



July 2011

**LONDON CHURCHES WELCOME WALKERS AND CYCLISTS**  
**Saturday 23rd July 2011, 10am - 6pm**

**“Our churches have borne witness to centuries of fascinating and engaging news. They’re pivotal to our history and vital for communities. Cycling and sightseeing to stop Churches crumbling is something we can all do.”**

**Jon Snow**

Channel 4 news presenter and Ride + Stride patron

See London in a new light and discover some of the Capital’s most intriguing churches by taking part in *Ride + Stride*. The event – in its 30<sup>th</sup> year – **previews on the streets of London on 23 July 2011** with the rest of the country taking part on 10<sup>th</sup> September 2011.

Every year, over 13,000 people of all ages and backgrounds take part in the country’s most significant church preservation charity event. Over 10,000 church buildings unlock their doors to visitors, making *Ride+Stride* the ideal opportunity to explore and enjoy some of the country’s most unusual architecture. While *Ride+Stride* is very popular in the countryside, this is only the 2<sup>nd</sup> year it has taken place in London.

The London event will see churches from **Westminster, Greenwich, Southwark, Lambeth Hackney, Tower Hamlets and Harrow** welcoming visitors.

*Ride + Stride* is fun for everyone, from the energetic or relaxed, to the fit or less fit as they meander or charge from church to church. Some walk between two or three churches; others are more ambitious cycling for miles. Each person plans their own route and takes different approaches.

For those who like detective work, participants can **decipher tombstones** at St Mary and Holy Trinity, Bow and find where the **inventor of the modern corkscrew** is buried, then head off to St Luke’s Charlton, to look for the **tombstone of Spencer Perceval, the only British Prime Minister to be assassinated**, before finishing up at Nunhead Cemetery where head stones are intricately carved in the shape of **snakes swallowing their own tails and fireman’s helmets**.

For the more ghoulish a route could encompass All Hallows Barking (**the oldest church in the City of London and the church from which Samuel Pepys watched the Great Fire of London**) to look for the ghost of the Lady in Black (an elderly choir mistress who has been reportedly seen watching the choir singers).

The money raised during *Ride+Stride* helps to preserve Britain’s 45,000 churches, chapels and meeting houses. Many of these historical landmarks are falling into severe disrepair and are in need of help. Cyclists and walkers raise money for their favourite church or chapel.

*Ride+Stride* is supported by Heritage of London Trust, Friends of City Churches, Diocese of London, Diocese of Southwark, The National Churches Trust, in partnership with County Churches Trusts nationwide.

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## Notes to Editors

1. Participating London Churches and Cemeteries:
  - a) **Harrow:** All Saints, Harrow Weald, St Andrew Roxbourne, St Andrew, Sudbury, St John's Old Church Great Stanmore, St John's Church, Stanmore, St Lawrence Little Stanmore, St Mary's Harrow on the Hill.
  - b) **South East London:** All Saints Lovelace Rd Dulwich, St Alphege Greenwich, St Augustine's Honor Oak Park, St Giles Camberwell, St. George's Chapel Woolwich, Holy Trinity Eltham, St Leonards Streatham, St Luke's Charlton, St Paul's Lorrimore Sq, St. Peter's Streatham, Most Holy Trinity RC Church Bermondsey, West Norwood Cemetery and Nunhead Cemetery.
  - c) **City of Westminster:** St Barnabas Pimlico, St. Gabriel's, Warwick Square, St. George's Bloomsbury, St Giles in the Field, St Mary Bourne Street, St Mary Magdalene & St Peter Paddington, St Mary Le Strand, St Peter's Paddington.
  - d) **City, Hackney and Tower Hamlets:** All Hallows by the Tower, The Church of Christ and St. John Manchester Rd, St Anne's Limehouse, St Brides, Fleet Street, St Dunstan & All Saints Stepney (until 1pm only), St George's German Lutheran Church, St George-in-the-East, St. John on Bethnal Green, St. Matthews Bethnal Green; St Mary and Holy Trinity Bow, St Michael and All Angels London Fields. St Peter de Beauvoir Town, St Paul's Bow Common, St Thomas Stamford Hill, Tower Hamlets Cemetery
2. On 10<sup>th</sup> September 2011 anyone can participate in Ride + Stride in the following counties of England: Bedfordshire & Hertfordshire, Berkshire, Buckinghamshire, Cambridgeshire, Cheshire, Cornwall, Cumbria, Derbyshire, Devon, Dorset, Essex, Gloucestershire, Hampshire & the Islands, Herefordshire, Kent, Lancashire, Leicestershire, Lincolnshire, Manchester, Norfolk, Northamptonshire, Northumbria, Nottinghamshire, Oxfordshire, Rutland, Shropshire, Somerset, Staffordshire, Suffolk, Surrey, Sussex, Warwickshire & Coventry, Wiltshire, Worcestershire and Yorkshire.
3. The Heritage of London Trust is the leading charity for the built heritage in London. The Trust has been helping to preserve London's historic buildings and monuments for everyone to enjoy for over 30 years.

