

THAMES PATH

NATIONAL TRAIL

Follow the Grandest River in England

The Thames Path Partnership

www.nationaltrail.co.uk/thames-path

How do I get there?

Check the Thames Path website to plan your visit, many railway stations are close to the river. Visit Traveline website www.traveline.info/ TransportforLondon and tfl.gov.uk/

Places to stay

Enjoy a day trip, a weekend break or trek the full length. With plenty of cosy pubs to visit, B&B, hotels and campsites to stay in. Avoid the stress book ahead! www.nationaltrail.co.uk/thames-path/plan

Trail for all seasons

The trail is at its most popular through the summer months. Autumn and winter bring atmospheric river mists and migratory birds overwintering through the quiet, cold months. In spring the water meadows are once again a rich colourful display of wild flowers.

Wildlife

The Thames is a wildlife corridor, and the marshes and water meadows provide a rich habitat. Look out for kingfishers, and if you are lucky – otters. Take time to visit one of the many nature reserves along the Thames. Check out the reserves and

much more on our interactive map here

www.nationaltrail.co.uk/thames-path/plan

What about flooding

Seasonal flooding can occur. For up to date information visit flood-warning-information.service.gov.uk/warnings

Some areas of the London Tideway can flood during Spring Tides. For Tide times check with the Port of London Authority www.pla.co.uk/Safety/Tide-Tables

The Thames Path is an awesome 184 mile walk. It is one of 15 National Trails of England and Wales. It's the only National Trail to follow a river from its source to sea... through finest countryside, historic cultural sites and the grandest cities in England. You never know what's round the next bend in the river!

Volunteering Opportunities

We have many volunteering opportunities available for you along the Thames Path or in the Trails office. For further information please visit www.nationaltrail.co.uk/thames-path/volunteers or contact nt.volunteers@oxfordshire.gov.uk

If you've walked the Trail

Don't forget to claim your free Thames Path certificate. If you enjoyed the Trail, please help us to keep the Trail open now and for the future and donate: www.nationaltrail.co.uk/thames-path/donate

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For information please visit

www.nationaltrail.co.uk/thames-path

Email: Thames.Path@oxfordshire.gov.uk

www.facebook.com/thenationaltrails

[@NTThames](https://twitter.com/NTThames)

PHOTO: Otter & Kingfisher - John Hawkins
Surrey Hills Photography

Be prepared and energised

Why Visit?

- The ever changing riverscape
- The wildlife
- Peace and quiet
- Lively cities
- Good links to public transport
- Regattas and festivals
- Activities and events
- World Heritage Sites
- Culture
- The maritime history of London
- Great places to eat and drink
- City bars and country pubs

www.nationaltrail.co.uk/thames-path/plan

Also check out Visit Thames www.visitthames.co.uk



PHOTO: Ed Munday

The Thames inspires! William Morris created designs drawn from the waterside trees near his home at Kelmscott, and in Oxford the river inspired Lewis Carroll and Philip Pullman. Artist Stanley Spencer depicted the Thames in Cookham, where Kenneth Grahame recalled his childhood beside the river in 'Wind in the Willows'.



PHOTO: Ed Munday

In London artists JMW Turner and Monet painted the extraordinary light on the river, and the Thames is an essential element in novels by Charles Dickens and Michael Ondaatje. Britain's top cultural attractions the Southbank Centre, Shakespeare's Globe, Tate Britain and Tate Modern are located on the river's banks.



PHOTO: Andrew Marshall



PHOTO: BHF



Leaflet sponsored by:

The River Thames Society

www.riverthamesociety.org.uk



