

Days Out on a Budget



This listing provides some ideas of places to visit within the local area and central London with your child(ren). We have selected places that are free or low cost.

This is a developing list and we would be pleased to receive details of any other places or activities you can recommend. Please contact us, tel. 020 8921 6921, email fis@royalgreenwich.gov.uk.

Please note that this information is correct at time of print but is liable to change at any time.

With regards

Royal Greenwich Families Information Service

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Museums & Galleries – Local Venues

Firepower

The Royal Artillery Museum, Royal Arsenal, Woolwich, SE18 6ST. Tel. 020 8855 7755

Email: info@firepower.org.uk; Web: www.firepower.org.uk

Price: Adult £5.30 / Child £2.50 / Concessions £4.60 (ES40, Seniors 60+; Students – ID required)

Inclusive child admission during holidays - access to all activities £6.50.

Tuesday-Saturday: 10am-5pm, last admission 4pm. Closed Sunday & Monday

Buses: 177, 180, 472, 161, 96, 99, 469, 51, 54 / Rail/DLR: Woolwich Arsenal

The Museum offers an insight into artillery and the role that the Gunners and their equipment have played in our Nation's History. You will discover a mixture of artillery that has changed the nature of battle and affected the lives of many people. A range of holiday activities are available.

The site is wheelchair accessible throughout and there is free admission for one carer per disabled person.

The Old Royal Naval College

Greenwich, SE10 9NN. Tel. 020 8269 4799 Web: www.ornc.org

Price: FREE

Monday-Sunday: 10am-5pm

Buses: 177, 180, 286, 54 53, 386, 124 / Rail: Greenwich / DLR: Greenwich/Cutty Sark

The permanent exhibition includes historical artefacts, scale models, film footage and hands-on displays, which tell the story of the people who shaped the buildings and landscape of Greenwich through the centuries. Other attractions are The Painted Hall and the Chapel. Regular family activities and events are run throughout the year.

The site is wheelchair accessible and also large print guides of the exhibition are available from the information desk.

National Maritime Museum

Romney Road, Greenwich SE10 9NF. Tel. 020 8312 6565 or 020 8858 4422, Web: www.rmg.co.uk

Price: FREE

Monday-Sunday: 10am to 5pm (last admission 4.30pm); Thursday: 10am- 8pm (last admission 7.30pm)

Buses: 386, 180, 177, 188, 199, 286, 53, and 54 / Rail: Greenwich / DLR: Greenwich/Cutty Sark

For those interested in nautical history, the museum has exhibits from the Royal Navy and much more. There are several interactive areas for children, regular events and activities are held for babies, children and teenagers both at weekends and school holidays.

The museum is wheelchair accessible and there is assistance to those with visual and hearing impairment.

The Royal Observatory

Blackheath Avenue, Greenwich Park, London, SE10 8XJ. Tel. 020 8858 4422 Web: www.rmg.co.uk

Price: Admission to the Astronomy Centre is FREE

Admission to Meridian Line & Royal Observatory experience: Adults £9.50 / Children £5.00 (under 5s Free) Concessions £7.50; Family (1 adult) £15.00; Family (2 adults) £22.00

Admission to Planetarium Show & Royal Observatory: Adults £12.50 / Children £6.50 (under 5s Free) Concessions £9.50; Family (1 adult) £18.50; Family (2 adults) £27.50

Monday-Sunday: 10am-5pm (last admission 4.30pm)

Buses: 386, 177, 180, 188, 199, 286, 53, and 54 / Rail: Greenwich / DLR: Greenwich/Cutty Sark

The Royal Observatory is the home of Greenwich Mean Time and the Prime Meridian of the World. It is also the home to London's only Planetarium; the Harrison timekeepers and the UK's largest refracting telescope. Family friendly Planetarium shows include; Space Safari, Solar Storms, Sky Tonight and Sky

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Tonight Live. The Astronomy Centre and Planetarium are fully accessible via lift although mobility scooters may be too large but the older Royal Observatory sites to the north of the site have more restricted access.

The Thames Barrier and Information Centre

1 Unit Way, Woolwich, London, SE18 5NJ. Tel. 020 8305 4188

Web: <http://www.environment-agency.gov.uk/homeandleisure/floods/38353.aspx>

Price: Adult £3.75 / Child £2.25 (under 5's go free) Concessions £3.25 (Seniors 60+ & Students – ID required £2.75 for disabled seniors / students) Carers accompanying disabled visitors go free; Family Ticket (2 adults and 3 children) £10.00

Thursday-Sunday: 10:30am-5pm (last admission 4.30pm)

Buses: 161, 180, 177, 472

Thames Barrier and Information Centre tells the story of the Thames Barrier and London's tidal defenses, exploring why and how the Thames Barrier was built and how it protects central London from flooding from the sea. There are various activities for children including a play and picnic area.

The centre has 3 parking bays in the car park and Blue Badge holders can park for free. Access to the riverfront is restricted, as there are steep steps leading down from the bank.

The Fan Museum

12 Crooms Hill, Greenwich SE10 8ER. Tel. 020 8305 1441

Email: info@thefanmuseum.org.uk; Web: www.fan.museum.org

Price: Adult £4.00 Child £3.00 (Under 7s FREE) Concessions £3.00 (students, senior citizens 60+)

Tuesday-Saturday: 11am-5pm (Tuesdays – FREE entry for Senior Citizens/disabled visitors after 2pm);

Sunday: 12pm-5pm

Buses: 177, 180, 188, 199, 286, and 386 Rail/DLR: Greenwich/Cutty Sark

The Fan Museum has a collection of more than 4000 predominantly antique fans from around the world which date from the 11th century to the present day. Visitors can enjoy the designs of these unique items which have served many purposes over the centuries: ceremonial tools, fashionable accessories, status symbols, commemorative presents or advertising giveaways. There are lifts and a disabled toilet available.

Eltham Palace

Court Yard, Eltham, SE9 5QE. Tel. 020 8294 2548 Web: <http://www.english-heritage.org.uk/elthampalace>

Price: Adults £13.00 Child 5-15 £7.80 Family (2 adults, 3 children) £33.80

Sunday-Wednesday: 10am-5pm

Buses: 126, 161 / Rail: Eltham, Mottingham

Eltham Palace was built in the 1930s by the Courtauld family next to the remains of Eltham palace, the childhood home of Henry VIII. It is amongst the finest examples of Art Deco architecture in England with beautiful gardens, a stunning entrance hall, a medieval Great Hall, a panelled dining room and a gold-plated bathroom.

Most areas of the palace & gardens are wheelchair accessible, disabled parking, toilets & lift available.

Museums & galleries - Venues around London

British Museum

Great Russell Street, London, WC1B 3DG. Tel: 020 7323 8299

Email: information@britishmuseum.org; Web: www.britishmuseum.org

Price: FREE

Monday–Sunday: 10am–5.30pm; Friday: 10am–8.30pm

Buses: 188 / Underground: Holborn, Russell Square, Tottenham Court Road, and Goodge Street

The British Museum has a collection of the art & treasures of ancient and living cultures from around the world. Workshops are available on weekends and during school holidays for children and families. Free activity backpacks are also available for children.

The Museum is wheelchair accessible and also has large print, Braille and audio guides available.

Discover – Children’s Story Centre

383-387 High Street, Stratford, London, E15 4QZ. Tel: 020 8536 5555 Web: www.discover.org.uk

Price: £5.00 per person (under 2’s go FREE); £1.00 booking fee charged; £18.00 for a family

Tuesday- Friday: 10am–5pm; Saturday-Sunday: 11am–5pm,

Rail: Liverpool Street / Underground/DLR: Stratford

Discover is a centre for children aged 0-8 years which helps them to create stories and use their imagination. Children can visit the indoor story trail and explore a secret cave, make a spoon puppet, have a tea party, dress-up in costumes and much more. There is also a story garden where children can have an outdoor adventure playing giant instruments, sliding down a monsters tongue or climb onto a space craft.

The Discovery Story Centre is wheelchair accessible with 4 free parking spaces for disabled visitors.

Horniman Museum & Gardens

100 London Road, Forest Hill, London, SE23 3PQ. Tel: 020 8699 1872 Web: www.horniman.ac.uk

Price: FREE but some temporary exhibitions and activities may incur a charge

Monday-Sunday: 10:30am–5:30pm

Bus: 122. / Rail: Forest Hill

The museum has collections of anthropology, natural history and musical instruments as well as a small aquarium. There are many free things to do such as mask making, collages, puppets, discovery sessions, story telling and much more. There are also various themed activities and exhibitions for children which change on a regular basis so there is always something new to see. An under 5’s book zone session runs on a daily drop-in basis from 10.30am - seating is limited so arrive early.

The museum and gardens are both wheelchair accessible, please contact directly for any further accessibility information.

Imperial War Museum

Lambeth Road, London, SE1 6HZ. Tel: 020 7416 5000 Web: www.iwm.org.uk

Price: FREE

Monday-Sunday: 10am–6pm (last admission 5.45pm)

Buses: 53 / Rail: Waterloo, Elephant & Castle / Underground: Elephant and Castle, Lambeth North, Southwark and Waterloo

The museum tells the stories of people’s experiences of modern war from WWI to conflicts today. The building is wheelchair accessible and there are facilities for those with visual and hearing impairments.

London Transport Museum

Covent Garden Piazza, London, WC2E 7BB. Tel: 020 7379 6344 Web: www.ltmuseum.co.uk

Price: Adults £17.00; children under 16 go free; concessions £14.00 (Students, 60+ and those in receipt of State benefits)

Tickets offer unlimited access to the museum for 12 month period from date on ticket, retain for future use; Monday–Thursday, Saturday; Sunday: 10am-6pm (last admission 5.15pm); Friday: 11am-6pm (last admission 5.15pm)

Rail: Charing Cross and Waterloo / Underground: Covent Garden, Leicester Square, Holborn

The museum holds a collection of London's transport from vehicles to posters and maps. Children can drive a bus or tube train and have fun learning with the hands on exhibits.

The museum is wheelchair accessible and also offers large print highlight tours and magnifiers on request.

V&A Museum of Childhood

Cambridge Heath Road, Bethnal Green, London, E2 9PA. Tel: 020 8983 5200;

Email: moc@vam.ac.uk, Web: www.museumofchildhood.org.uk

Price: FREE

Monday–Sunday: 10am-5.45pm

Underground: Bethnal Green / Rail: Cambridge Heath, Bethnal Green

The V&A Museum of Childhood explores the themes of childhood both past of present using a variety of collections and interactive displays. Collections include toys such as teddy bears, cars, games, dolls and costumes. There are also regular temporary exhibitions on display at the museum. There are a range of activities held for children at weekends and during school holidays, which include art and crafts, family activity packs, performances and workshops.

The Museum is wheelchair accessible; Induction Loops available on request; lots of hand-on experiences including Sensory Pod & a family pack for families with children on the autistic spectrum is available to borrow from the Information Desk for one hour. Packs contain toys to touch, a trail, sound mufflers, PECs symbols, a photo booklet and colouring in sheets.

Museum of London

150 The Wall, London EC2 5HN. Tel: 020 7942 2000

Email: info@museumoflondon.org.uk; Web: www.museumoflondon.org.uk

Price: FREE

Monday-Sunday: 10am-6pm (galleries begin to close 5.40pm)

Rail: Liverpool Street /City Thameslink: Farringdon / Underground: Barbican, St Paul's, Moorgate

The Museum of London has exhibits from London's past ranging from the Romans through Medieval London and into 18th Century. The museum also has displays on the great fire of London. There are regular activities for children and families such as interactive touch events, drama and crafts and a free family activity bag available from the Information desk.

The museum is fully accessible and can provide assistance to those with hearing, visual and mobility impairments.

Museum of London Docklands

West India Quay, Hertsmere Road, London E14 4AL. Tel: 020 7001 9800

Email: info@museumoflondon.org.uk; Web: www.museumoflondon.org.uk/Docklands

Price: FREE

Monday-Sunday: 10am-6pm (galleries begin to close 5.40pm)

DLR: West India Quay / Underground: Canary Wharf

The Museum of London Docklands explores the story of London's river, port and people from Roman times to the present day. There is plenty to entertain the children with historic characters telling stories of old and a children's gallery and activity area. Activities for children are available throughout the School holidays.

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There are facilities for wheelchair users and those with visual and hearing impairments.

The National Gallery

Trafalgar Square, London WC2N 5DN. Tel: 020 7747 2885

Email: information@ng-london.org.uk; Web: www.nationalgallery.org.uk

Price: FREE

Monday-Sunday: 10am-6pm; Friday: 10am-9pm

Underground: Westminster, Embankment, Piccadilly, Leicester Square, Charing Cross

The National Gallery houses the national collection of Western European painting from the 13th to the 19th centuries. The collection contains over 2300 works and all major traditions of Western European painting are represented. The gallery offers family tours and trails and various weekend and holiday workshops. The Museum also has a children's gallery of artworks by children inspired by works in the gallery.

The museum has facilities for wheelchair users and those with visual and hearing impairments.

Natural History Museum

Cromwell Road, South Kensington, London, SW7 5BD. Tel: 020 7942 5000 Web: www.nhm.ac.uk

Price: FREE but some temporary exhibitions may incur a charge

Monday-Sunday: 10am-5:50pm (last admission 5.30pm)

Underground: South Kensington

The Museum has exhibits of plants, mammals, biodiversity, dinosaurs, insects and birds. Events for under 7's such as an explorer backpack free of charge which contains an activity book to help children make discoveries around the museum, also includes a safari hat and binoculars. 7-14's can come and be a scientist in the Investigate centre. Use Microscopes and other scientific tools to explore 100's of stunning objects from the natural world. The Museum is accessible to those with mobility problems and has facilities for those with visual and hearing impairments.

Pollock's Toy Museum

1 Scala Street, London, W1T 2HL. Tel: 020 7636 3452

Email: info@pollockstoymuseum.com; Web: www.pollockstoymuseum.com

Price: Adult £6.00, Child £3.00, Concessions £5.00 (ID required)

Monday-Saturday: 10am-5pm (last entry 4.30pm)

Rail: Kings Cross, Euston, St. Pancras / Underground: Goodge Street, Warren Street, Tottenham Court Road and Euston Square

Pollack's toy museum houses a wide collection of toys in 7 rooms from throughout the ages including dolls, board games, construction toys and much more. The museum is made up of 2 houses joined together with small rooms connected by winding staircases. Accessibility limited due to nature of layout, call ahead for more information.

Science Museum

Exhibition Road, South Kensington, London SW7 2DD. Tel: 0870 870 4868

Email: info@sciencemuseum.ac.uk; Web www.sciencemuseum.org.uk

Price: FREE but some temporary exhibitions may incur a charge

Monday-Sunday: 10am-6pm (last entry 5.15pm)

Underground: South Kensington

The Museum displays interactive scientific exhibits for all age children, with opportunities for learning through play. Children's trail books can be purchased from the sales desk to make the most of your visit. There are also simulator rides and an IMAX 3D Cinema (both chargeable).

The Museum is accessible to those with mobility problems and has support for those with visual and hearing impairments. The Museum also operates an Early Birds experience for families with children with

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Autism. The Museum occasionally opens at 8:30am for families to come along and enjoy the Museum free of the general public.

Somerset House

Strand, London WC2R 1LA. Tel: 020 7845 4600

Email: info@somersethouse.org.uk Web: www.somersethouse.org.uk

Price: FREE but some events and exhibitions may incur a charge.

Courtauld Gallery: Adults £6.00, Concessions £5.00, FREE for Under 18's, the unemployed and full-time UK students £3 on Mondays

Monday-Sunday: 10am-6pm

Rail: Charing Cross, Waterloo and Blackfriars / Underground: Temple, Covent Garden, Charing Cross and Embankment

Somerset House is a thriving cultural centre, with regular cultural exhibitions. Family workshops and children's events are held regularly ranging from painting to model making.

Somerset House is wheelchair accessible and has parking available for Blue-Badge holders.

Tate Britain

Millbank, London SW1P 4RG. Tel: 020 7887 8888

Email: visiting.britain&modern@tate.org.uk; Web: www.tate.org.uk

Price: FREE but some temporary exhibitions may incur a charge (concessionary rate for disabled visitors and one carer goes free)

Monday-Sunday: 10am-6pm (last admission 5.15pm)

Rail: Vauxhall, Victoria / Underground: Pimlico, Vauxhall, Westminster

Tate Britain holds the national collection of British art and international art from 1500 to the present day. The collection has art works from all media – painting, drawing, sculpture and prints to photography, video and film, installation and performance. The gallery has traditionally focused on art from Western Europe and North America but it has recently expanded its holdings of modern and contemporary artworks from Latin America, South East Asia and Eastern Europe. The gallery runs a range of events and activities specifically for families. The Museum is wheelchair accessible and has facilities for those with visual or hearing impairments.

Tate Modern

Bankside, London SE1 9TG. Tel: 020 7887 8888

Email: visiting.britain&modern@tate.org.uk; Web: www.tate.org.uk

Price: FREE but some temporary exhibitions may incur a charge

Sunday-Thursday: 10am-6pm; Friday, Saturday: 10am-10pm

Rail: Blackfriars, London Bridge / Underground: Southwark, Mansion House, St Paul's

The Museum offers a wide variety of Modern and Contemporary art and exhibitions. There are also various activities for children, including an under 5's activity zone which invites children on a creative, physical and sensory exploration of themes inspired by Cubist artworks. During the School Holidays, children and families can also visit the Open Studio to experiment, play and create with ideas and materials before or after visiting the related artworks in the free collection displays. The Museum is wheelchair accessible and has facilities for those with visual or hearing impairments.

The Geffrye Museum

Kingsland Road, London, E2 8EA. Tel: 020 7739 9893 Web: www.geffrye-museum.org.uk

Price: FREE

Tuesday-Sunday: 10am-5pm Bank Holiday Mondays 10am-5pm

Rail: Liverpool Street / Underground: Hoxton Station, Old Street, Liverpool Street / Parking: Limited meter parking locally. Disabled visitors are able to park in front of the museum for up to 3 hours between 10am-4pm

The Geffrye Museum has a series of period rooms that show the changing style of the urban livingrooms and gardens of the English middle classes from 1600 to the present day. The collection shows changes in society and behaviour as well as style, fashion and taste. Activities and workshops are available for children and young people throughout the year, including school holidays. The building is wheelchair accessible and there are facilities for those with visual and hearing impairments.

The Ragged School Museum

46-50 Copperfield Road, London, E3 4RR. Tel: 020 8980 6405

Email: schools@raggedschoolmuseum.org.uk, Web: www.raggedschoolmuseum.org.uk

Price: FREE

Wednesdays, Thursdays: 10am-5pm; first Sunday of the month: 2pm-5pm

Rail/DLR: Limehouse / Underground: Mile End

The Ragged School Museum is in the buildings which once formed the 'ragged' or free school founded by Thomas Barnardo. The school closed in 1908 but in 1990 the Ragged School Museum was opened to make the history of Ragged schools and the social history of the Victorian East End accessible to all. The museum has a Victorian classroom & children can experience a school lesson as it would have been taught one hundred years ago. It also has a fascinating collection of memorabilia from the nineteenth century East End. Museum runs free holiday workshops on Wednesdays and Thursdays 10am – 5pm and on the first Sunday of the month.

There is limited disabled access throughout the building but the museum does offer specially designed sessions for school pupils with disabilities by pre-arranged appointment.

Victoria and Albert Museum

Cromwell Road, London SW7 2RL. Tel: 020 7942 2000

Email: vanda@vam.ac.uk, Web: www.vam.ac.uk

Price FREE some temporary exhibits/events may incur a charge

Monday-Sunday: 10am-5:45pm

Underground: South Kensington

The Victoria and Albert Museum features a range of decorative art & design from 3000BC to the present day, including collections of fashion, furniture, art, photos and sculpture. The Museum holds a series of special events and exhibitions held throughout year.

The museum has facilities for wheelchair users and those with visual and hearing impairments.

Parks, Gardens and Farms - Local Venues

Greenwich Peninsula Ecology Park

Thames Path, John Harrison Way, Greenwich, London SE10 0QZ. Tel: 020 8293 1904

Web: www.urbanecology.org.uk/gpep.html

Tuesday-Sunday: 10am-5pm

Buses: 422, 161, 472, 486 / Underground: North Greenwich

Greenwich Peninsula Ecology Park is made up of an inner and outer lake. The outer lake is has open access at all times and the inner lake is only accessible via the Gatehouse during opening hours. Visitors can view a wide variety of wildlife including frogs, toads, newts and a wide variety of mini-beasts and can also bird-watch from specially constructed bird hides. The park runs regular activities and trails for children and families and there are regular pond-dipping & mini-beast spotting sessions where families can get close to creatures at the Park. The park is fully accessible for disabled visitors.

Maryon Park and Maryon Wilson Park

Maryon Road, Charlton, London, SE7 8HT. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: 9am-dusk

Buses: Woolwich Road 180, 177, 472, 161 / Charlton Park Road 422, 53, 54 Rail: Charlton/Woolwich Dockyard

Maryon Wilson Park is a landscaped park with informal open grassland, a valley, some steep hills and streams running through the woods. The park has a small zoo with sheep, ducks, geese, chickens, goats, pigs and a deer enclosure. In the school holidays zoo guides give talks and there are opportunities to touch the animals. There are picnic areas and tennis courts and some land has recently been developed for allotments and a Community Food Growing Project. The park is accessible to visitors with disabilities although there are steep hills & steps which limit access.

Greenwich Park

Park Row, Greenwich SE10 8QY, Web: www.royalparks.org.uk

Monday-Sunday: 6am-6pm, in June and July 6am-9.30pm, in & August 6am-9pm

Buses: 177, 180, 286, 54, 53, 386, 380, 124 / Rail: Maize Hill, Greenwich / DLR: Cutty Sark

Greenwich Park opens to vehicles Monday-Friday at 7am but there is no through traffic from 10am-4pm and the park is closed to all through traffic at weekends and on Bank Holidays.

Greenwich Park is the oldest Royal Park in London and home to a small herd of Fallow and Red deer. The Park has a children's playground with a sandpit and, in the summer months, a boating lake. There are Roman Remains in the mound on Greenwich Park and in the North East of the Park fruit and vegetables are grown in the Queens Orchard. There is plenty of open space for picnics, games or just relaxing after a walk around the park. The Park is accessible for visitors with disabilities although there are some steep hills.

Plumstead Gardens

Church Manorway, Plumstead SE18 1EL. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: 9am-dusk

Buses: 469, 99, 180, 177, 422, 96

Plumstead Gardens is a small public park created after WWII. It was originally laid out as an ornamental garden. It has a number of facilities, including a children's playground, a multi-use ball court, a cricket net and a BMX/mountain bike track. The park is wheelchair accessible.

Charlton Park

Charlton Park Road, London SE7 8HX. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: unrestricted access

Buses: 422, 53, 54

Charlton Park is a large, level, open and grassy park and houses Charlton House, one of the finest examples of Jacobean architecture. The park has a floodlit all-weather sports pitch available for a wide variety of outdoor activities, including football and rugby. There is also an adiZone outdoor gym (provided by Adidas to host boroughs of the 2012 Games), and a playground with integrated access for wheelchair users. The park ranger service organises walks every Tuesday at 10am from the rear lawn of Charlton House. Charlton Park has a number of gardens, including a Japanese-style herb garden, and the adjoining pond garden. There is a special focus on the sensory nature of these gardens for visitors with visual or physical disabilities. One of the walled gardens to the south-east of Charlton House was opened in July 2006 as a Peace Garden, in conjunction with Amnesty International. The park is accessible for visitors with disabilities.

Hornfair Park

Shooters Hill Road, Charlton, London SE18 4LX. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday 9am-dusk

Bus 89 stops outside the park and buses 469, 161, 486, 244, 386 are a short walk from Queen Elizabeth Hospital.

Hornfair Park is a large park, located by Charlton Park and Charlton Lido. It has formal gardens and plenty of areas for different activities. There is a paddling pool open daily from 20 July 2013 -1 September 2013 from 10am-6pm. Other facilities include a BMX track, four full-sized football pitches, a basketball court, a bowling green, a hard court tennis court, and two heated outdoor heated pools at Charlton Lido. There is also a children's playground for all ages. The Park is accessible for visitors with disabilities.

Avery Hill Park

Bexley Road, London SE9 2EX. Tel: 020 8921 6885, Email: parks@royalgreenwich.gov.uk

Monday-Sunday: unrestricted access; the Winter Garden is open daily 10am-12pm and 1pm-4pm

Buses: 132, 286, 162 and B15 / Rail: Falconwood

Avery Hill Park is large, open parkland with a formal garden and a café. It has a Winter Garden hothouse with tropical trees and plants from around the world and a rose garden. It has cricket and football pitches, an outdoor gym, a rugby field and a children's playground. Avery Hill Park is part of the Green Chain Walk. Wheelchair access and toilet facilities are available for disabled people.

Eltham Park South

Glensk Road, London, SE9 1AN. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: unrestricted access

Buses: 132, B16, 286

Eltham Park South is a large, generally level, grassy park with tree-lined avenues and a picnic area. It has a football pitch, an outdoor gym and 16 grass courts and 4 hard tennis courts available for hire. It also has a children's playground. Eltham Park South is part of the Green Chain Walk and part of the London Cycle Network runs through the park. Wheelchair access is available in the park

Eltham Palace and Gardens

Court Yard, Eltham SE9 5QE. Tel: 0870 333 1181

Web: www.english-heritage.org.uk/daysout/properties/eltham-palace-and-gardens

Price: Adult £13.00 / Child (5-15 yrs) £7.80 / Family (2 adults, 3 children) £33.80

Sunday-Wednesday: 10am-5pm

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Bus routes: 126, 161 / Rail: Eltham & Mottingham

Eltham Palace and gardens were built by the wealthy Courtauld family next to the remains of Eltham Palace, childhood home of Henry VIII. The beautiful gardens were designed by the Courtaulds in the 1930s and feature herb gardens, sunken rose gardens and rock gardens. There are plenty of places for picnics and something for everyone to enjoy. Eltham Palace Gardens are wheelchair accessible.

Fairy Hill Park

Crossmead, London SE9 3AA. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: unrestricted access

Buses: 161, 126, 124, B13, 160, 162 & 314 / Rail: Mottingham

Fairy Hill Park is a medium-sized park with a large area of grassland, a children's playground and a small wooded area. There is a picnic area in the park and also a basketball court, an outdoor gym, a tennis court, a children's cycle track, and a children's playground. Wheelchair access is available.

East Greenwich Pleasance

Chevening Road, Greenwich SE10 0LB Tel: 020 8853 4675

Monday-Sunday: 9am-dusk

Buses: 177, 180 286, 422, 108, 129 / Rail: Westcombe Park / Parking: No car park. Limited roadside parking in surrounding areas.

East Greenwich Pleasance is one of Greenwich's Green Flag Award winning sites.

A formal, tree-lined garden, it is a quiet haven that contains a burial ground for around 3000 sailors who spent their last days at the local Royal Hospital, Greenwich.

The Bridge is a volunteer run children's playcentre based in the park.

There is a children's playground, table tennis and a café serving refreshments and providing toilet facilities. Wheelchair access is available.

Sutcliffe Park

Meadowside, London SE9 5LW. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: 9am-dusk

Buses: 321, 122, B16, 160 / Rail: Kidbrooke

Sutcliffe Park is tree-lined park with open grassland, meadows, wetlands and the river Quaggy meandering through. The site, previously known as Harrow Meadow, was re-landscaped in 2003 by The Environment Agency as part of a local flood defence scheme and has become one of the most spectacular wetland sites in Greater London. It is rich in wildlife with a variety of birds, animals and plants... It also has an athletics track, an outdoor gym and running routes. The park is accessible to wheelchair users with two 'RADAR' gates: Tudway Road at the northeast corner of the park, and Eltham Road on the southern perimeter.

The Course

Crouch Croft, London SE9 3HX. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: unrestricted access

Buses: 160, 162, 314

The course is a gently sloping area of open grassland with facilities for five a side football, a basketball court and a children's playground. The park is accessible to wheelchair users.

The Tarn

Court Road, Eltham SE9 5AQ. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk

Monday-Sunday: 9am-dusk

Buses: 126, 161, 124 / Rail: Mottingham

Royal Greenwich Families Information Service. Tel: 020 8921 6921 Email: fis@royalgreenwich.gov.uk

The Tarn takes its name from the lake that dominates the park. The park was part of the grounds of the 17th Century Eltham Lodge but in 1935, when the area around it was being developed for housing, The Tarn was acquired by the Metropolitan Borough of Woolwich and a series of paths and shelters were laid out around the existing lake. It is a landscaped garden with a lake, a bird sanctuary and a butterfly garden. There is a picnic area for families. Near the entrance to the Tarn is a mid 18th brick ice-well which was built to supply Eltham Lodge with ice. The Tarn has wheelchair access although there are also some steep inclines.

Eaglesfield Park

Eaglesfield Road, Plumstead SE18 3HQ. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk
Monday-Sunday: unrestricted access
Buses: 244, 486 and 89

The park, on the summit of Shooters Hill, is the highest natural point in Greenwich at nearly 130 metres. The park is divided in two by Eaglesfield Road. The eastern side is a simple, pleasant grassed area offering views over Kent and Essex, including the Queen Elizabeth Bridge at Dartford; the western side has a children's playground and a planted landscaped area with a pond. On a windy day, the park is an excellent place to fly a kite. Wheelchair access is available.

Winns Common

Winns Common Road, Plumstead, SE18 1PU. Tel: 020 8921 6885 Email: parks@royalgreenwich.gov.uk
Monday-Sunday: unrestricted access
Buses: 51 and a short walk from routes 291 and 53

This large expanse of heathland and flat grassland lies to the east of Plumstead Common. The mound on Winns Common is a tumulus or burial mound dating back to the Bronze age. The park has a sports ground, a children's playground and in summer a small fenced-off paddling pool is available. Limited wheelchair access is available.

Bostall Gardens

Viola Avenue, Abbey Wood, SE2 0TQ. Tel: 020 8921 6885, Email: parks@royalgreenwich.gov.uk
Monday-Sunday: 9am-dusk
Buses: 180 or a short walk from the 177 and 469

Bostall Gardens is a park dating from the 1930s. It has a refurbished children's playground and a young people's basketball court with an outdoor gym and hard court tennis. The park has wheelchair access and toilet facilities for disabled people.

Belvedere Splash Park - Currently Closed

Woolwich Road, Belvedere, Kent, DA17 5EW. Tel: 020 8303 7777
Monday-Sunday 10am-6pm summer; 10am-2pm winter weekdays, 10am-3.30pm weekends
Buses: 401 from Thamesmead and 99 from Woolwich stop directly outside. The 422 from North Greenwich stops a 10-15 minute walk away.

Free innovative play area for children, they can paddle in a lagoon surrounding a desert island and play on the huge safety surfaced beach which is equipped with water sprinklers, showers, bubble jets. There is a refreshment kiosk, picnic areas and seating, toilets including those with disabled access are on site. The Splash Park is open during the summer months. The park is wheelchair accessible.

Creekside Discovery Centre

14 Creekside, Deptford, London, SE8 4SA. Tel: 020 8692 9922

Email: info@creeksidecentre.org.uk, Web: www.creeksidecentre.org.uk

Price: varies according to activity; Low Tide Walks: £10 for adults; £8.50 for children (8-16) or £30 per family of 4

Creekside Discovery Centre offers an exciting range of indoor and outdoor activities for all ages. Visitors can walk through a wild river and experience the huge diversity of urban wildlife. As a tidal tributary of the Thames, Deptford Creek is home to hundreds of fresh and saltwater plants and animals. The centre is a purpose built environmental education centre, equipped with waders, engaging and knowledgeable staff and everything you need for some good, clean, muddy fun. The Centre offers events and activities for all the family including low-tide walks and it has regular holiday activities and workshops for children.

Woodlands Farm

331 Shooters Hill, Welling, Kent, DA16 3RP. Tel: 020 8319 8900

Email: woodlandsft@aol.com, Web: www.thewoodlandsfarmtrust.org

Tuesday- Sunday 9.30am-4.30pm

Price: FREE but may incur a charge according to activities.

Buses: 486, 244, 89

Woodlands Farm is an 89 acre working farm offering visitors the chance to experience farming life and explore wildlife including native bird species, butterflies, amphibians as well as wild flowers and ancient woodland. It has a variety of farm animals and offers a series of holiday activities and farm shows as well as holding regular events such as pond dipping, lambing day, bug hunts and bird, bat and butterfly walks.

Parks, Gardens and Farms - Venues around London

Mudchute Park and Farm

Pier Street, Isle of Dogs, London, E14 3HP. Tel: 020 7515 5901

Email: info@mudchute.org, Web: www.mudchute.org

Monday- Sunday 9am-5pm; Pets Corner 9am-4pm

Price: FREE

DLR: Mudchute (a 5 minute walk through park), Crossharbour (10 minute walk through Asda car park).

Alternatively, the park is a 30-minute walk through Greenwich foot tunnel and across Millwall Park.

Mudchute Park and Farm is a 32 acre city farm in the middle of the Isle of Dogs. The park had been derelict land that was set to be redeveloped into housing but local people campaigned to keep the area and claim it as the community park for the area. In 1977 the farm was introduced into the park and local schools were encouraged to use the park to learn about the local environment. The Farm has more than 200 animals and fowl including pigs, goats, ducks, cows, llamas, alpacas, geese and sheep. There is also a pets corner with guinea pigs and rabbits and horses and ponies which can be ridden for a small charge at selected times. There is a café, picnic areas and a shop and the Farm runs holiday activities for children. Most of the park is accessible for wheelchairs but not all paths are tarmac, some are natural mud and can become muddy in wet weather.

Danson Park

Danson Road, Bexleyheath, Kent, DA6 8HL. Tel 020 8309 6638

Monday-Sunday: 7.30am-dusk

Buses: 132, 96, 486 and 89

Danson Park has open spaces for games and picnics there is a lake and a large children's playground with equipment for all ages including a small splash park area which is free to use. A refreshment kiosk and toilets are located in the vicinity of the play area, as is a public house that caters for family meals. The park is open all year round except the splash park which is open during the summer months. The park is wheelchair accessible.

Battersea Park Children's Zoo

Battersea Park, London SW11 4NJ. Tel: 020 7924 5826

Email: info@batterseaparkzoo.co.uk, Web: www.batterseaparkzoo.co.uk

Monday- Sunday 10am-5.30pm in summer, 9am-4.30pm in winter

Price: Adults £8.95 / Children (aged 2-15yrs) £6.95 / Seniors and disabled adults £6.50, disabled children £5.50, one designated carer is free / Family of 4 £29.00

Underground: Sloane Square

Battersea was opened as a public park in 1858 and in 1951, when the park was transformed into a pleasure garden as part of the Festival of Britain celebrations, a children's zoo was included in the park. The zoo was threatened with closure but was became a privately run zoo in 2003. Animals in the park include Otters, chipmunks, chinchillas, monkeys, meerkats parrots, emu, lovebirds, turtles, snakes and bearded dragons. There is a play area for children and picnic tables and a café available. The park is wheelchair accessible.

Hackney City Farm

1a Goldsmiths Row, London E2 8QA. Tel: 020 7729 6381

Email: farm@hackneycityfarm.co.uk Web: www.hackneycityfarm.co.uk

Tuesday-Sunday 10am-4.30pm, open on Bank Holiday Mondays

Price: FREE although workshops and activities for families may incur a charge

Underground: Bethnal Green Station, Hoxton Station / Rail: Cambridge Heath / No parking available though can pre-book disabled parking or drop off by contacting City Farm

Hackney City Farm had its origins as a farmers and market gardeners site but as London developed it became an industrial site and, by the time the Farm was established in 1984, it had become a derelict lorry park. The City Farm is now a thriving popular community resource, housing a wide range of farm animals as well as a rich cottage garden. Hackney City Farm has goats, sheep, chickens and a donkey as well as rabbits and guinea pigs. Produce from the farm – chicken and duck eggs, vegetables and honey can be purchased from the Farm shop. The Farm has a range of workshops and activities for children including pottery making classes and puppetry workshops. Pre-booked disabled parking can be available and ramps offer wheelchair access around the farm.

Hyde Park

Hyde Park, London, W2 2UH. Web: www.royalparcs.org.uk

Monday-Sunday 5am-midnight

Underground: Marble Arch / Lancaster Gate (Central Line), Hyde Park Corner / Knightsbridge (Piccadilly Line)

The park has 350 Acres of open space for relaxation, picnics, walks and game. It has a children's playground as well as a paddling pool and public lido which are open during summer months only. It also has the Lookout, a former police observation point, which is now an education centre where children learn about nature and wildlife. The Hyde Park Tennis and Sports Centre has tennis, lawn bowls and putting facilities available to hire and rowing and pedal boats are available for hire on the Serpentine which runs through Hyde Park. There are football pitches to the south of the park along with a special horse-riding area. You can also take a ride on the UK's first Solarshuttle, powered only by the sun.

The park is wheelchair accessible and Liberty drives with 7 pickup points across the park, offering free transport around the park to those with mobility needs.

St James's Park

The Mall, London SW1H 0QW. Tel: 0300 061 2350, Web: www.royalparcs.org.uk

Monday-Sunday 5am- midnight

Underground: Westminster, St James's Park

St James's Park is a large Royal Park which has been at the heart of ceremonial London for more than four hundred years. It is the setting for pageants like Trooping the Colour and is surrounded by key Royal landmarks Buckingham Palace, Clarence House, St James's Palace and Westminster. The Park has the Princess Diana Memorial Walk which guides visitors around locations associated with her life and also the Queen Victoria Memorial in front of Buckingham Palace. There is a playground for children and pelicans which are fed everyday from 2:30pm to 3pm. The Park is wheelchair accessible and there are regular benches and rest areas around the park.

Regent's Park

London, NW1 4NU. Tel: 020 7940 6328 Web: www.royalparcs.org.uk

Monday- Sunday 5am-dusk; 5am-9.30pm in Summer months

Price: FREE

Underground: Regents Park, Baker Street, Great Portland Street, St. John's Wood, Camden Town

The Regent's Park is the largest grass area for sports in Central London. It offers an extensive sports programme including football, rugby, cricket and softball. There are also a number of free play areas for informal games. The Park has a wide variety of activities including an Open Air Theatre open from May until early September, bandstands which hold lunchtime and evening concerts; puppet shows and also the London Zoos. The boating lake is open from 10:00 am-6:00 pm and the Boathouse has rowing boats and pedalos available for hire. There is also a children's playground, various picnic areas, a wildlife park and Queen Mary's Garden which features a rose garden and a begonia garden. Regents Park is wheelchair accessible although there are some undulations that follow the contours of the park.

Kensington Gardens and the Diana Memorial Playground

Kensington Gardens, London W2 2UH. Tel: 020 7298 2141 Web: www.royalparks.org.uk

Monday-Sunday 6am-dusk (closure times vary according to season)

Diana Memorial Playground: 10am-7.45pm May-August; 10am- dusk the rest of the year

Price: FREE (open to children under 12, unaccompanied adults not allowed into the playground)

Underground: Queensway, Lancaster Gate (Central Line); Bayswater (District Line); High Street Kensington (District and Circle Line)

Kensington Gardens have popular walking routes and offer a peaceful refuge for people living, working or visiting Central London. Informal games do take place in the Gardens but are discouraged in view of the importance of the historic landscape.

The Diana, Princess of Wales' Memorial Playground is a children's wonderland playground that opened on the 30th June 2000, in memory of the late Princess of Wales. It has a large pirate ship surrounded by a sandy beach. There are also sensory trails, tepees, toys, play sculptures and lots more playground equipment for children to explore. Disabled and able-bodied children can play together in the accessible environment. There is a café on site for refreshments and snacks and picnic areas are also available around the playground.

Liberty Drives, operating between May and October, provide free mobility for anyone who finds it difficult to see all of Kensington Gardens.

Coram's Fields

93 Guilford Street, London, WC1N 1DN. Tel: 020 7837 6138, Web: www.coramsfields.org

Monday- Sunday: 9am-dusk

Price: FREE (Open to children and young people under 16; adults must be accompanied by a child under 16)

Rail: King's Cross, St. Pancras, Euston / Underground: Russell Square

Coram Fields is a unique seven acres playground and park for children and young people living in or visiting London. The playground has grassed areas for free play and a mix of accessible play equipment for all ages from toddlers to older children. There is a large adventure play area including an aerial slide and the park also has two large sand pits and a paddling pool in the summer. There is also a duck pond, a sports area, a picnic area and a small farm which has goats, chickens, rabbits, birds, a sheep and a pets corner. The park also includes a Children's Centre, a Community Nursery, a Youth Centre, and a Sports Programme available after school and in the school holidays which offers athletics, table tennis, basketball, trampolining, multi-sports and football. There is also a cafe which is open from March until October. Coram Fields is wheelchair accessible.

Crystal Palace Park

Thicket Road, Penge, London, SE20 8DT. Tel: 020 8778 9496

Email: contact@crystalpalacepark.org.uk, Web: www.crystalpalacepark.org.uk

Crystal Palace Park: Mon-Sun 7.30am- dusk

Crystal Palace Park Farm Mon, Tues, Thurs-Sun 12pm-4pm

Crystal Palace Museum Mon-Sun 11am-4pm in summer, 11am-4pm in winter

Buses: 122 / Rail: Crystal Palace; Penge, West Station

Crystal Palace Park is one of the largest parks in South London. It is home to a National Sports Centre with a huge range of sports facilities and activities including one of London's premier 50m pools, an international standard athletics track, a modern gym and an outdoor beach sports facility. The park features a giant maze, a children's playground, the Crystal Palace Park Farm and the Crystal Palace

Museum. There is also a dinosaur park with life size statues of dinosaurs and Pre-historic reptiles and mammals. The park is wheelchair accessible although there are bollards and crossing points.

Brockwell Park

Norwood Road, London, SE24 9BJ. Tel: 020 7926 9000

Email: parks@lambeth.gov.uk Web: www.brockwellpark.com

Underground: Brixton / Rail: Herne Hill

Brockwell Park is a large, historic park located between Brixton, Dulwich and Herne Hill. It has ornamental ponds, formal flower beds, a walled 'Old English' herbaceous flower garden and a 19th century clock tower. It also has a number of historic buildings, including Brockwell Hall and the Brockwell Lido. There are a wide range of outdoor sports facilities including basketball, football, bowling, cricket, tennis courts and the Brockwell Lido, which is open from May until September. The park has a popular children's play area, a paddling pool open in the summer months, a purpose-built BMX track and a miniature railway. The park is wheelchair accessible.

Horniman's Triangle Gardens

London Road, London, SE23 3PH

Bus: 122. Rail: Forest Hill

The Horniman's Triangle Gardens are located across the road from the Horniman Museum and Gardens. The gardens have a children's play area with a sand pit, with multiple spider web rope climbing frames and lots of interactive, cooperative play items. The park has a cafe where you can buy drinks and snacks. The park has limited wheelchair accessibility.

Visit the Woods

Free family fun and a great way to keep fit with a leisurely walk, see all sorts of trees, flowers and wildlife, take a picnic and maybe pick some blackberries, below are a list of local woods and facilities.

Bostall Woods

Bostall Hill, Abbeywood, SE2 0JX

Bus: 99, B11 / Train: Abbey Wood / can also be accessed through Bostall Hill free parking

Bostall Woods are a mixture of woodland, grassland and heathland with steep slopes, deep ravines and flat land. The woods have a cave where Dick Turpin hid from the Kings troops. There are picnic areas and mountain biking, cycling and dogs are allowed. Partially wheelchair accessible

Great Bartlets Wood

Wickam Lane, Plumstead, SE2 0NS

Bus: 422, 96 / free parking in surrounding areas.

Lots of wild flowers around the site and the insects especially enjoy the woodland-edge habitat. This area of woodland alongside Winns Common has mostly native trees, but with some exceptions including red horse chestnut and Swedish whitebeam. Partially wheelchair accessible.

Lesnes Abbey Wood

Abbey Road, Belvedere, SE2 0QG

Bus: 229, 469, 180, B11 and 177 / Train: Abbey Wood / parking available nearby.

Lesnes Abbey Woods has large stretches of woodland and the ruins of the old Abbey. The wood has a diversity of wildlife habitats, plants and flowers and self-guided trails take you through valleys containing hornbeam trees, wild flowers such as figwort and dog's mercury, open heathland and ornamental gardens. Partially wheelchair accessible.

Oxleas Wood

Plumstead SE18 3JA

Bus: 486, 89 / free parking on

This is a big stretch of woodland that borders dates back 8000 years to the ice age. It was used in Saxon times as pasture for ox, and its trees may have been used to build ships used in the battle of Trafalgar. It has wildlife including woodpeckers, chiffchaff, nuthatches, tree creepers and wood warblers. Partially wheelchair accessible

Clothworkers Wood

Highgrove, Plumstead, SE18 2PD

Bus: 29, also 20 minute walk from 51, 53 / parking in nearby streets plenty of parking in nearby streets.

The wood is named after one of the City of London's livery companies. Now run by the Woodlands Farm Trust, this ancient oak woodland is a riot of colour in spring. There is a good mix of trees including the rare wild service tree. Partially wheelchair accessible

Green Chain Walk

300 Parks and open spaces set in South East London form 40 miles of the Green Chain Network. It begins at either The Thames Barrier, Thamesmead Riverside, Charlton Park and Oxleas Wood and you can walk as little or as much as you can handle finishing at Eltham, Beckenham Palace Park, Chislehurst or even Crystal Palace. Route guide can be purchased to help highlight areas of interest along the way.

Call: 020 8921 5028 / Email: info@greenchain.com / Web: www.greenchain.com for further information.

Other

Emirates Air Line Cable Cars

Emirates Greenwich Peninsula Terminal
Unit 1, 2, 3 & 4
Emirates Cable Car Terminal
Edmund Halley Way
London SE10 0FR

Tel: 0843 222 123 Web: www.emiratesairline.co.uk / www.tfl.gov.uk

Monday-Friday, 7am to 9pm / Saturdays, 8am to 9pm / Sundays, 9am to 9pm

Price: (Oyster card, Freedom pass, etc) Single trip Adult £3.40 / Child £1.70; one round trip Adult £6.80 / Child £3.40 / Under 5's travel for FREE

Emirates Cable Car Terminal

Emirates Royal Docks,
27 Western Gateway
London
E16 1FA

The Emirates Air Line Cable Cars connects Emirates Royal Docks (North Terminal) and Emirates Greenwich Peninsula (South Terminal) offering arial views of London.

Chislehurst Caves

Caveside Close, Old Hill, Chislehurst, Kent BR7 5NL. Tel: 020 8467 3264

Web: www.chislehurst-caves.co.uk

Price: Tours: £6 Adult / £4 Child / £4 Senior citizen / Under 3's go FREE

Bus: 269 from Bexleyheath or Bromley / Train: Chislehurst

Chislehurst Caves offers a lamp lit guided tour where visitors learn about, Druids, Romans and Saxons. Visitors can explore where the tunnels in the caves were used as the largest air raid shelter outside London during World War II. Highlights include the Druid Alter, Haunted Pool and the caves Church. There is a restaurant and gift shop on site. Wheelchair users may have some difficulty in negotiating the caves due to the uneven floor surfaces, which are rather like cobbles.

Ruxley Manor Garden Centre

Maidstone Road, Sidcup, Kent DA14 5BQ. Tel: 020 8300 0084

Web: <http://www.ruxley-manor.co.uk/>

Price: FREE although activities for families may incur a charge

Bus: 233 stops at the entrance / Train: the nearest stations are either Sidcup (Charing Cross line) or Swanley (Victoria Line)

Ruxley Manor is a garden centre based in Sidcup which offers family activities throughout the year, including ice skating during the winter months and Rascals clubs during the holidays. Please check the website for activity dates and prices. There are designated disabled car parking spaces, a motorised electric scooter and wheelchair available to hire for free, plus disabled toilet facilities.

Travel Information

Oyster cards in London

An Oyster card from TfL is a great way to get around London. It's cheaper than buying a paper Travelcard or single tickets - there is a daily price cap - once you have reached this limit, you won't pay any more (except on Emirates Air Line cable car and Thames Clipper River Buses).

You can also enjoy special discounts on the Emirates Air Line cable car and Thames Clipper river buses.

Single journeys start as little as £1.60 on trains and a flat fare of £1.50 on buses (capped at £4.50).