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

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

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

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.

Leaflet sponsored by:
The River Thames Society
www.riverthamessociety.org.uk

The Thames Path Partnership
www.nationaltrail.co.uk/thames-path

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
PHOTO: Andrew Marshall
PHOTO: BHF
THE THAMES PATH – an awesome 184 mile walk. One of the 15 National Trails of England and Wales and the only trail to follow the river from source to sea. Enjoy the Journey! Soak up the atmosphere upstream and downstream, find cozy local pubs, trendy bars, cafes and locally sourced produce along the way - relax, explore and be energised!