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Issue 37

Free guided walks – 17th/18th October

A series of 40 free guided walks takes place on Saturday 17th – Sunday 18th October organised by Walk London.

Whether you are looking to learn about the history of The City, Soho and Bloomsbury, explore riverside routes or venture further afield along the Capital Ring, there's something for everyone.

There's no need to book – just turn up on the day. For further details of what's on offer visit the [Walk London website](#)



Tower Hamlets cycling strategy consultation

The new cycling strategy for Tower Hamlets is now out for consultation, setting out priorities for cycling in the Borough over the next decade.

The strategy can be [viewed here](#). The council would like to hear opinions on the strategy. Take part in the [online survey](#) for the chance to win John Lewis shopping vouchers or a Brompton folding bicycle. The consultation closes on Friday 6th November.

Family Cycle Training in Victoria Park

This October half term there will be free family cycle training courses available in Victoria Park for parents and children in years 3-6.

The training takes place 10am – 12noon on Monday 26th to Thursday 29th October.

Please note that you will need to register in order to take part. Bicycles are available for anyone who requires one.

To book a place please contact Bikeworks on 0208 980 7998 (option 1) or alternatively by e-mail: enquiries@bikeworks.org.uk

Free walk leader training – 21st October

A free half day session on walk leader training is available on Wednesday 21st October at the Stifford Centre, 2-6 Cressy Place, Stepney Green, E1 3JG.

The session is open to community volunteers, health professionals and anyone else with an interest in leading walking groups in Tower Hamlets. The session is full of practical advice on how to establish and lead walking groups.

If you would like to book a place on the course please contact Graham Barker on 0791 922 1806 or by e-mail graham@walkeast.org