



## Alexandra Rook

Alexandra was the Project Director of Walk London, overseeing 350 miles of strategic walking routes in and around the capital. 18'30" 8.7 MB

Notes from the podcast interview by Andrew Stuck: Recorded seated on the fountain terrace at the Barbican Centre, in London and published in 2008 on <http://www.talkingwalking.net>

Walk London: <http://www.walklondon.org.uk/> Now defunct project – funding ceased in 2017 for the walking weekends Alexandra set up – now maps can be downloaded at <https://tfl.gov.uk/modes/walking/top-walking-routes> for each of the 6 Strategic routes: The London Loop; Capital Ring; Thames Path; Lea Valley Walk; The Green Chain; & the Jubilee Walkway.

Will Norman the Mayor's walking & cycling commissioner – (new) Walking Action Plan <http://content.tfl.gov.uk/mts-walking-action-plan.pdf?intcmp=54543>

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

The Long Distance Walkers Association has news of the Jubilee Greenway: [https://www.ldwa.org.uk/ldp/members/show\\_path.php?path\\_name=Jubilee+Greenway](https://www.ldwa.org.uk/ldp/members/show_path.php?path_name=Jubilee+Greenway)

The Regent's Canal Towpath has a code of conduct for users: now redirects to <https://canalrivertrust.org.uk/news-and-views>

Thames Gateway and East London Green Grid: <http://www.thames-gateway.org.uk/projects-content.asp?id=160>

The Shuttle Riverway: <https://www.open-walks.co.uk/Directory/Bexley/1209-Shuttle-Riverway/View-details.html>

Neither Bromley nor Lewisham Walking Festivals have run since 2008 – you can keep abreast of walking festivals here: <https://www.walksaroundbritain.co.uk/walkingfestivals.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Planning Policy Guidance 17 Planning for open space, sport and leisure has been withdrawn.

Sustrans' National Cycle Network: <http://www.sustrans.org.uk/default.asp?sID=1089735289781> Ok

Rights of Way Improvement Plans: <https://www.gov.uk/guidance/local-authority-rights-of-way-improvement-plans>

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

Ingrebourne Park in Havering: [https://www.sustrans.org.uk/sites/default/files/file\\_content\\_type/havering\\_web.pdf](https://www.sustrans.org.uk/sites/default/files/file_content_type/havering_web.pdf)

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