

## Florence Nightingale Museum



[florence-nightingale.co.uk](http://florence-nightingale.co.uk)

Celebrate the life and legacy of the best known figure in nursing history. See the actual lamp she carried that earned her the nickname 'The Lady with the Lamp'. Learn all about her childhood, her efforts during the Crimean War, and how she campaigned for better healthcare.



## The Old Operating Theatre Museum & Herb Garret



THE OLD OPERATING THEATRE MUSEUM & HERB GARRET

[oldoperatingtheatre.com](http://oldoperatingtheatre.com)

Discover Europe's oldest surviving operating theatre housed in the attic of an early eighteenth-century church. This atmospheric museum offers a unique insight into the history of medicine and surgery.



# A SELF-GUIDED HEALTH WALK AROUND LONDON'S MEDI-CULTURE DISTRICT



Take a walk through medical history and modern wellbeing and explore the medicinal connections from the FLORENCE NIGHTINGALE MUSEUM to the OLD OPERATING THEATRE. Use the map inside to guide your walk and the ← QR code on the left to find out more about each stop.

## London Town Tours

[londontowntours.london](http://londontowntours.london)

This walk can be offered as a guided tour with professional Blue Badge Guide Julie Chandler. Get a group together and book with London Town Tours to discover even more about this interesting part of London's history. Julie leads walks on a wide range of subjects and introduces visitors to London's wonderful and exciting heritage.



DISCOVERING LONDON WITH JULIE CHANDLER

## Health/Wellness Tips [fit2relax.london](http://fit2relax.london)

1. Wear comfortable, supportive footwear.
2. Wear layers you can easily remove or put on. You can carry a poncho or pack-up mac if you don't want to carry a coat.
3. If you're taking a bag, try a backpack and adjust it correctly so it doesn't pull on your back or shoulders.
4. Use the toilet and bring plenty of water to stay hydrated.
5. Take a few timeouts to breathe and rehydrate. If you are in a group, be open and honest about how quickly you can walk and when you need to take a rest break.



Fit<sup>2</sup>Relax LONDON

This walk is part of the LONDON BRIDGE MEDI-CULTURE PROGRAMMING and involves the work of TEAM LONDON BRIDGE, FLORENCE NIGHTINGALE MUSEUM, THE OLD OPERATING THEATRE, and LONDON TOWN TOURS.



**1 Florence Nightingale Museum**  
2 Lambeth Palace Road

**2 St Thomas' Hospital**  
Westminster Bridge Road

**3 Mary Seacole Statue**  
St Thomas' Hospital, Westminster Bridge Road

**4 General Lying In Hospital**  
85 York Road

**5 Royal Festival Hall**  
2 Lambeth Palace Road

**6 River Thames**  
London

**7 London Nautical School**  
61 Stamford Street

**8 Mad Hatter Pub**  
3-7 Stamford Street

**9 Mint Street Park**  
Southwark Bridge Road

**10 Menier Chocolate Factory**  
53 Southwark Street

**11 Crossbones Graveyard**  
Redcross Way

**12 Southwark Cathedral**  
Montague Close

**13 John Keats Plaque**  
St Thomas Street

**14 Guy's Hospital**  
Great Maze Pond

**15 Science Gallery**  
Great Maze Pond

**16 The Old Operating Theatre**  
9a St Thomas Street



**LONDON  
MEDI-CULTURE DISTRICT**