



# RECREATION RESOURCE GUIDE

LONDON CAMPUS

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**This resource guide is a sample of locations and services that you can use to stay active and engaged in and around London!**

**This guide is meant to be an ever evolving document - if you have any recommendations for this guide, please let us know at [nuglobalrec.london@northeastern.edu](mailto:nuglobalrec.london@northeastern.edu). Please check local resources for additional facilities.**

This guide is not an endorsement of any venue, location, or business listed in the guide. It is provided for informational purposes only to inform the Northeastern community about recreational options available to them. Please use caution when participating in any activity and traveling to any venue.

Participants assume all risks of participation.

The information in this guide was last updated in August, 2024. Please check with the venues for the most up to date hours, locations, and pricing.

Be safe and have fun!

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# FITNESS ON DEMAND APP



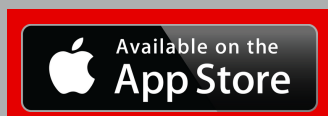
Northeastern students at global campus locations now have access to a free fitness app!

1. Scan the QR code to complete the quick registration form using your Northeastern email address.
2. Within 1-2 business days of completing the registration form, look for an email with the invitation link from Fitness On Demand to create your account.
3. Access the workouts by going to the website below or download the free Fitness on Demand app from the Apple Store or Google Play Store. Sign in with your full Northeastern email address.
4. Choose the right workout for you! Pick from hundreds of workouts designed for all abilities!

## ACCESS YOUR WORKOUTS



Download the Fitness on Demand Mobile App



[flex.fod247.fitness](https://flex.fod247.fitness)

SCAN ME



# OPEN COURTS & FIELDS

## Poplar Recreation Ground

**Address:** Hale Street, London, E14

**Facilities:**

- Tennis Courts - £4 per court
- Netball
- Basketball
- Multi-use games pitch

**Transport:** DLR Station: All Saints

**Website to book courts:** Tennis Tower Hamlets

## Mile End Park

**Address:** Mile End Park, Locksley Street, London E14 7EJ

**Facilities:**

- Walking trails
- Outdoor art and free art gallery

**Transport:** Mile End tube station, also accessible by bus

## Butterfield Green

**Address:** Butterfield Green, Allen Road, N16 8SB

**Amenities:**

- Community orchard
- Water Pump
- Multi-use games area
- Trim Trail
- Basketball Court
- Seating Areas

**Note:** Closing times vary depending on the time of year. Check [here](#) for more details.



# OPEN COURTS & FIELDS

## Charles Square

**Address:** Charles Square, London N1 6HS

**Amenities:**

- Table Tennis Tables

**Note:** Closing times vary depending on the time of year. Check [here](#) for more details.

## Clissold Park

**Address:** Clissold House (off Church Street/Green Lanes), N16 9HJ

**Amenities:**

- Aviary and Animal enclosures
- Cafe
- Multi-use games area
- Table Tennis Table
- River
- Splash Pad
- Tennis Courts

**Note:** Closing times vary depending on the time of year. Check [here](#) for more details.

## Hackney Road Recreation Ground

**Address:** Fairchild's Garden, Hackney Road, E2 8ET

**Amenities:**

- Table Tennis Tables

**Note:** Closing times vary depending on the time of year. Check [here](#) for more details.

# OPEN COURTS & FIELDS

## Haggerston Park

**Address:** Haggerston Park, Yorkton Street, London, E2 8NH

**Amenities:**

- BMX Track
- Hackney City Farm
- Toilets
- Athletics Track

**Note:** Closing times vary depending on the time of year. Check [here](#) for more details.

## Mabley Green

**Address:** Mabley Green, Lee Conservancy Road, E9 5RN

**Amenities:**

- Climbing rock
- Table Tennis tables
- Outdoor gym

**Note:** Closing times vary depending on the time of year. Check [here](#) for more details.

# BIKING ROUTES

## **The Mall - Big Ben & Elizabeth Tower Loop from Waterloo**

**Distance:** 10.6 miles

**Duration:** Around 1 hour

**Description:** Easy bike ride, mostly paved surfaces.

**Route Link:** [The Mall - Big Ben Loop](#)

## **Central London Sightseeing - Regent's Park, St. Paul's & Tower of London Loop**

**Distance:** 18.9 miles

**Duration:** Around 1 hour 50 minutes

**Description:** Easy bike ride, mostly paved surfaces - good for sightseeing and close to campus.

**Route Link:** [Central London Sightseeing Loop](#)

## **Thames Path Loops via Richmond Park & Kingston**

**Distance:** 27.5 miles

**Duration:** Around 3 hours

**Description:** Intermediate level, mostly paved surfaces.

**Route Link:** [Thames Path Loops](#)

# BIKESHARE SYSTEMS

## Santander Bikes

**Cost:** £1.65 for 30 minutes or £3 for 24-hour access, first 30 minutes free

**Subscription:** £20 monthly subscription available, with a student discount

**Availability:** Docking stations mainly found within central London

**App:** Available for hire via the Santander app.

## Lime Bikes

**Cost:** £1 to unlock, 23p per minute

**Subscription:** £8.99 monthly subscription available, removes unlocking fee

**Features:** Training setting caps speed at 8 mph if unsure about riding

**Availability:** Bikes can be parked anywhere

**App:** Lime

## HumanForest

**Cost:** 10 minutes free, 19p a minute, 50p parking fee

**Features:** Must park in a HumanForest bay; available only in Central and Southwest London

**App:** Available for hire via the HumanForest app.

# WALKING ROUTES

## Regent's Canal to Little Venice

**Distance:** 4.6 miles

**Duration:** Around 1.5 hours

**Description:** A picturesque route starting from Regent's Park, following the Regent's Canal to Little Venice. You'll pass by charming houseboats and peaceful waterways.

**Starting Point:** [Regent's Park Tube Station](#)

**Route Link:** [Regent's Canal to Little Venice](#)

## Southbank Walk

**Distance:** 2.5 miles

**Duration:** Around 1 hour

**Description:** A scenic walk along the Thames River, from Westminster Bridge to Tower Bridge, with iconic views of the London Eye, Tate Modern, and St. Paul's Cathedral.

**Starting Point:** [Westminster Tube Station](#)

**Route Link:** [Southbank Walk](#)

## Hampstead Heath Circular Walk

**Distance:** 6 miles

**Duration:** Around 2 hours

**Description:** A walk through Hampstead Heath, offering sweeping views of the city from Parliament Hill, and the opportunity to explore woodlands and meadows.

**Starting Point:** [Hampstead Tube Station](#)

**Route Link:** [Hampstead Heath Circular Walk](#)



# WALKING ROUTES

## Thames Path from Greenwich to the O2

**Distance:** 5 miles

**Duration:** Around 1.5 hours

**Description:** A riverside walk starting from the historic Greenwich, past the Cutty Sark, and along the Thames Path to the modern architecture of the O2 Arena.

**Starting Point:** Greenwich DLR Station

**Route Link:** Thames Path

# ICE SKATING RINK

## Queens Skate

**Address:** QUEENS skate dine bowl, 17 Queensway, London W2 4QP

**Cost:** £12.75 on weekdays, Skate-hire £3, Discounted £8 on Mondays and Tuesdays

**Website:** Queens Skate

# CLIMBING

## Mile End Wall

**Address:** Mile End Climbing Wall, Haverfield Rd, London E3 5BE

**Contact Info:** enquiries@mileendwall.org.uk, mileendwall.org.uk

**Cost:** £10 with valid student ID. Locker and Shoe hire also available.

**Amenities:**

- Women's Social Session
- Different Training sessions available

**Closest Tube Line:** Mile End

# SWIMMING POOLS

## London Aquatics Center

**Address:** Queen Elizabeth Olympic Park, London E20 2ZQ

**Contact Info:** 020 8536 3150, [www.londonaquaticscentre.org](http://www.londonaquaticscentre.org)

**Cost:** Adult Swim from £5.25, Student discounts available.

**Amenities:**

- 50m Competition Pool
- 50m Training Pool
- Diving Pool
- Swimming lessons
- Fitness Classes
- Family Swim

**Closest Tube Line:** Stratford

## Wapping Leisure Center

**Address:** 15-17 Chandler St, London E1W 2QE

**Contact Info:** 020 7790 4082, [www.wappingleisure.org](http://www.wappingleisure.org)

**Cost:** Adult Swim from £5.30, Concessions available.

**Amenities:**

- 25m Pool
- Fitness Studio
- Gym
- Sauna
- Family Swim
- Swimming Lessons

**Closest Tube Line:** Wapping

# SWIMMING POOLS

## Ironmonger Row Baths

**Address:** 1-11 Ironmonger Row, London EC1V 3QE

**Contact Info:** 020 7253 4011, website

**Cost:** Adult Swim from £5.70, Concessions available.

**Amenities:**

- 30m Pool
- Turkish Baths
- Spa
- Gym
- Fitness Classes
- Swimming Lessons

**Closest Tube Line:** Old Street

# BEACH VOLLEYBALL

## Shoreditch Park

**Address:** Shoreditch Park, New North Road, N1 6TA

**Contact Info:** 020 8356 3000

**Note:** This park has different closing times depending on the time of year, check here for details.

# CITY FARMS

## Mudchute City Farm

**Address:** Pier Street, Isle of Dogs, London E14 3HP

**Facilities:**

- Meet various animals
- Cafe
- Walking around the grounds
- Young Farmers Community

**Transport:** Mudchute/Crossharbour DLR Stations

**Website:** [Mudchute City Farm](http://Mudchute City Farm)

## Spitalfields City Farm

**Address:** Buxton Street, London E1 5AR

**Facilities:**

- Lots of animals to meet
- Tea room
- Young Farmers Community
- Volunteering Opportunities

**Transport:** Whitechapel/Bethnal Green Tube Stations

**Website:** [Spitalfields City Farm](http://Spitalfields City Farm)

## Stepney City Farm

**Address:** Stepney Way, London

**Facilities:**

- Farmers Market on Saturdays
- Lots of animals to meet
- Cafe
- Volunteering Opportunities

**Transport:** Stepney Green/Limehouse DLR

**Website:** Stepney City Farm

# GOLF

## Greenwich Peninsula Golf Range

Address: 265 Tunnel Ave, London SE10 0QE

Contact Info: 020 8293 8992

Cost: 60 balls - 30 mins - £8.50 / 120 balls - 1 hour - £16

Booking Website: Greenwich Peninsula Golf

## Urban Golf (Indoor Range)

Address: 12 Smithfield St, London EC1A 9LA

Contact Info: 020 7248 8600

Cost: 1 hour of golf (up to 8 people) £60

Booking Website: Urban Golf

# MUSEUMS AND PLACES OF INTEREST

## Tower of London

Address: Tower Hill, London EC3N 4AB

Contact Info: 0333 320 6000, hrp.org.uk

Cost: Adult £33.60, Student and Concession prices available.

### Amenities:

- Guided tours
- Crown Jewels
- Medieval Palace
- Café
- Gift Shop

Closest Tube Line: Tower Hill



# MUSEUMS AND PLACES OF INTEREST

## Museum of London Docklands

**Address:** No.1 Warehouse, West India Quay, London E14 4AL

**Contact Info:** 020 7001 9844, [museumoflondon.org.uk](http://museumoflondon.org.uk)

**Cost:** Free Entry, Special Exhibitions may charge.

**Amenities:**

- Interactive exhibits
- Free guided tours
- Café
- Shop

**Closest Tube Line:** Westferry

## Whitechapel Gallery

**Address:** 77-82 Whitechapel High St, London E1 7QX

**Contact Info:** 020 7522 7888, [whitechapelgallery.org](http://whitechapelgallery.org)

**Cost:** Free Entry, Special Exhibitions may charge.

**Amenities:**

- Art exhibitions
- Café
- Bookshop
- Tours

**Closest Tube Line:** Aldgate East

# MUSEUMS AND PLACES OF INTEREST

## Victoria and Albert Museum

**Address:** Cromwell Rd, London SW7 2RL

**Contact Info:** 020 7942 2000, [vam.ac.uk](http://vam.ac.uk)

**Cost:** Free Entry, Special Exhibitions may charge.

**Amenities:**

- Guided tours
- Café
- Restaurant
- Shop
- Extensive Art and Design Collections

**Closest Tube Line:** South Kensington

## Tate Modern

**Address:** Bankside, London SE1 9TG

**Contact Info:** 020 7887 8888, [tate.org.uk](http://tate.org.uk)

**Cost:** Free Entry, Special Exhibitions may charge.

**Amenities:**

- Contemporary Art Exhibitions
- Cafés
- Shops
- River View

**Closest Tube Line:** Southwark