



RECREATION RESOURCE GUIDE

LONDON CAMPUS

TABLE OF CONTENTS

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. 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!

Fitness App	3
Open Courts & Fields	4
Biking Routes	7
Bikeshare Systems	8
Walking Routes	9
Ice Skating Rink	10
Climbing	10
Swimming Pools	11
Beach Volleyball	12
City Farms	13
Golf	14
Museums & Places of Interest	14

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

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

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

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 3QF

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](#)

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](#)

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

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

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

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

Cost: Free Entry, Special Exhibitions may charge.

Amenities:

- Contemporary Art Exhibitions
- Cafés
- Shops
- River View

Closest Tube Line: Southwark