



The heart of the Empire

Discover London's Strand and its imperial connections

At its height, Britain's Empire covered one-quarter of the Earth's land area and one-third of the world's population. It was the largest Empire in history. The Empire's beating heart was London and The Strand one of its major arteries. This mile-long street beside the River Thames was home to some of the Empire's administrative, legal and commercial functions.

On this walk you will discover how running an empire shaped Britain. Visit world-famous landmarks from iconic buildings to tiny shops. Discover international stories behind everyday features of British life from tea and tobacco to language and the law.



South Africa House
Mike Jackson © RGS-IBG Discovering Britain

The days of Empire are long gone but its legacy remains in the landscape. A walk down this modern London street is a fascinating journey through Britain's imperial history.

Location	The Strand, Central London	Suitable for	Families - Some very busy roads
Start point	Temple Underground Station		Wheelchairs / pushchairs - A step-free route
Postcode	WC2R 2PH	Refreshments	Plenty of places to stop for food and drink along the route
Finish point	Trafalgar Square	Facilities	Public toilets at Victoria Embankment
Distance	1 ¼ miles		
Level	Gentle - Mostly flat route along city streets		

Walk the World is part of Discovering Places, the London 2012 Cultural Olympiad campaign to inspire the UK to discover their local environment. Walk the World is delivered in partnership by the Royal Geographical Society (with IBG) with Discovering Places (The Heritage Alliance) and is principally funded by the National Lottery through the Olympic Lottery Distributor.