

From Cockfosters to Carshalton Beeches via Central London; the Walking Post launches new North to South Walking Trail

London; Monday 17th March 2024: Creative route planners, the [Walking Post](#), will celebrate the launch of their new walking route, the [North to South London Trail](#), with a 'weekend walkathon' across London on Saturday 4th and Sunday 5th May 2024.

The north-south course, which starts in Cockfosters in north London and finishes in Carshalton Beeches in the south of the capital, has been created to run through the centre of London, and complements popular circular routes such as the Capital Ring and London Loop.

After the 'ribbon cutting' opening at the start of the route on Saturday morning, Walking Post co-founders, Lucy Maddison and Emily Morrison will follow the trail from start to finish over two days. The event is open to fellow walkers - tickets are free and can be booked for one or both days through the [website](#) from early April.

The 34-mile trail has been researched and planned to take in some of the capital's famous green spaces as well as those that are less well-known, along with several familiar London landmarks. 75% off-road, it follows public byways, footpaths and waterways, and is divided into five sections, each between six and eight miles long:

1. [Cockfosters to Highgate](#) (8 miles / 12.8 kilometres): Oak Hill Park, Pymme's Brook, Arnos Park, Broomfield Park, New River Aqueduct, Alexandra Palace, Highgate Woods
2. [Highgate to Baker St](#) (6.5 miles / 10.5 km): Hampstead Heath, Kenwood House, Parliament Hill, Regent's Canal, Primrose Hill, London Zoo, Regent's Park, London Planetarium
3. [Baker St to Battersea](#) (6.2 miles / 10 km): Marble Arch, Hyde Park, Buckingham Palace, St James's Park, Trafalgar Square, South Bank Centre, Thames Path, London Eye, Houses of Parliament, Lambeth Palace, Battersea Power Station
4. [Battersea to Colliers Wood](#) (7.2 miles / 11.5 km): Battersea Power Station, Battersea Park, Peace Pagoda, Thames Path, St Mary's Church, River Wandle, King George's Park, Wandle Meadow Nature Park
5. [Colliers Wood to Carshalton](#) (6.1 miles / 9.8 km): Deen City Farm, Merton Abbey Mills, Wandle River, Morden Hall Park, Watermeads Nature Reserve, Watercress Park, The Grove, Carshalton Park

Each segment has easy-to-follow directions, downloadable GPX maps and a link to the route on an Ordnance Survey (OS) map; a guide to public transport links is also provided, along with images of walk highlights, eating recommendations and toilet facilities along the route.

Maddison, who designed this latest route, comments: "The Walking Post was born out of a love of walking and maps and wanting to share all the routes I had already planned around London and the South East. The challenge of the North to South Trail was to create a route that goes right through the centre of London but also includes as many green spaces and footpaths as possible."

Morrison adds: "London is blessed with an array of green space and unexpected vistas, even when you're right in the centre and think you've seen it all before. Walking is the perfect way to discover all kinds of details you might otherwise miss; we want to make it easy for everyone to explore and enjoy our capital city on foot."

The Walking Post continues to plan and design walks that encourage people to explore London and the South East on foot; its North to South Trail across London will be augmented with an extension to Brighton, scheduled for launch in June.

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About the Walking Post

The Walking Post is a not-for-profit website promoting walking routes in and around London and the southeast which are accessible by public transport. Created and run by Lucy Maddison and Emily Morrison, two friends who walk with a group of fellow hikers most weekends, they also offer 'open' walks once a month, which anyone can join.

Website: <https://walkingpost.co.uk/>

Instagram: https://www.instagram.com/walking_post_london/

Facebook: <https://www.facebook.com/people/The-Walking-Post/100083348680717/>

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