



Alexandra Rook:

Alexandra is the Project Director of Walk London, overseeing 350 miles of strategic walking routes in and around the capital.

Notes from the podcast interview by Andrew Stuck: Interviewed published in June on <http://talkingwalking.net>

Walk London: <http://www.walklondon.org.uk/>

Six strategic walking routes:

The Loop: <http://www.walklondon.org.uk/route.asp?R=5>

Capital Ring: <http://www.walklondon.org.uk/route.asp?R=1>

Thames Path: <http://www.walklondon.org.uk/route.asp?R=6>

Lea Valley Walk: <http://www.walklondon.org.uk/route.asp?R=4>

The Green Chain: <http://www.walklondon.org.uk/route.asp?R=2>

Jubilee Walkway: <http://www.walklondon.org.uk/route.asp?R=3>

For information on National Trails: <http://www.nationaltrail.co.uk/>

The Long Distance Walkers Association has news of the Jubilee Greenway:

http://www.ldwa.org.uk/ldp/members/show_path.php?path_name=Jubilee+Greenway

Follow the development of the Olympics and the Olympic Park:

<http://www.london-2012.co.uk/>

The Regent's Canal Towpath has a code of conduct for users:

http://www.britishwaterways.co.uk/newsroom/stories/improving_safety_on_the_regents_canal.html

Thames Gateway and East London Green Grid:

<http://www.thames-gateway.org.uk/projects-content.asp?id=160>

The Shuttle Riverway: <http://www.bexley.gov.uk/visiting/shuttlewalk0.html>

Neither Bromley nor Lewisham Walking Festivals are running in 2008 – you can keep abreast of walking festivals here: <http://www.ramblers.org.uk/info/events/diary.html>

Harold Wood to Upminster Bridge:

<http://www.tfl.gov.uk/tfl/gettingaround/walkfinder/walkdetails.asp?id=95>

Walking to School: <http://www.walktoschool.org.uk/>

Planning Policy Guidance 17 Planning for open space, sport and leisure:

<http://www.communities.gov.uk/planningandbuilding/planning/planningpolicyguidance/planningpolicystatements/planningpolicyguidance/229224/>

Sustrans' National Cycle Network:

<http://www.sustrans.org.uk/default.asp?sID=1089735289781>

Rights of Way Improvement Plans: <http://www.defra.gov.uk/wildlife-countryside/cl/rowip/rowip.pdf>

Capital Ring 6: Richmond to Wimbledon:

<http://www.walklondon.org.uk/section.asp?section=30>

The Ramblers' Association: <http://www.ramblers.org.uk/>

Ingrebourne Park in Havering: <http://www.havering.gov.uk/index.asp?articleid=1304>

The Walking Plan for London (2004):

<http://www.tfl.gov.uk/corporate/projectsandschemes/communityandeducation/2895.aspx>