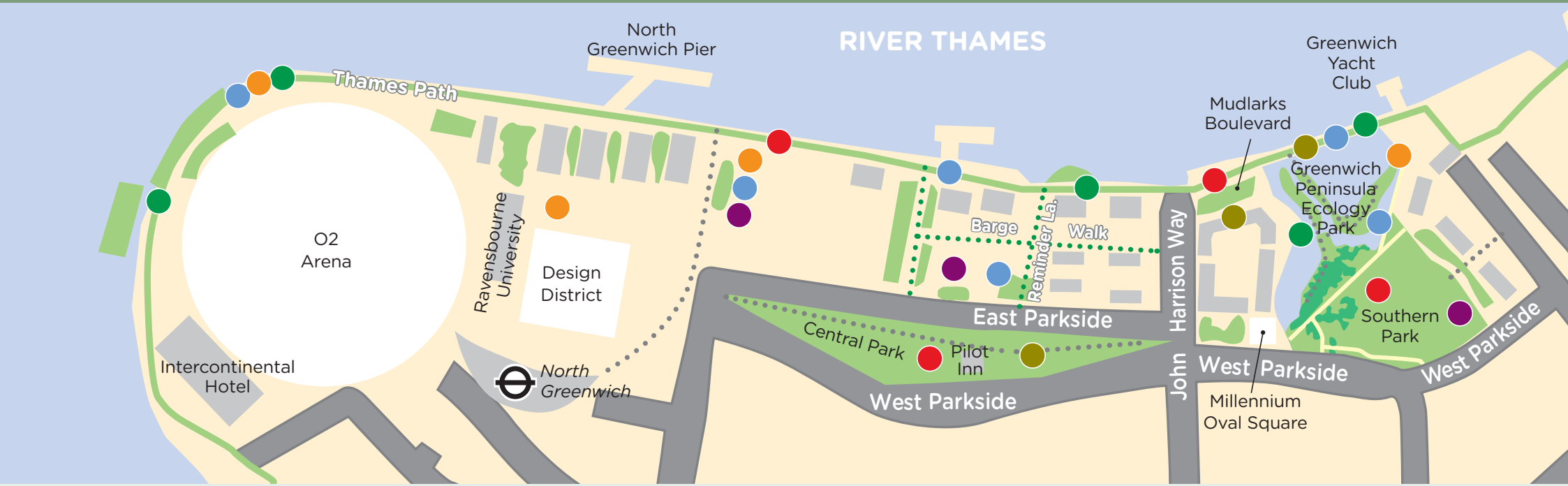
Greenwich Peninsula Urban Nature Wellbeing Map



Observe nature

Here are the best spots to look closely at the natural world on the Peninsula. Watch the river flow or the tide come in and out; observe the busy life of insects, enjoy birdwatching, or gaze at the clouds and the green spaces around you.

Move your body

From the Thames Path to local parks, there are plenty of places to stay active. Whether you enjoy walking, running, cycling, fitness training, yoga, or even outdoor games, the Peninsula offers the perfect setting for physical activity and a boost to your wellbeing.

Relax

Check out our favourite spots to slow down and find stillness in nature. Try a body scan, practise breathwork, or simply watch the world go by. Focus on the sensations in your body and… just be.

Be creative

Follow the Greenwich Peninsula Art Trail or The Line and discover how nature has inspired artists. Visit our favourite spots for sparking creativity: write, paint, draw, or try your hand at eco-art inspired by the world around you.

Learn

From history, art, and culture to nature and conservation, the Peninsula offers plenty of learning opportunities. Join a workshop or guided walk, or practise plant and animal identification while enjoying the surrounding green spaces.

Community building

Become an active participant in the community. Join a volunteer group to help restore and nurture nature on the Peninsula. Join an event or deliver your own to bring the community together.



Find the spaces marked with coloured dots on the map; each invites you to experience a different way to boost your wellbeing while exploring the green spaces, history, art and communities in the area.

Take a deeper dive into the wellbeing map through guided practices and further activity ideas here on the Greenwich Peninsula Wildlife Heritage website:

This wellbeing map is provided for guidance purposes only. Distances, locations, and features may not be represented accurately or to scale.

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