

LONDON HEART TRAIL

Fun Activity for all ages

The London Heart Trail is a one to two-hour walk along the South Bank from the London Eye to City Hall - taking in some of the most iconic sights in London. It's free to take part but if you would like to make a donation to support research by the British Heart Foundation please text **HEART to 70123** to donate **£3***

An interactive app version is available until 20.10.15.

Full terms and conditions on visitlondon.com/heart

There are some things you can do, whatever your age, to help prevent and manage heart disease.

See bhf.org.uk for more information



Eat at least five portions of fruit and veg a day



Use food labels to choose the healthy options



Be active for at least 150 minutes a week



If you smoke, quit



If in doubt, go to the doctor for a check-up

Our thanks to all sponsors who made the trail happen. The trail runs from **20 August 2015** for two months (prizes until 3 September 2015)

LONDON BRIDGE CITY









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Coin Street community builders

This is a charity donation service for the British Heart Foundation (BHF). Texts cost £3 plus one message at your standard network rate. BHF will receive 100%. If you would prefer that we don't contact you in future, please text NOCOMMS BHF to 70123. If you wish to discuss this mobile payment call 0203 2827863. UK registered charity number 225971.

HEART TRAIL Quiz

Answer the questions below to identify a six-letter anagram. For your chance to win one of our special prizes, tweet a photo of yourself holding the completed page at the Heart Tree near City Hall and use **#londonhearttrail**, or enter our online competition at visitlondon.com/heart before 3 September 2015. The winners will be announced on social media.

1.  Find the bronze sculpture by artist Alexander in 1980, located near the London Eye. Use the **fourth** letter from the second word in the title of this sculpture for your answer.
2.  Locate the statue of Sir Laurence Olivier outside the British Film Institute. What character is he portraying in the statue? Use the **second** letter of this name as your answer.
3.  Locate the Silver Jubilee Walkway steel plaque by the river outside the London Television Centre. Look at the passage on the left titled 'South Bank' that begins "The view from this point...". Excluding the title, find the **37th** letter. Use this letter as your answer.
4.  In the Oxo Tower Wharf there is a contemporary jewellery store named after its designer. His surname is McColm. Use the **second** letter in his first name for your answer.
5.  Locate the home between Shakespeare's Globe and Tate Modern. According to the Blue Plaque, who used to live here? Use the **fourth** letter of their first name for your answer.
6.  There is a pub next to the Golden Hinde Ship. Use the **first** letter in the name of this pub for your answer.

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Do the

LONDON HEART TRAIL







VISITLONDON.COM/HEART



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LONDON HEART TRAIL

Key

-  Heart Trees
-  Trail
-  Hospital
-  Clues

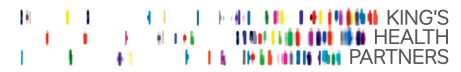


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#londonhearttrail



An Academic Health Sciences Centre for London

Pioneering better health for all