



HIDDEN LONDON – WHY SEE IT?

**Hampstead Heath welcomes more than seven million visitors a year, making it one of the most frequented places in the country. Despite this, almost half of those who visit congregate in one relatively small area, leaving the Heath's beautiful, undomesticated nucleus largely untouched.**

**Hampstead Heath is home to the South Woods, the last remnants of the Middlesex forest – an ancient woodland dating back to the Ice Age, a flower-flooded Pergola as long as Canary Wharf Tower is tall, and lashings of folklore and history. Follow our hidden Hampstead Heath walk to explore its secrets.**

**Alternatively, for a walk in the capital with a little more grit, take our 'Crime, Punishment and Bodysnatching' tour. London has stood the test of invasion, plague, fire and bombardment over 2000 years to become one of the world's richest, most diverse cities.**

**But London's past isn't all pomp and glory, as our exploration of its history of criminality, punishment and body-snatching will testify, it was also bloody and brutal.**

**Plumb London's depths with two of *Which? Holiday's* walking tours...**

# London walks

Find out more fascinating facts about the capital on two original walks – Hampstead Heath and Central London

## Hampstead Heath

### GETTING THERE

■ **By car**

Limited pay and display parking is available at several points around the Heath, though you are encouraged to use public transport by the City of London authorities.

■ **By bus**

Buses that serve the Heath include the: H3, 210, 268, 214, C11, C2, 24, 168, and 46.

■ **By rail**

Hampstead Heath and Gospel Oak Overground stations are both moments away from the Heath. See [www.tfl.gov.uk/assets/downloads/london-overground-network-map.pdf](http://www.tfl.gov.uk/assets/downloads/london-overground-network-map.pdf) for more details.

■ **By tube**

Chalk Farm, Hampstead, Belsize Park, Kentish Town, Highgate and Golders Green (Northern Line) are all within walking distance of the Heath.

■ **Access**

Varying gradients and surfaces may be limit access in parts, telephone 0207 485 5757 for more details on the Heath Mobile loan service offering electric powered buggies ([www.cityoflondon.gov.uk](http://www.cityoflondon.gov.uk)).

### HIDDEN HAMPSTEAD HEATH WALK DIRECTIONS

**1** Begin outside Hampstead Heath Overground, just over the road from the Magdala. For those in need of a quick pick-me-up before walking, there's also the Garden Gate and the Freemason's Arms nearby – both upmarket pubs which boast beautiful beer gardens.

**2** Head down towards the main road away from the Magdala, then cross over and up in to Heathhurst Road (past the tempting aromas of the bakery on the corner), and wind your way up this quiet, redbrick street until you come out on to Keats Grove. Forge on and you'll see the entrance to the Heath ahead of you.

**3** Crossing the road you enter the Heath, coming to the Hampstead-side ponds. Follow the path that flanks these ponds and you'll soon be surrounded by blackberry bushes and buttercups. You'll come to the first fork of the walk, but stay straight into the woods until you reach the viaduct.

**4** Cross over the viaduct and follow the main path until you spot the first, slightly hidden turning on your right. Follow it until you see the overgrown Bird Bridge.

**5** Cross the Bird Bridge, but veer back as far left as soon as you can and re-join the path in to the woods. Continue west and the path will bring you to a large opening where you can see an impressive veteran oak.

**6** Behind you, you'll find a bench on the lip of an awesome London panorama, below which lies a mini forest of steep gorse bushes – as good a place as any to take a load off your feet. The adventurous among you may want to amble down through the gorse with the reward of a possible fox sighting, otherwise arc downwards around the thickets to the left, or exit on Spaniards Road to call it a day. (A 10-minute walk south will bring you to Hampstead Tube).

**7** At the foot of the bushes, cut through the trees to your right, beyond which you'll see several beautiful houses – you're now in Vale of Health territory. Walk left along them, through a narrow



Enjoy some peace and quiet in Hampstead Heath

lane (you'll see a sign for 'the Gables') and back in to the Heath.

**8** You'll emerge by the peculiar hobbit-sized Ice House. Carry on until you reach the 'Victorian Bog'. A little way past these wonderful WCs, take the first right at another veteran oak and you'll come to what's locally known as the Hollow Tree.

**9** Continue westwards from the hollow tree towards the Vale of Health.

**10** This is where things get tricky. When you get to the pond, take the paved path north, taking a sharp left through the Old Fairground site, (now packed full with caravans) and out into the Vale Approach where DH Lawrence lived (you'll notice his plaque). Pass it, take a left and then a right in to an impossibly tiny alley. Walk down this alley, taking the first left, which will bring you back out in to the Vale houses you previously passed.

**11** Join the main road and you're now standing at one of London's highest points. To your left, a little investigation will uncover the tiny and free Hampstead Observatory, which is just behind Whitestone Pond.

**12** Cross the road (with due care) and walk right along the wall of Heath House, which is flanked with camomile flowers. Keep your eyes peeled for another tiny lane.

**13** Between the wall and the greenery, take a left down the hidden lane. Half way along, there's a bench to stop-off at – which overlooks a hollow swamped in blackberry bushes. When you reach the end of the lane, cross North End Way and enter the West Heath.

**14** Take the path west sloping downwards and then curve up northwards towards the picturesque Pergola.

**15** Exit at the end of the garden within the Pergola and you'll come out in to the Drying Grounds.

**16** Cut back across North End Way in to Pitt's Garden, (crossing over a Horse riding track) on your way and you'll reach Sandy Heath, which is enclosed on all sides by roads.

**17** Make your way through it until you reach Spaniards Road once again.

**18** Follow this road north. A 10-minute walk will bring you to the renowned Spaniard's Inn. The Spaniards is an ideal point to take some refreshment or call it a day.

**19** To explore either the Orchard or Athlone House Gardens, follow the Spaniards Road and you'll reach the Orchard. Directly south of this lies Athlone House Gardens.

**20** Re-enter the Heath at the gate by the North Wood. Head southeast and you'll come to famed Kenwood House with its pretty gardens, lovely (but pricey) café and Sham Bridge. If you linger in this quarter, make time to find the Cohen Fountain. Kenwood is never short of visitors however, so forge on in a southeasterly direction and you'll come to the Duelling Grounds.

**21** Continue until you reach the Tumulus with its 95m-high vista eastwards over Highgate. Incorrectly regarded as Boadicea's resting ground, theories for it include a barrow for her finest warrior lost to the Romans, or just a plain old windmill base.

**22** Continue southwards and you'll begin to feel the climb. The final assault is well worth it and, before you know it, you've reached the summit of glorious Parliament Hill.

## WHAT TO SEE AND DO

### Keats House

☎ 020 7332 3868

[www.keatshouse.org.uk](http://www.keatshouse.org.uk)

This beautiful and recently restored house is where the famous poet, John Keats, who wrote some of his most important works, lived. Today it's an interesting museum that's a must-see for poetry-lovers.

**Opening hours** Tuesday to Sunday, 1-5pm

**Admission** Adults £5, concessions £3 and children under 16 free.

Note that groups of 10 or more adults, ticket price is £4 each, groups of 10 or more concessions, tickets are £2.40

### Hampstead Observatory

☎ 020 8346 1056

[www.hampsteadscience.ac.uk](http://www.hampsteadscience.ac.uk)

Stargazers will find the tiny and free Hampstead Observatory on London's highest point definitely worth exploring. The large Cooke Telescope inside dates back to 1899.

### Hampstead Heath Pergola

One of the Heath's hidden delights overlooking West Heath. A relaxing amble among the flowers while taking in the views is a must. ([www.cityoflondon.gov.uk/Corporation/LGNL\\_Services/Environment\\_and\\_planning/Parks\\_and\\_open\\_spaces/Hampstead\\_Heath/Heritage.htm](http://www.cityoflondon.gov.uk/Corporation/LGNL_Services/Environment_and_planning/Parks_and_open_spaces/Hampstead_Heath/Heritage.htm)).

### Kenwood House

[www.english-heritage.org.uk/server.php?show=nav.12783](http://www.english-heritage.org.uk/server.php?show=nav.12783)

The artists Rembrandt and Reynolds can be admired in the middle of tranquil parkland here at Kenwood House, which, along with its pretty surroundings, look like the set of a period drama. The café is lovely, though pricey.

### Parliament Hill Lido and Bathing Ponds

Parliament Hill Lido is busy during the summer months, due to its size and popularity, but winter swims as well as early morning and evening swims are also available.

**Day swimming times:** 10am-6.30pm

**Tickets:** Under 16s and OAPs for early morning swims free.

**Adults** £4.30, concessions £2.70 and family tickets £12.90

The Heath is home to three bathing ponds too: the ladies', the men's and the mixed pond.

These are open to 'competent swimmers over eight years of age'. Children between 8-15 are only permitted if in the care of an adult.

**Tickets:** adult £2, concessions £1

## GOOD PLACES TO EAT

### The Magdala Pub

☎ 0207 435 2503

Main meals cost between £9.95-£15.95.

### The Garden Gate Pub

☎ 0207 435 4938

[www.thegardengatehampstead.co.uk](http://www.thegardengatehampstead.co.uk)

Main meals cost between £5.95-£9.95.

### The Freemason's Arms

☎ 0207 433 6811

[www.freemasonsarms.co.uk](http://www.freemasonsarms.co.uk)

Main meals cost between £5.95-£17.95.

### The Spaniard's Inn

☎ 0208 731 8406

[www.thespaniardshampstead.co.uk](http://www.thespaniardshampstead.co.uk)

Main meals cost between £8.50-£12.



## Central London

### CRIME & BODYSNATCHING WALK DIRECTIONS

#### GETTING THERE

##### By car

For information on London's Congestion Charge, visit [www.tfl.gov.uk/roadusers/congestion\\_charging/](http://www.tfl.gov.uk/roadusers/congestion_charging/). Parking within the City of London: [www.cityoflondon.gov.uk/Corporation/LGNL\\_Services/Transport\\_and\\_streets/Parking/Car\\_parks-private.htm](http://www.cityoflondon.gov.uk/Corporation/LGNL_Services/Transport_and_streets/Parking/Car_parks-private.htm)

##### By bus

Central and City of London is connected by a number of bus services, visit [www.tfl.gov.uk](http://www.tfl.gov.uk) for more details.

##### By rail

You can travel into London Bridge, Cannon Street, Blackfriars, City Thameslink, and Farringdon stations.

##### By tube

Our walking tour passes by several tube stations: London Bridge (Northern, Jubilee Lines) Westminster (Circle, District, Jubilee Lines) Monument (Circle, District Lines) Cannon Street (Circle, District Lines) Mansion House (Circle, District Lines) Blackfriars (Circle, District Lines) St Paul's (Central Line) Farringdon (Hammersmith & City, Circle and Metropolitan Lines) Chancery Lane (Central Line) Holborn (Piccadilly, Central Lines) Marble Arch (Central Line)

##### Access

The City of London access team can be contacted on 0207 7332 1995, [www.cityoflondon.gov.uk/Corporation/LGNL\\_Services/Health\\_and\\_social\\_care/Accessibility/](http://www.cityoflondon.gov.uk/Corporation/LGNL_Services/Health_and_social_care/Accessibility/).

#### DIRECTIONS

**1** Start on St Thomas Street at the Old Operating Theatre, the nearest tube is London Bridge.

**2** Pass the Bunch of Grapes pub and turn right on to Borough High Street.

**3** Take a left in to the Courtyard by Southwark Cathedral.

**4** Turn right on to Stoney Street and out to Francis Drake's reconstructed ship, *The Golden Hind*.

**5** Left on to Clink Street, where you'll pass the ruined Winchester Palace and the Clink Prison – now a museum.

**6** Turn right on to the waterfront, along Pickfords Wharf and follow it, underneath Southwark Bridge (an impromptu string quartet or buskers might be playing in the tunnel).

**7** Cross the Millennium Bridge (or continue further along the Thames to the Transportation Bollard, which sits across from the Tate Britain).

**8** Leaving the Millennium Bridge behind, carry on straight until you reach Queen Victoria Street where you should turn left and continue until you reach St Andrew's By-The-Wardrobe Church.

**9** Take the right in to the alley before the church in to Wardrobe Terrace and follow it around.

**10** Cut through St Andrew's Hill into Ireland Yard.

**11** Continue until you reach Playhouse Yard, at the end of which turn right in to Blackfriars Lane.

**12** Continue straight on until you reach the Old Bailey.

**13** Past St Sepulchre-Without-Newgate in to Giltspur Street and past the Golden Boy of Pye Corner (which marks the extent of the Great Fire's reach).

**14** Take the left until you come out on to the Holborn Viaduct.

**15** Walk along it until you come to Chancery Lane tube station. Here you have two options: either take the Central line to Marble Arch from here, (if so skip ahead to step 19) or take a left in to Staple Inn Chambers.

**16** Turn left on to Chancery Lane itself and head towards Fleet Street.

**17** Turn right on to Fleet Street and carry on straight past Temple Bar and the Royal Courts of Justice.

**18** Jump on any bus heading to Marble Arch from here to avoid walking through the hectic city centre – routes 6, 15 and 23 all go to Marble Arch. You can also board one of the old Routemaster 15 buses that negotiate a tourist route (Heritage Route) though you'll need to alight at Hyde Park Corner and walk up to Marble Arch if you do so.

**19** If you've taken the tube, get off at Marble Arch tube and walk towards Edgware Road.

**20** You'll reach a triangular traffic island when Marble Arch becomes Bayswater Road. This is the site of the Tyburn Tree.

**21** Turn right on to Edgware Road.

**22** Take a right on to Seymour Street and then left on to Seymour Place until you reach the Mason's Arms.



A replica of *The Golden Hind* docked near Southwark Cathedral

## WHAT TO SEE AND DO

### Old Operating Theatre

☎ 020 7188 2679

[www.thegarret.org.uk](http://www.thegarret.org.uk)

A fascinating museum whisking you back to the gruesome days of surgery practised with no anaesthetic. It gives a wonderful insight in to how medicine evolved. Take care as the entrance is at the top of a very small spiral staircase.

**Open** every day, 10.30am-5pm

**Admission** adults £5.60, concessions £4.60 and children under 16 are £3.25

### The Clink Museum

☎ 020 7403 0900

[www.clink.co.uk](http://www.clink.co.uk)

Standing on the site of what was once perhaps England's oldest prison is the Clink Museum. Serve your stretch by learning what punishment constituted as far back as the 12th century.

**Open** Monday to Friday 10am-6pm, Saturday and Sunday 10am-9pm

**Admission** adults £5, concessions £3.50 and children under 16 are £3.50

### St Andrew by the Wardrobe

☎ 0207 329 3632

[www.standrewbythewardrobe.net](http://www.standrewbythewardrobe.net)

Easily missed, Christopher Wren's last city church boasts Shakespeare as a famous, former parishioner. It gets its peculiar name from being so close to the location of King Edward III's store room in the long-gone Baynard's Castle.

**Open** Monday-Friday 10am-4pm

### The Old Bailey

☎ 0207 248 3277

[www.cityoflondon.gov.uk](http://www.cityoflondon.gov.uk)

Public galleries are open in most of the courtrooms in the Old Bailey and admission is free. Children under 14 are not permitted, and there is a reduced sitting in August.

**Open** Monday-Friday 10am-1pm and 2-5pm (approx).

**Admission** free

### St Sepulchre-Without-Newgate

☎ 0207 248 3826

[www.st-sepulchre.org.uk](http://www.st-sepulchre.org.uk)

This church is strange in that it isn't named after a particular saint, but perhaps most famous for being home to the 'bells of Old Bailey', in the nursery rhyme. Also known for the Execution Bell, which sits in the southeastern nave. After 1605, the bellman would recite the following to the condemned: 'All you that in the condemned hole do lie, prepare you, for tomorrow you shall die, watch all, and pray: the hour is drawing near, that you, before the Almighty must appear. Examine yourselves, in time repent. That you may

not to eternal flames be sent, and when St Sepulchre's Bell in the morning tolls, the Lord above have mercy on your souls.'

### Royal Courts of Justice

☎ 0207 947 6000

[www.hmcourts-service.gov.uk/infoabout/rcj/tour.htm](http://www.hmcourts-service.gov.uk/infoabout/rcj/tour.htm)

As with the Old Bailey, galleries are also open to the public in the Royal Courts of Justice. However, an infrequent tour of the Royal Courts also runs on the first and third Tuesday of each month (subject to numbers).

**Open** 9am-4.30pm

**Admission** free but tour costs £10 for adults, £8 concessions, £5 for children

## GOOD PLACES TO EAT

### Bunch of Grapes

☎ 020 7403 2070

[www.youngs.co.uk/pub-detail.asp?PubID=367&image=0](http://www.youngs.co.uk/pub-detail.asp?PubID=367&image=0)

Light meals and main meals are available, menus are seasonal.

### Ye Olde Cheshire Cheese

☎ 020 7353 6170

Main meals cost between £7.75-£12.95.

### Mason's Arms

☎ 0207 723 2131

Main meals cost between £5.95-£8.50.

## USEFUL INFORMATION

London is a city with a population of several million people, so the best time to visit will depend largely on what you want to avoid. Hampstead Heath, for example, will usually be busy on weekends, or, in the summer months in the more popular corners, such as Parliament Hill, the Vale of Health and the picnic areas.

The City of London, however, has somewhat of a ghost-town feel to it on the weekends. A quiet autumn afternoon is an ideal time to explore London as any, though it should be noted that the West End is rarely quiet, even in the early hours of the morning.

## RECOMMENDED GUIDEBOOK AND MAP

London A to Z, £5.95, (ISBN 978-1-84348-602-2)

We also used Google's Street View facility. Please note that not all London streets are visible on Street View.



## FURTHER READING

London: The Biography, Peter Ackroyd, £14.99 (ISBN 978-0-099-42258-7)

## FACTS ABOUT THIS REPORT

The Hidden Hampstead Heath and Crime, Punishment and Bodysnatching walking routes are original and not found in any London guides. For this report we walked 21.4 miles.



The Millennium Bridge is a walkway between the Tate Modern and the city