

## DID YOU KNOW...

### ...it's easier than you think to reduce your exposure to air pollution?

We are working with the local community to show how slight changes in your routine can improve your health; through increased physical activity and a reduction in exposure to pollution.

In London, at least 42% of adults are failing to meet the minimum levels of physical activity needed each week to stay healthy. The good news is that just 2, 10-minute walks a day can change that and improve your health and wellbeing: you'll sleep better, feel more relaxed, and significantly reduce the risk of developing a range of health problems, including Type 2 diabetes, heart disease, some cancers, depression and Alzheimer's disease.

Using public transport is a great way to build some walking into your day and people who regularly use public transport are more likely to get the activity they need to stay healthy.

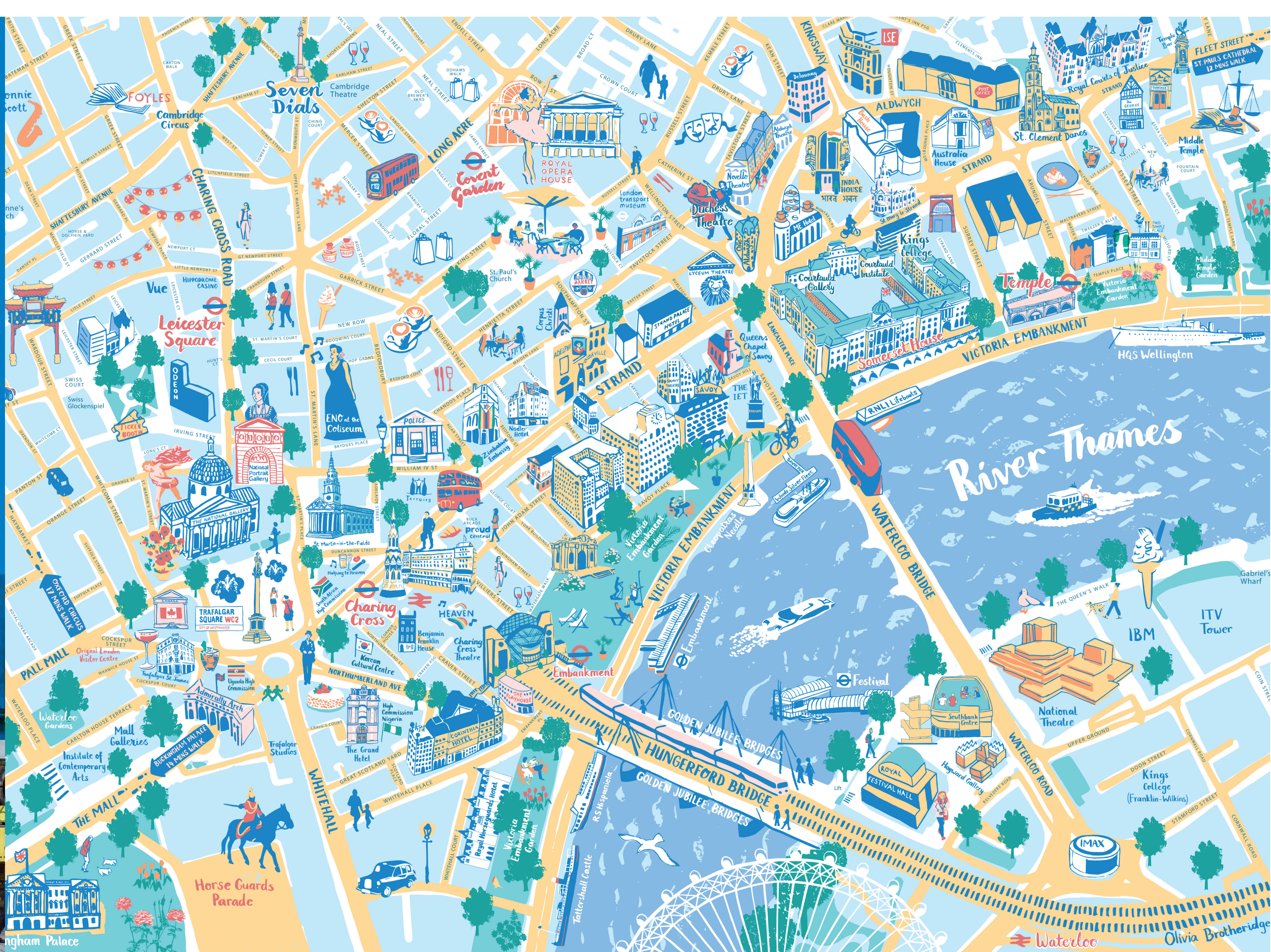
If you want to keep track of your daily walking, try the free One You Active 10 walking app.

The Northbank is a vibrant and exciting part of London, so try one of our area walks to explore and stay healthy at the same time. The walks will take about 20 mins, so ideal for a lunch break.

Tried one of our walks? Or created your own special route? Let us know! Share your photos on social media and tag @TheNorthbankID. We'll be sharing our favourites!

Walking elsewhere in the city? Try Walkit for different routes: [www.walkit.com/cities/london](http://www.walkit.com/cities/london)

**Walking to your destination is a great way to stay healthy, see the city and is probably quicker than you think.**



## Explore the Northbank with us while taking these quieter routes which will reduce your exposure to pollution

### Walk #1 Film & Theatre

**START/END:** Victoria Embankment Gardens – the location of the annual BFI London Film Festival's Embankment Garden Cinema.

**Carting Lane:** The Savoy Theatre was built to showcase Gilbert & Sullivan's comic Operettas, also the first public building in the world to be lit entirely by electricity.

**Bull Inn Court:** sat between the Adelphi & Vaudeville theaters lies the Nell Gwynne Tavern, infamous mistress of Charles II, Nell found fame as an actress on the Drury Lane stage.

**Burleigh St:** Joe Allen restaurant is famous for hosting stars from screen and stage.

**Wellington St:** home to Disney's The Lion King for over 20 years; carry on up the street and you'll find the London Film Museum, a great place to visit for James Bond enthusiasts.

**The Waldorf Hilton's Palm Court:** recognise this from the 1997 film, Titanic?

**Somerset House:** look carefully and you'll realise quite how many films have been shot at Somerset House; recently, Mary Poppins!

**Savoy Steps/Savoy Hill:** Bob Dylan's Subterranean Homesick Blues has been debated as possibly the world's first music video.

**START/END:** Victoria Embankment Gardens – the Albert Sullivan memorial is Grade II listed and has been dubbed 'the sexiest statue' in London.

### Walk #2 Heritage & Architecture

**START/END:** Charing Cross – the Eleanor Cross was one of many built by King Edward I in memory of his wife.

**Craven St:** Benjamin Franklin's only remaining residence (tours available).

**Craven Passage & Villiers St Arches:** The Ship & Shovell is a unique Victorian pub on both sides of the street, linked by an underground cellar.

**John Adam St & Adam St:** Adam House (1768 - 74) designed by Robert Adam, the pioneering architect, interior designer and furniture designer.

**START/END:** Gordons Wine Bar – London's oldest wine bar. Here you'll also find the York Watergate, a ceremonial landing stage where the river used to lie and gentry could access the mansion houses of York House, from 1626.





## Fitness on the Northbank

**Best's Bootcamp**, Charing Cross

**Covent Garden Physio**, Somerset House

**ESPA Life** at Corinthia

**Fitness First**, Strand & Aldwych

**Running route** along Victoria Embankment

**The Good Gym**, Somerset House

**The Gym Group**, Charing Cross

**Virgin Active**, 80 Strand

**Walk-in backrub**, Tavistock St

Find more fitness events and handy links on our website: [www.thenorthbank.london](http://www.thenorthbank.london).



## Clean Air Routes reduce your exposure

The Northbank BID worked with King's College London and local businesses to research how different walking routes can reduce personal exposure to air pollution.

The study discovered that when walking from Embankment to Covent Garden, via John Adam Street, there was a 47% reduction in exposure to air pollution.

They also found that when commuting into central London, a small change in how they commute - type of transport or route - made a large impact on their health.

Search for 'Cleaner Air' on our website



## Health-based menus on the Northbank

**Bill's**, Wellington Street

**Boyd's Grill**, Northumberland Avenue

**Bryn** at Somerset House

**Crussh**, Charing Cross

**Franco Manca**, Aldwych & Maiden Lane

**Lundenwic**, Aldwych

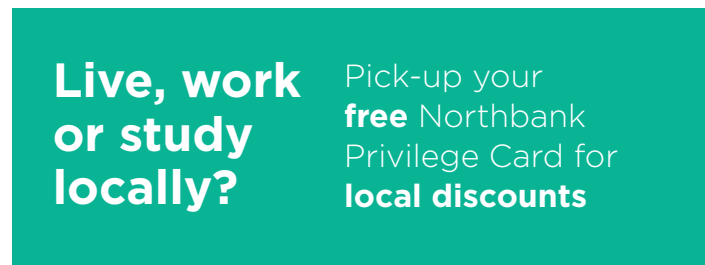
**ROKA**, Aldwych

**SIAM Eatery**, Wellington Street

**Spring**, Somerset House

**The Diner**, Strand

Discover more health-based menus on our website



## Explore the back streets with us...

Our Clean Air Route Finder makes it easy to find the lowest pollution route to your destination.

**Plot your low emission route now:**  
Search 'Air Quality Activities' on our website.

**Download the Northbank's Little Guide To Air Quality** to learn how else you can do your bit to help improve local air quality.

**Share your photos on social media and tag @TheNorthbankBID**



## Activities to get you back on track

Want to distress this lunchtime? Join the oasis of calm with free **concerts** at St Martin in the Fields.

Why not check out a free photography **exhibition** at Proud Central or see what's on at the National Gallery and Somerset House.

The Bishop Ho Ming Wah Association invites you to become a member, activities include **Tai Chi** at St Martin in the Fields, great for local residents.

Tune in to **talks** from world-class minds at LSE and King's College London.

Find more events & activities on our website



## Cleaner, greener streets initiative: working together is the key to cleaner air

Most parts of central London experience poor air quality and the business community in the Northbank is eager to do their bit to make positive changes for a healthy and vibrant neighborhood.

**We're working with business members** to help reduce traffic by consolidating deliveries and other services. Businesses are also encouraging click and collect schemes, and publicly promoting best practice.

**Spread the word:** you can inspire friends and colleagues to walk and cycle along Clean Air Routes.

...Together we can have a big impact.

**What has the most negative impact on our local air quality?**

**Road traffic** (taxis, buses, deliveries and servicing vans).

**Buildings** (gas from boilers) The pollutants of most concern are particulate matter (often referred to as 'PM') and Nitrogen Dioxide (NO2).

### Walk #3 People, poets and painters

**START/END:** Trafalgar Square – known for the National Galleries and Fourth Plinth, did you also know about the Canada House Gallery, Crypt at St Martin's and Korean Cultural Centre? The Trafalgar St James also displays photography in its windows.

**Adelaide St:** A Conversation with Oscar Wilde by Maggi Hambling was the first public monument dedicated to Wilde outside of Ireland.

**Craven St:** Benjamin Franklin's only remaining residence.

**Villiers St:** Charles Dickens worked in the Warren Blacking Factory which was near Hungerford Stairs, aged 12, 1824.

**Adam St:** Sir James Barrie & Robert Adam were among other writers & artists to have lived here.

**Maiden Lane:** Turner lived here at no. 21.

**Southampton St:** Vincent Van Gogh was among many creative minds to have worked here.

**Savoy Hill:** Bob Dylan famously filmed a video for Subterranean Homesick Blues here whilst staying at The Savoy.

**Aldwych:** the LSE is surrounded by traces of where the Suffragettes used to meet.

**START/END:** Twinings - the Twinings family set up a tea room in 1706. Try the Tea Masterclass.

### Walk #4 Green & River – biodiversity, bees & botany

**START/END:** Northumberland Avenue – tree-lined avenue, home to the Corinthia Hotel.

**Victoria Embankment Gardens** Whitehall Extension.

**Victoria Embankment:** have a drink with a view on one of the many boats on the river.

**Embankment Station:** spot the green wall added in 2017 before heading into Victoria Embankment Gardens.

**Victoria Embankment:** Cleopatra's Needle was presented to the British Nation in 1819.

**The Queen's Chapel of the Savoy and garden:** this hidden patch of green is local secret on a sunny day.

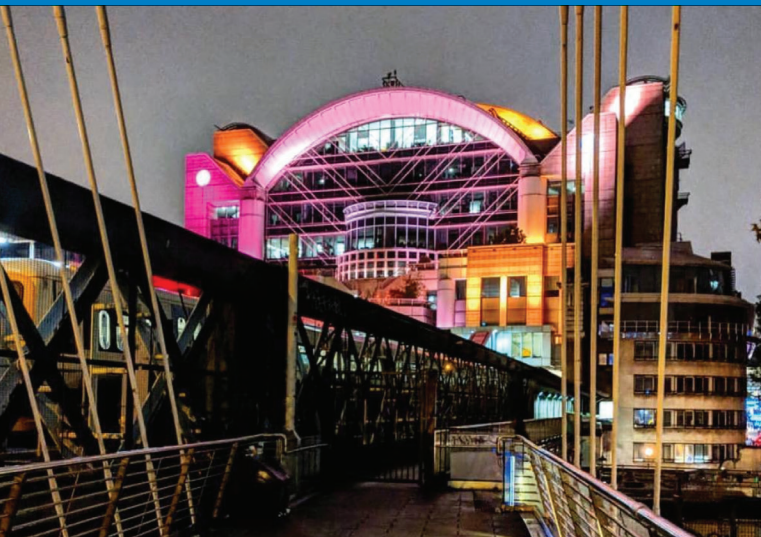
**Somerset House:** the river terrace has excellent views, also check with Somerset House Trust about Edible Utopia, improving sustainability on the site.

**START/END:** Bar Salsa by Temple Gardens.

## Your Northbank: looking after our community

For centuries, London's Northbank has been at the forefront of innovation. Now we're working together to ensure it thrives for years to come.

Today: numerous organisations continue to lead the way in research and technology, from PwC building the world's most sustainable building and the RSA tackling major challenges that society faces, to King's College London and LSE producing vital research for the world, and much more right on your doorstep.



## Local secrets

**Charing Cross Collectors' Market** runs every Saturday (7-3pm) under Embankment Place, where there has been a market ever since the 1690s!

Originally it was a vegetable market, with the location chosen for its perfect proximity to the river Thames and the Strand - an ideal location for deliveries, and in 1845 the Hungerford suspension bridge, designed by Brunel, was constructed to further improve the market access. Visit now to be transported back in time and sift through coins, stamps and many other collectors' items: [charingcrossmarket.com](http://charingcrossmarket.com)

**Nearby:** visit Stanley Gibbons on the Strand – the home of stamp collecting.

