

Seasonal Slow - Winter Slow Greenwich 30&31 January 2021

Greenwich, like London as a whole, is under [Tier 4 restrictions](#) from 20 December 2020 - this limits our ability to lead a group walk, so this **Seasonal Slow Marathon** will be one in which you will be encouraged to walk the route guided by a gps route we will send you. In addition, we invite you to join a WhatsApp group through which you can keep in touch with others on the marathon route as well as receiving information about the areas through which you will walk.

Once you book we will invite you to choose a start time and point from which to start. We will be setting start times at a minimum of 12 minute intervals, so that it all be unlikely that you will encounter other participants or endanger them or yourselves. Within a week of the *Seasonal Slow* event we will send you a gpx file of your route (we use [View Ranger app](#) as our route planning app – but there are many others from which to choose) and we will send you details for the [WhatsApp](#) group.

The two official start points are:

the foot tunnel in Cutty Sark Gardens SE10 9HT Please note that Cutty Sark DLR station is 3 minutes walk from the Foot Tunnel entrance. There may be a limited rail service to Greenwich main line station over the weekend - and the main rail station is approximately 12 minutes walk from the Foot tunnel entrance. If coming by car there is a large car park beneath Cutty Sark Gardens. There is an M&S Food shop, and a Starbucks close by if you need to purchase a snack lunch, coffee or need a loo. Within approximately 70 minutes walk from the Foot tunnel start, there is a Sainsbury's Local and a couple of coffee shops at Kidbrooke Village. You are aiming to finish your half marathon walk at Falconwood station SE9 2RN (there are frequent trains to Lewisham from where you can catch the DLR to return to Cutty Sark).

from Falconwood rail station (SE9 2RN) - The Falcon in Lingfield Crescent O20 8850 3663 (within view from the rail station) does offer breakfast and take-away coffees - please phone first to ascertain what they can / cannot offer you). There's plenty of on-street free car parking in the vicinity. Within 70 minutes walk within Lesnes Abbey Gardens there is Chestnuts Kiosk at which on Saturdays, you can usually purchase take-away coffee. You are aiming to finish your half marathon walk at Cutty Sark Gardens (or at a pub somewhere close by).

Here are some details and preparatory actions:

- We have recce'd a route that approximately follows the boundary and it is 27.3 miles in length (a marathon is 26.2 miles). Cutty Sark Gardens to Falconwood station is slightly longer, yet less muddy, than Falconwood to Cutty Sark Gardens.
- We have used the [View Ranger app](#) to track our route. View Ranger is available for both Android and Apple and is free (just be careful not to sign up to Premium Ordnance Survey (OS) maps). We do recommend you download this on to your phone. We will send you a gpx file that you can upload to your preferred app to see the route.
- We will invite you to join a Seasonal Slow WhatsApp group - in which Andrew Stuck from the Museum of Walking will be your remote guide - his number is 0772 5555460 - and through which we will encourage you to share observations.
- Ensure your mobile phone is fully charged (and bring a power pack, if you have one).
- If you wish you can bring print outs of the View Ranger route.
- Please bring a packed lunch and some water.
- Please check the weather, wear appropriate clothing and comfortable waterproof footwear.
- The route does pass the occasional pub / cafe or place to find a loo, but they are fairly infrequent - and maybe restricted under COVID regulations.
- Sunset is approximately at 4.45pm GMT (Sunrise is at 7.45am) - there are 9 hours of daylight in which to complete your half marathon.

Ticket money will be refunded in full, if COVID restrictions mean that the Seasonal Slow cannot go ahead.