

Wellbeing Walks

The Association of Bloomsbury Squares and Gardens invites you on brisk walks around Bloomsbury to improve your circulation and increase your weekly step count.

Walks are led by the expert Camden Guides* and include a brief stop at the halfway point to hear a few fascinating facts about the location before walking on.

Please note, this is a wellbeing walk, not a guided tour.

Just turn up on the day for a one hour walk. Spaces limited. Walks go ahead in all weathers. **Free of charge.**

Day	Date	Time	Start	Theme
Monday	27.02.23	12:00	Brunswick Square	A pioneering 19th century hospital
Tuesday	07.03.23	12:00	Marchmont Community Gardens	A visit to Charles Dickens' home
Thursday	16.03.23	14:00	Red Lion Square	Regency rakes in a landscaped garden
Saturday	25.03.23	12:00	St George's Gardens	The home of a great Georgian architect
Monday	27.03.23	14:30	Tavistock Square	The mother of the rights of women
Wednesday	05.04.23	12:00	Russell Square (fountains)	Fitzrovia's Hidden Gem
Saturday	15.04.23	12:00	Queen Square	A church for Victorian immigrants
Tuesday	18.04.23	12:00	Bedford Square	Virginia Woolf's home
Friday	28.04.23	12:00	Bloomsbury Square	The site of a great novelist's former home
Tuesday	02.05.23	13:00	Gordon Square (café)	Stories from over 100 years of live theatre
Tuesday	09.05.23	12:30	Mecklenburgh Square	The railway that delivered the post
Tuesday	16.05.23	12:00	Russell Square (fountains)	A sculpture by a Holocaust survivor
Wednesday	24.05.23	12:00	Queen Square	A modernist masterpiece in Bloomsbury
Thursday	01.06.23	14:00	Queen Square	Pioneering women of 17th century theatre
Monday	05.06.23	11:00	Bloomsbury Square	The first operation performed under general anaesthesia
Wednesday	14.06.23	12:00	St George's Gardens	Often overlooked public sculptures
Friday	23.06.23	12:00	Tavistock Square	A global scientific organisation with humble origins
Monday	26.06.23	14:30	Mecklenburgh Square	The country's first practising woman barrister
Saturday	08.07.23	12:00	Red Lion Square	A notorious burial ground that changed London
Wednesday	12.07.23	12:00	Queen Square	Dickens, Donne and the Law
Monday	17.07.23	13:00	Brunswick Square	A guided tour of Hatton Garden in 20 seconds
Monday	24.07.23	12:30	Russell Square (fountains)	A hospital for WW1 soldiers run by Suffragettes
Saturday	05.08.23	12:00	Bedford Square	A Regency church on a Regency road
Wednesday	09.08.23	11:00	Queen Square	The recently reopened Hunterian Museum

*Visit <https://bloomsburysquares.com/> for more information on the gardens. Sessions are run on a volunteer basis by qualified Camden Guides, <https://camdenguides.com/>