

<b>Park or Open Space</b>	<b>Walk</b>	<b>Description</b>
Abney Park Cemetery NR.....	4.....	
Allens Gardens.....	1.....	Finish...
Clapton Common.....	1.....	
Clapton Square.....	5.....	
Clissold Park.....	4.....	Start...
Clissold Park.....	4.....	Finish...Alternative finish for circular route
Daubeney Green.....	6.....	
East and West Bank NR.....	1.....	
East Marsh .....	6.....	Olympic site from 2011
Fellows Court Estate.....	2.....	
Geffrye Museum.....	2.....	
Hackney Downs.....	5.....	
Hackney Marsh.....	1.....	
Hackney Marsh.....	6.....	
Haggerston Park.....	2.....	
Hertford Union Canal.....	3.....	
Hoxton Community Gardens.....	2.....	
Lea Navigation.....	1.....	
Lea Navigation.....	3.....	
Lea Navigation.....	5.....	
London Fields.....	2.....	
Mabley Green.....	3.....	On alternative circular route
Mabley Green.....	6.....	
Marshgate Bridge (Homerton Road).....	1.....	Start...
Marshgate Bridge (Homerton Road).....	3.....	Finish...
Marshgate Bridge (Homerton Road).....	6.....	Start...
Marshgate Bridge (Homerton Road).....	6.....	Finish...
Middlesex Filter Beds NR.....	1.....	
North Millfields.....	1.....	
North Millfields.....	5.....	
Olympic Park (once Arena Field).....	3.....	
Olympic Park (once Arena Field).....	6.....	
Regent's Canal.....	2.....	
River Lea.....	1.....	
River Lea.....	5.....	
Shoreditch Park.....	2.....	Start...
South Millfields.....	1.....	
South Millfields.....	5.....	
Springfield Park.....	1.....	
Springfield Park.....	4.....	Finish...
Springfield Park.....	5.....	Finish...
St John's Churchyard.....	5.....	Start...
St Mary's Garden.....	2.....	
Stoke Newington Common.....	4.....	
Town Hall Square.....	2.....	Finish...
Victoria Park (Tower Hamlets).....	3.....	
Walthamstow Marshes (Waltham Forest).....	5.....	
Well Street Common.....	3.....	Start...
Well Street Common.....	3.....	Finish...Alternative finish for circular route
Wick Woodland.....	1.....	
Wick Woodland.....	3.....	
Wick Woodland.....	6.....	