

10,000 STEPS WALK & TALK

UNLEARN THE DIET | HYDE PARK | SATURDAY 26 SEPTEMBER 2026

Presented by AYKO Agency

MEET

9:45 AM

Please arrive on time

WALK STARTS

10:00 AM

The group leaves promptly

EXPECTED FINISH

11:30-11:45 AM

Back at the meeting point

WALKING TIME

90-105 mins

Around 10,000 steps

Where to meet

Achilles Statue

Inside Queen Elizabeth Gate, Hyde Park Corner

Nearest Underground station

Hyde Park Corner - Piccadilly line

Finding the group

Follow signs towards Hyde Park and Queen Elizabeth Gate. The Achilles Statue is immediately inside the park. Look for the Unlearn the Diet group.

The walking plan

1

Welcome and group briefing

Meet at the Achilles Statue and check in with the walk leader.

2

Hyde Park loop

Walk via Speakers' Corner and follow the park paths towards the Serpentine.

3

Serpentine and Diana Fountain

Continue along the water, pass the Diana Memorial Fountain and return via the Rose Garden.

4

Finish together

Return to the Achilles Statue for the closing moment and group photo.

WHAT TO BRING

Comfortable trainers | Weather-appropriate layer | Water | Fully charged phone

The route may be adjusted slightly for park conditions and group pace.

10,000 STEPS WALK & TALK

SATURDAY 26 SEPTEMBER 2026 • MEET 9:45 AM • START 10:00 AM



MEETING POINT

Achilles Statue, inside Queen Elizabeth Gate • Hyde Park Corner

All-park route • Minimal road crossings • Approximately 90–105 minutes

Follow the walk leader. Final step count varies by stride. Base map © The Royal Parks.

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THE DIET