

## THE ROUTE

**Sturdy footwear or wellington boots required in wet weather.**

Start from the Hammersmith Hospital car park.

Follow the path around the outer edge of the car park, keeping the grass on your left.

Turn right to pass around the Linford Christie Stadium on your right.

Continue along the avenue of trees.

Follow the avenue which curves around past the Pony Centre on your right.

Take a sharp left just after the parade ground which is on your left.

Turn left into Wormwood Scrubs car park and walk through the car park to the beginning of the brick path straight ahead.

Follow the brick path through the wooded area.

At the end of the brick path, walk along the track.

Follow the track and pass between a separate wooded area on your left and the main wooded area on your right.

Pass through to the edge of the playing fields on your left and follow the edge as it curves around.

(There are opportunities to take paths into the wooded area and loop back out).

At the beginning of the wooden fencing, turn hard left and set out across the playing field towards the central wooded area.

If you would like to take a longer walk (approximately 2 miles) which crosses rough ground, follow the perimeter track all the way round back to the hospital.

Continued

## THE ROUTE continued

You will pass the area designated for flying model aircraft.

Loop around the left hand edge of this central copse and head straight for the hospital car park ahead of you.

### DID YOU KNOW?

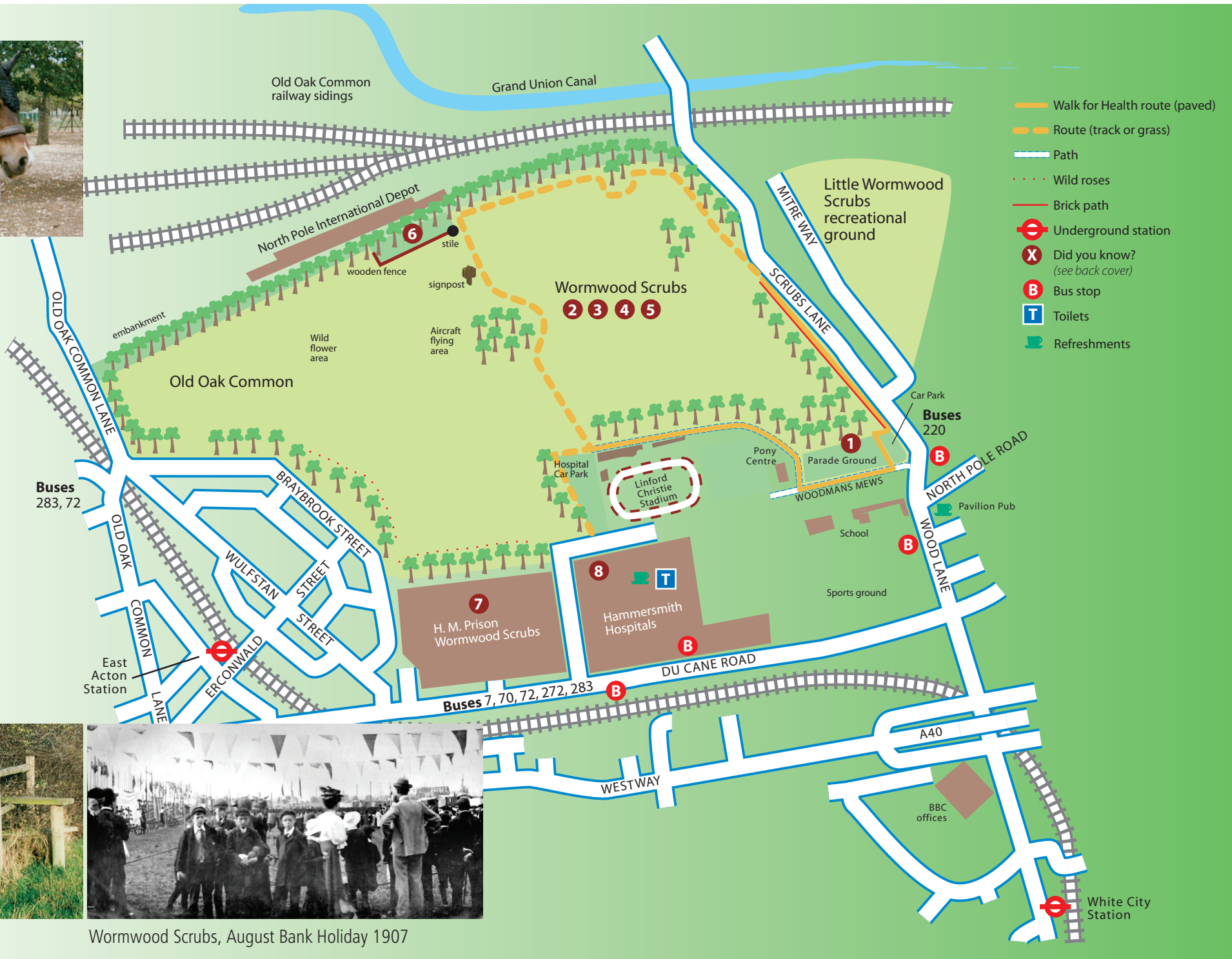
- 1 THE ROYAL HORSE ARTILLERY** have historic rights to use the Scrubs for their manoeuvres.
- 2 WORMWOOD SCRUBS** is the largest open space for three kilometres in any direction.
- 3 WILDLIFE**  
You have a chance of seeing many species of birds (including migrating species), as well as foxes, rabbits, field voles and squirrels.
- 4 THE SCRUBS** was once wooded and used for grazing animals through Saxon times and the Middle Ages. The woods were mostly cleared (for timber and fuel) by the mid-eighteenth century.
- 5 RACES** were very popular in the mid-eighteenth century. Shocked clergymen complained to the War Office about the 'semi-naked' athletic races.
- 6 LIZARDS** were inhabitants of the old woods. The current population of Common Lizards were moved from the former Scrubs Wood, which is where the North Pole International Depot now stands.
- 7 THE PRISON** designed by Edmund Du Cane, was built by the convicts themselves from 1874.
- 8 HAMMERSMITH HOSPITAL** started as a workhouse and infirmary in 1905 and was known as 'Paupers' Paradise' because comfortable quarters were provided for older married couples.



## BOROUGH WALKS - 9



Circular route: 1.5 miles (2.47 km)



Wormwood Scrubs, August Bank Holiday 1907