge payable). The Beck Corridor Trail links to Section 8 and Section 9 of the Green Chain Walk at its northern end, covering Mottingham Lane to Beckenham Place Park via Downham & Chinbrook

(4.5 miles) and via Sundridge (4.5 miles) respectively. For more information visit www.greenchain.com or ring 020 8921 5028

London Outer Orbital Path

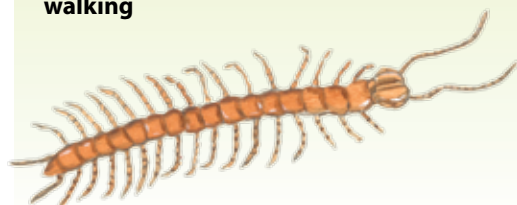
The 'LOOP' is a 150-mile walking route around London's countryside fringe. It is divided into 24 more manageable sections. At its southern end, the Beck Corridor Trail links to Section 4 of the LOOP, covering West Wickham Common, Bromley to Hamsey Green, Croydon. This 15-mile section is further divided into shorter walks with transport links identified. Leaflets covering individual sections and a LOOP guide book (price as published) are available from libraries and bookshops respectively. For more information visit www.tfl.gov.uk/walking



Capital Ring

This is a 78-mile walking route around London taking you on a journey through London's parks, riversides, streets and woodlands.

It is divided into 15 sections. The Beck Corridor Trail links to Section 3 of the Capital Ring at its northern end; this part of the Capital Ring parallels part of the Green Chain Walk. Section 3 is 8¾ miles in length, covering Grove Park to Crystal Palace Park. An overview leaflet, leaflets covering individual sections and a 'Capital Ring' guidebook (price as published) are available from libraries and bookshops respectively. For more information visit www.tfl.gov.uk/walking



WALKING FOR HEALTH

Social isolation
Provides new ways for people to meet and be part of a group

Poverty
Accessible to disadvantaged people, no charge or need for special clothes or equipment

Obesity
Daily walking can reduce obesity and over-weight conditions

Rehabilitation after heart attack
Walking programmes reduce risk of dying from heart attack by 20%

Minority ethnic groups
Walking is an accessible and safe activity with few cultural or language barriers

Local environment
Increases use, awareness and concern for local area

Mental health
Provides a change of scene, makes people feel better and reduces anxiety and depression

Diabetes
Walking reduces risk of diabetes and can reduce need for medication

Disability
Easy forms of walking provided are inclusive to specific groups such as wheelchair users or the partially sighted

Air quality
Leads to some reduction in car use for short journeys

Self esteem
Taking part in led walks boosts confidence and feeling of achievement

Sedentary lifestyle
Increasing physical activity reduces risks of heart disease, strokes, colon cancer etc.

The elderly
More active elderly people have more energy, prolonged independence at home and lower risk of falls

Unemployment
Volunteering opportunities, with training, can sharpen skills needed for employment

People who take up walking are more ready to make more difficult lifestyle changes

Catalyst to other lifestyle changes: healthy eating, smoking cessation, relaxation

FOR WEALTH

walking is free and will enrich your life in many ways.

FOR HAPPINESS

walking improves your mood and helps combat depression.

FOR JOY

walk with friends or join a walking group and discover just how much fun walking can be!

FOR COMFORT

go for a walk in your local park or wood and discover how nature can calm your mind.

FOR HEALTH

walking strengthens your heart, your bones and your muscles ... and it helps to control your weight.

GREEN TRAVEL IN THE BECK CORRIDOR

The Walking with Beetles initiative promotes the enjoyment of green spaces in the Beck Corridor through the use of public transport and walking. The map below shows the routes of local buses, trains and trams in the Beck Corridor. Please use the map in association with the Walk Cards and Green Transport Trail to ease your visit to the area. The reverse of this leaflet promotes walking as a means of transport and the diagram highlights the health benefits of walking.

FURTHER INFORMATION ON PUBLIC TRANSPORT:

Buses

Visit tfl.gov.uk for more information or call 0845 300 7000

South-eastern trains

Ring 0845 000 2222 or visit www.setrains.co.uk

Southern trains

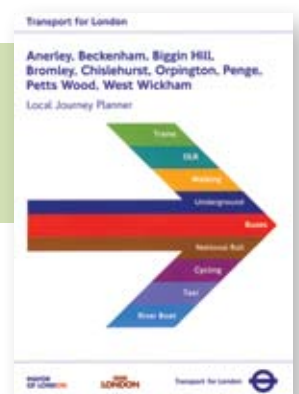
Ring 08451 272 920 or visit www.southernrailway.com

Trams

Visit tfl.gov.uk/trams or call 020 8681 8300

For **FREE** local guides (L12 covers the London Borough of Bromley) and timetables – Visit tfl.gov.uk or ring 020 7222 1234.

Less able visitors wanting to explore the Beck Corridor should be aware that in addition to roadside parking (see restrictions on roadside signs), public car parks are also located within the area; some are shown here. Ring 020 8461 7702 for more information about public car parks.



BUS 352

BUS 54



continued >

Bus 353