



Training map



London parks

- 1 Greenwich Park – has steps going up the hill
- 2 Hampstead Heath, Parliament Hill – there are a few steps if you go straight up the hill from the Athletics Track. Sprinting up the steep hill will provide good training too
- 3 Hill Garden (West Heath, Hampstead) – has steps up to the Pergola, and also in the grounds

Underground stations

- 4 Hampstead (over 320 steps)
- 5 Covent Garden (193 steps)
- 6 Belsize Park (189 steps)
- 7 Russell Square (175 steps)

Others

- 8 Outside steps at Emirates Stadium
- 9 Tower wing of Guy's Hospital (350 steps, 12 floors)

15.03.18

Vertical Rush

932 steps | 42 floors
One epic experience

Hosted at



Shelter