



# Harold Fry's Lunchtime Walk

Discover the benefits of a good walk, just like Harold Fry, with this short London lunchtime circular. You never know what you might see.

**Distance** 2.7 kilometers / 1.7 miles

**Duration** 40 minutes



Wildlife



Great views



Refreshments



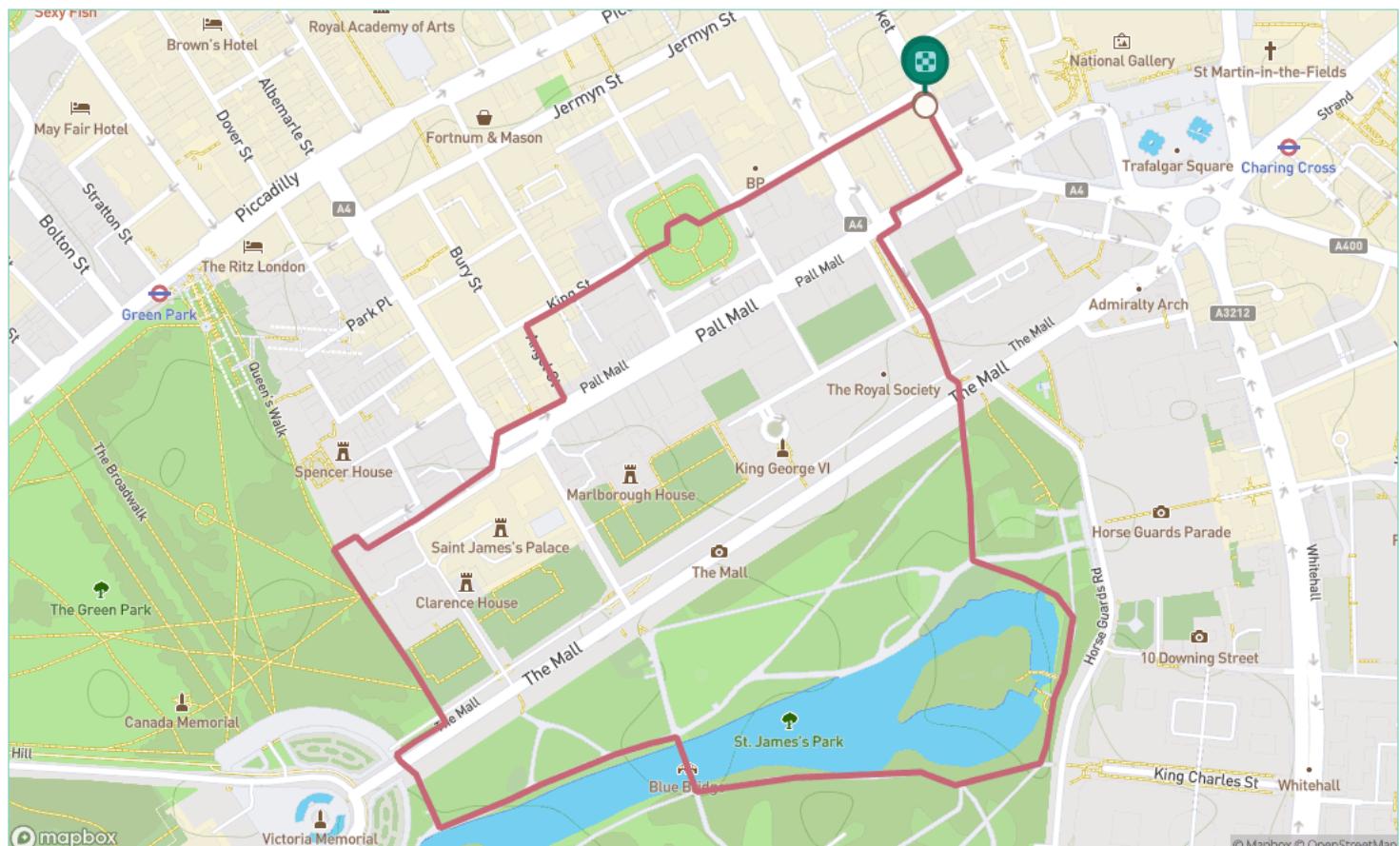
History

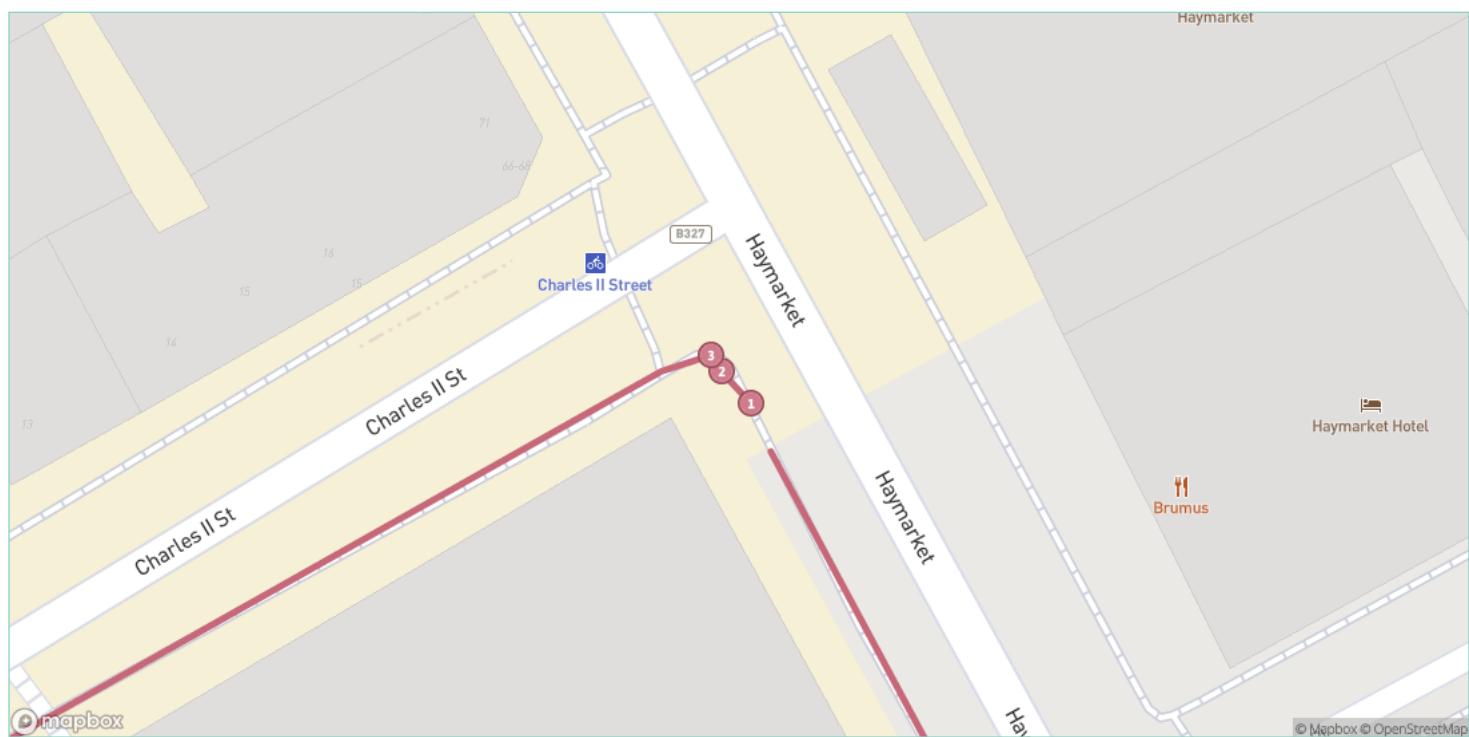


Dog friendly



Child friendly





**Step 1:** Welcome to our Harold Fry-inspired nature pilgrimage that starts opposite the Theatre Royal Haymarket. This is the shorter version of the walk. Expect urban nature, local history and behind the scenes gems from cast and crew.

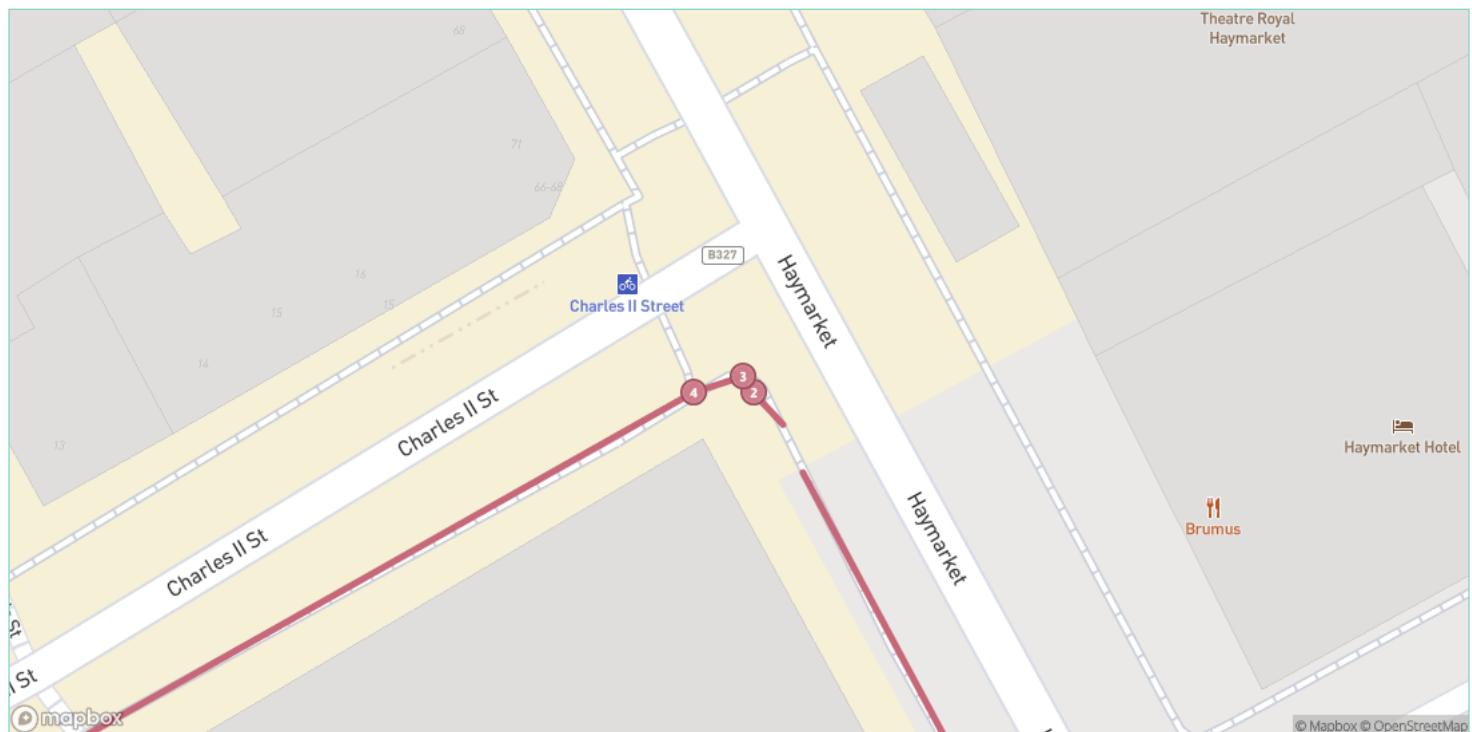
**Step 2:** The Unlikely Pilgrimage of Harold Fry is a joyous new British musical at Theatre Royal Haymarket from 29 Jan-18 April 2026. Use promo code Partner10 for £10 off tickets. Read more below. [Read more](#)

### About the show

THE UNLIKELY PILGRIMAGE OF HAROLD FRY is adapted by RACHEL JOYCE from her beloved bestselling novel, featuring 'a ravishing score' (THE TIMES) by chart-topping musician, PASSENGER. Harold Fry was never meant to be a hero. An ordinary man in an ordinary life until a letter from a long-lost friend sends him out the front door... and he keeps on walking. From Devon's quiet lanes to the windswept streets of Berwick-upon-Tweed, his journey becomes a pilgrimage of love, redemption, and second chances.

Strangers turn into companions, kindness appears in unexpected places, and the road reveals more than Harold ever imagined. Back home, his wife Maureen begins her own journey, one that might bring them together again.

The Unlikely Pilgrimage of Harold Fry is a moving celebration of the human spirit and a reminder it's never too late to start again.



Don't miss out on a great deal with £10 off Harold Fry tickets, using the code Partner10 in person at the Box Office, or online at the checkout:

**Learn More**

<https://haroldfrymusical.com/>

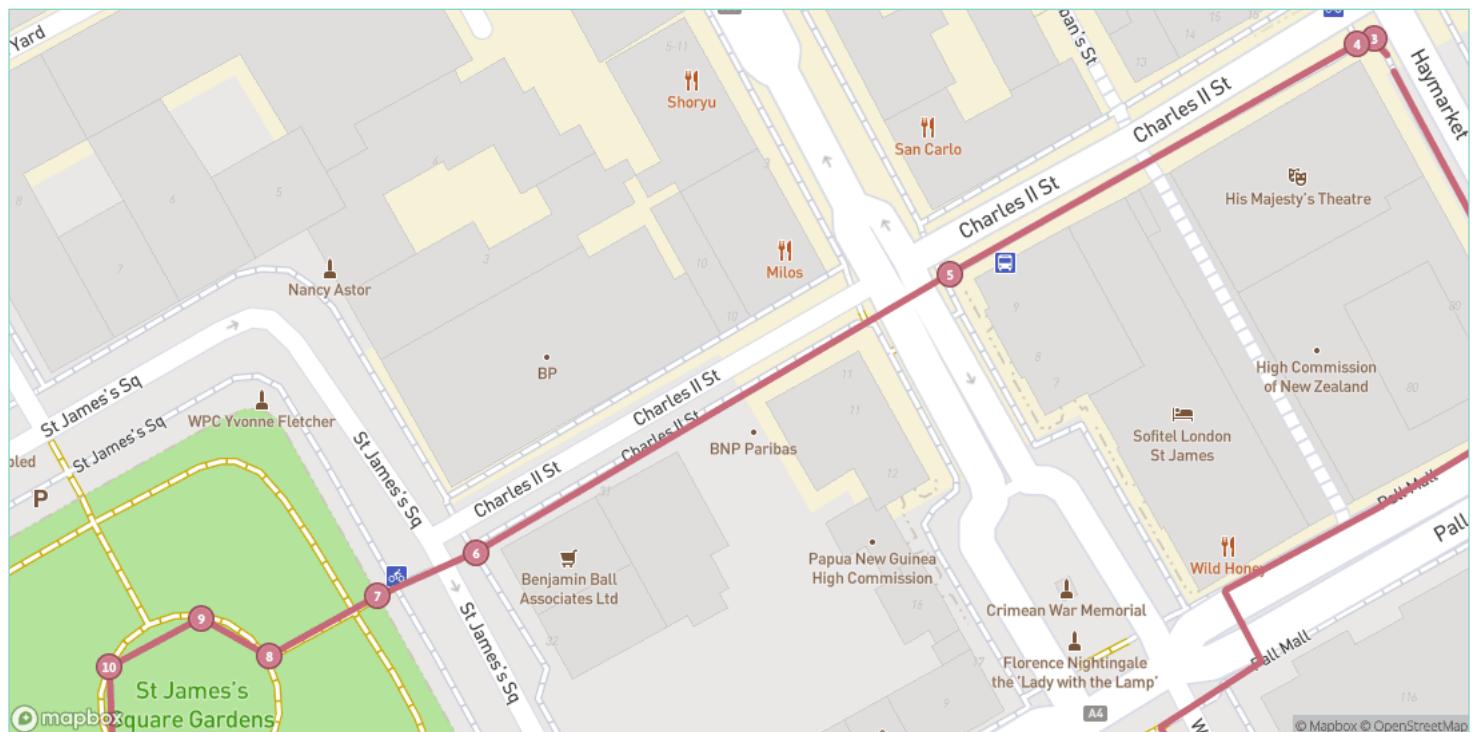
**Step 3:** Stand across the road from the theatre and take a look at the beautiful building designed by John Nash in 1871. Read more below.

### Theatre Royal Haymarket

The Theatre Royal Haymarket dates back to 1720, making it the third-oldest London playhouse still in use.

Originally, the Little Theatre in the Hay was built right on the street, so that the audience entered through cramped corridors, barely wide enough for two to walk abreast. What is more, once inside, they remained just feet from the racket of the wild Haymarket street, clearly audible to all within. In 1820, deciding that London was looking tired and old, the Prince Regent instructed architect John Nash to enhance the appearance of the city, redesigning its shabby frontice-pieces with new awe-inspiring glamour. Nash had particular plans for the modest little Haymarket Theatre, envisaging a lofty, elegant frontage with a spectacular theatre behind. For optimum impact however, the architect insisted the whole building be shifted, south of where it stood, so that it may line up with St James's Square.

On the 4th of July 1821, the new Theatre Royal



Haymarket opened, sporting what is now one of the few surviving raked stages, slanting away from the audience so that the actor, moving back, could be more clearly seen.

**Step 4:** Behind you is Charles II St. Walk along this road, heading away from the theatre.

**Step 5:** Continue down Charles II St and cross Waterloo Place.

**Step 6:** Up ahead is St James' Square Gardens where we're headed to next. Cross the road and make your way into the square.

**Step 7:** The square is open to the public on weekdays from 7:30am to 4:30pm. Head up the steps.

**Step 8:** In the centre is an equestrian statue of William III by John Bacon (erected 1808).

**Step 9:** Take some time to wander around the pretty square before exiting on the other side. What good things can you see in nature today?

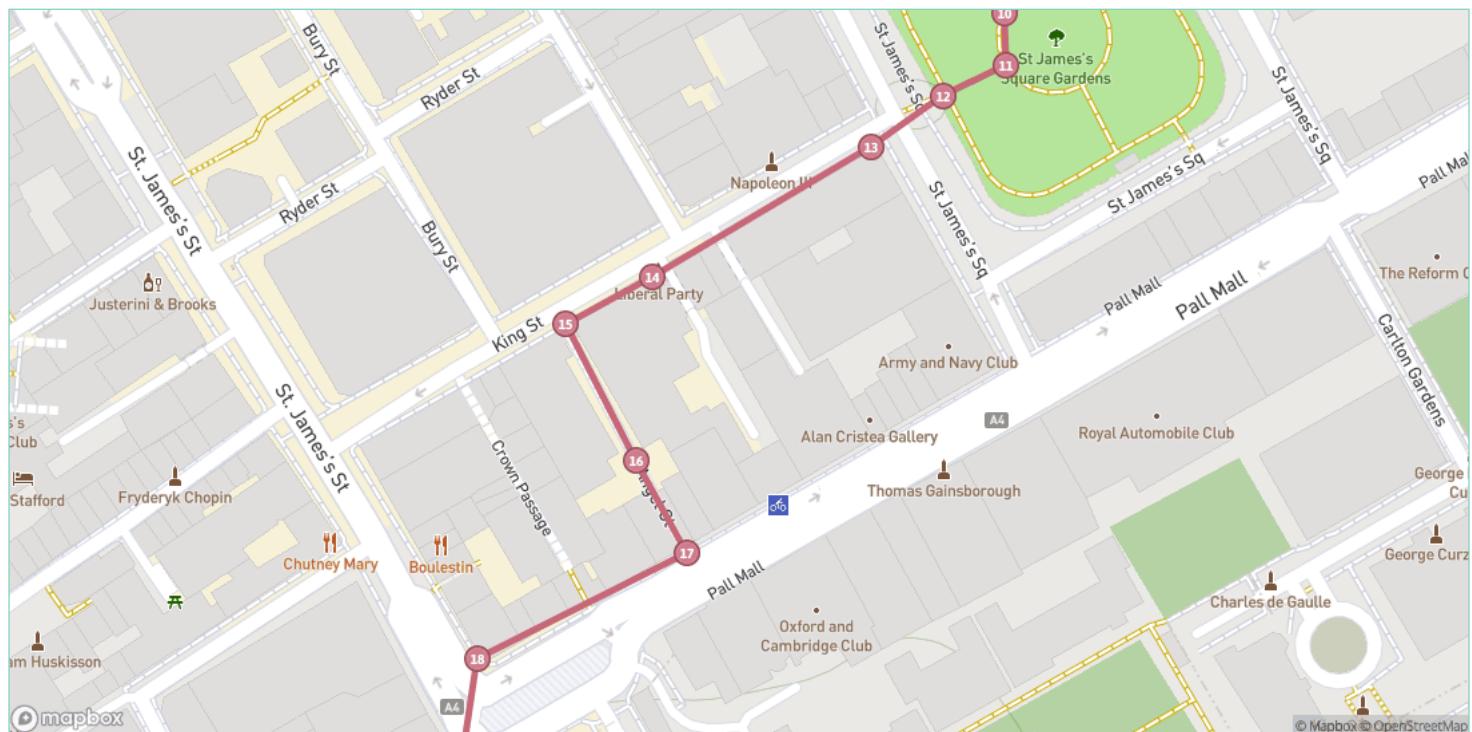
**Step 10:** If you want to relax for a couple of minutes, why not take a seat and watch a short video from Harold Fry author Rachel Joyce, and musician Passenger. Tap the 'Read More' button below. 

#### Author Rachel Joyce

Author Rachel Joyce wrote the best-selling phenomenon *The Unlikely Pilgrimage of Harold Fry* inspired by a personal experience with her father. Watch a 2 min interview with her and Passenger about how the story was born, and how it became a hit West End show.

#### Watch the video

<https://www.youtube.com/watch?v=O3ci1LHjaCo&t;=40s>



**Step 11:** The square is predominantly Georgian & Neo-Georgian architecture. In the 1720s a whopping seven dukes and seven earls were local residents!

**Step 12:** When you're ready, exit the square on the opposite side to which you entered. Mind the steps and continue straight into King Street.

**Step 13:** Continue down King Street. Harold Fry is certainly no King but he is a very ordinary hero. Who are the ordinary heroes in your life?

**Step 14:** Up ahead is The Golden Lion pub. A great spot for refreshments! Just after the pub, turn left down a small alleyway called Angel Court.

**Step 15:** Don't miss the sign on the right about the luck-stricken former St James's Theatre. You really are in Theatreland right now. 🎭

**Step 16:** Continue down the alleyway. Don't miss the sculptural freeze that is all that remains of the theatre on your right hand side. ↗

**Step 17:** Continue down the ramp, through the tunnel and turn right onto Pall Mall. You might know it from the classic Monopoly board.

**Step 18:** At the end of Pall Mall use the zebra crossing to make your way over to the other side. Bear left to continue up Cleveland Row.



**Step 19:** That's St James' Palace across the road. It was built by Henry VIII and has been home to the Kings and Queens of England for over 300 years.

**Step 20:** Fun facts - Elizabeth I set out from here to address her troops assembled against the Spanish Armada and Queen Victoria married Prince Albert in the Chapel. The Palace is open to visitors on selected dates.

**Step 21:** Continue up Cleveland Row.

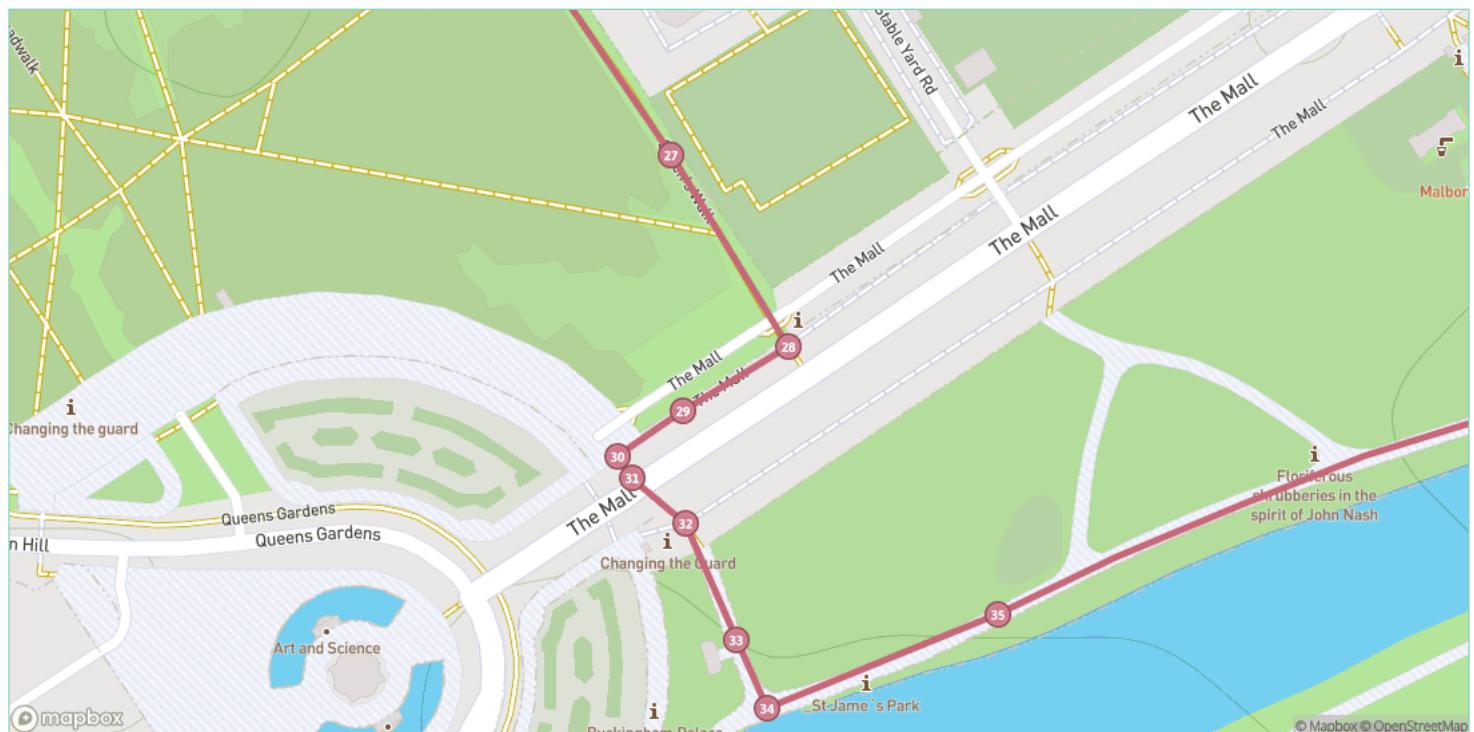
**Step 22:** Cleveland Row continues through the gap in the buildings just up ahead.

**Step 23:** At the end of the road bear right and look for gates to Green Park on your left.

**Step 24:** Use the steps to go through this short cut which opens up onto Green Park. Follow the steps down and turn left at the end.

**Step 25:** You're now walking along Queen's Walk. Do you feel like royalty? 

**Step 26:** This path was originally created for Queen Caroline (wife of King George II) in 1730. Apparently it was her favourite place to promenade.



**Step 27:** Did you know the park around you used to be a royal hunting ground that was enclosed by King Charles II? It's great it's now for the people.

**Step 28:** At the end of the path turn right onto The Mall, a ceremonial route that was created in honour of Queen Victoria.

**Step 29:** Continue ahead and you'll see Buckingham Palace up ahead.

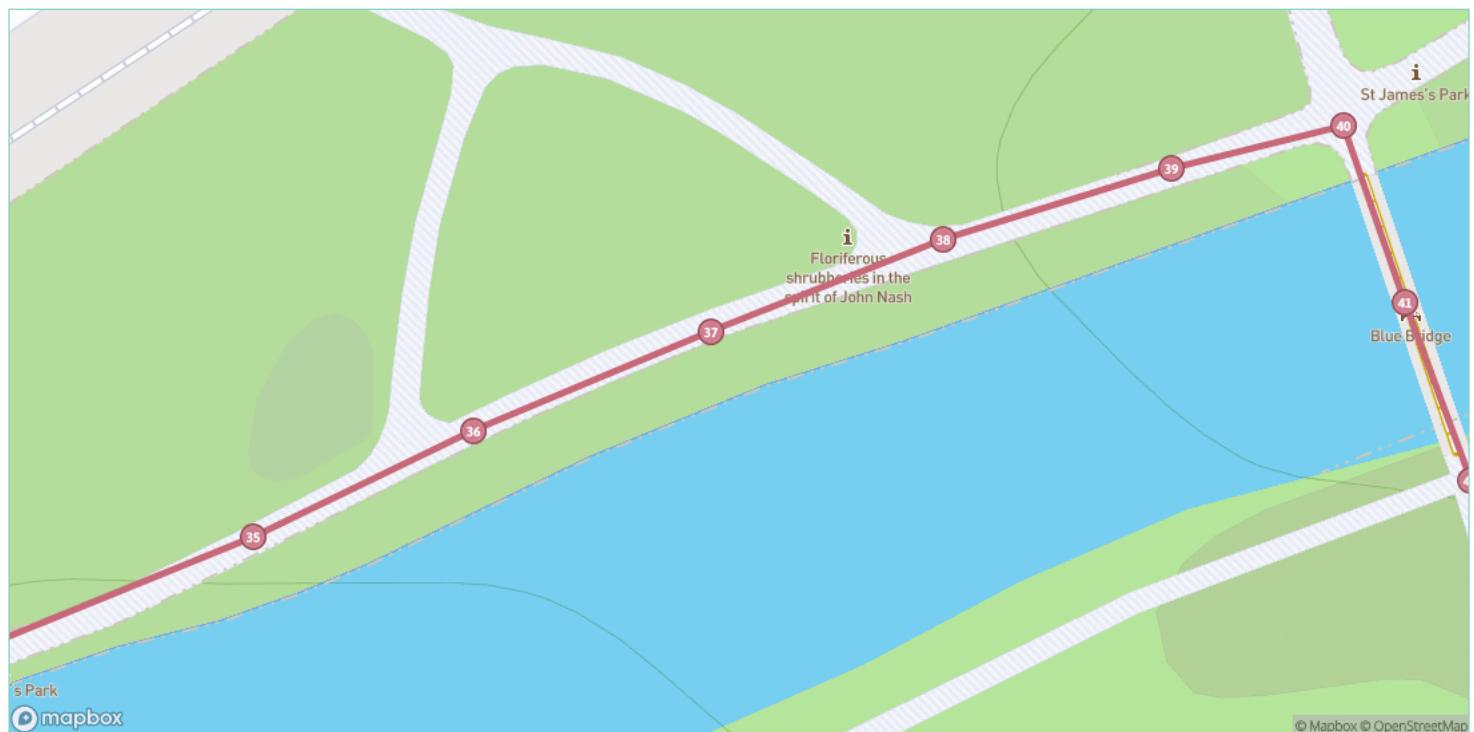
**Step 30:** You can't miss the golden Victoria Memorial for Queen Victoria by sculptor Sir Thomas Brock.

**Step 31:** On your left, cross over The Mall at the pedestrian crossing and turn left on the other side for a few steps.

**Step 32:** Take the path almost immediately right and head downhill into our next park, St James's Park.

**Step 33:** Look left as you go for views of the London Eye.

**Step 34:** When you reach the water, turn left. It's time for some slow mindful walking, enjoying the calming scenery as you go.



**Step 35:** Take a moment to pause on one of the many benches and listen to a 'Song for the Countryside' from Harold Fry. Tap 'Read More' to enjoy. 

### Song for the Countryside

'Song for The Countryside' features in The Unlikely Pilgrimage of Harold Fry at the point when Harold Fry is on his walk deep in the English countryside. He is struggling with grief and issues from his past. This pilgrimage on foot through the country he was born in but rarely explored, helps to open him up to the healing power of being outdoors and communing with the nature around him.

Watch Passenger's music video for 'Song for The Countryside' which was filmed on location at Devil's Dyke in the South Downs. It also stars Jack Wolfe who was in the original Chichester Festival Theatre production of the show.

Can you hear the countryside singing? Now tune in to nature and enjoy the sights and sounds of nature.

#### Watch video

[https://www.youtube.com/watch?v=IUHnJT\\_BJLQ](https://www.youtube.com/watch?v=IUHnJT_BJLQ)

**Step 36:** When you're ready, let's continue on our little pilgrimage. You never know what you might see...

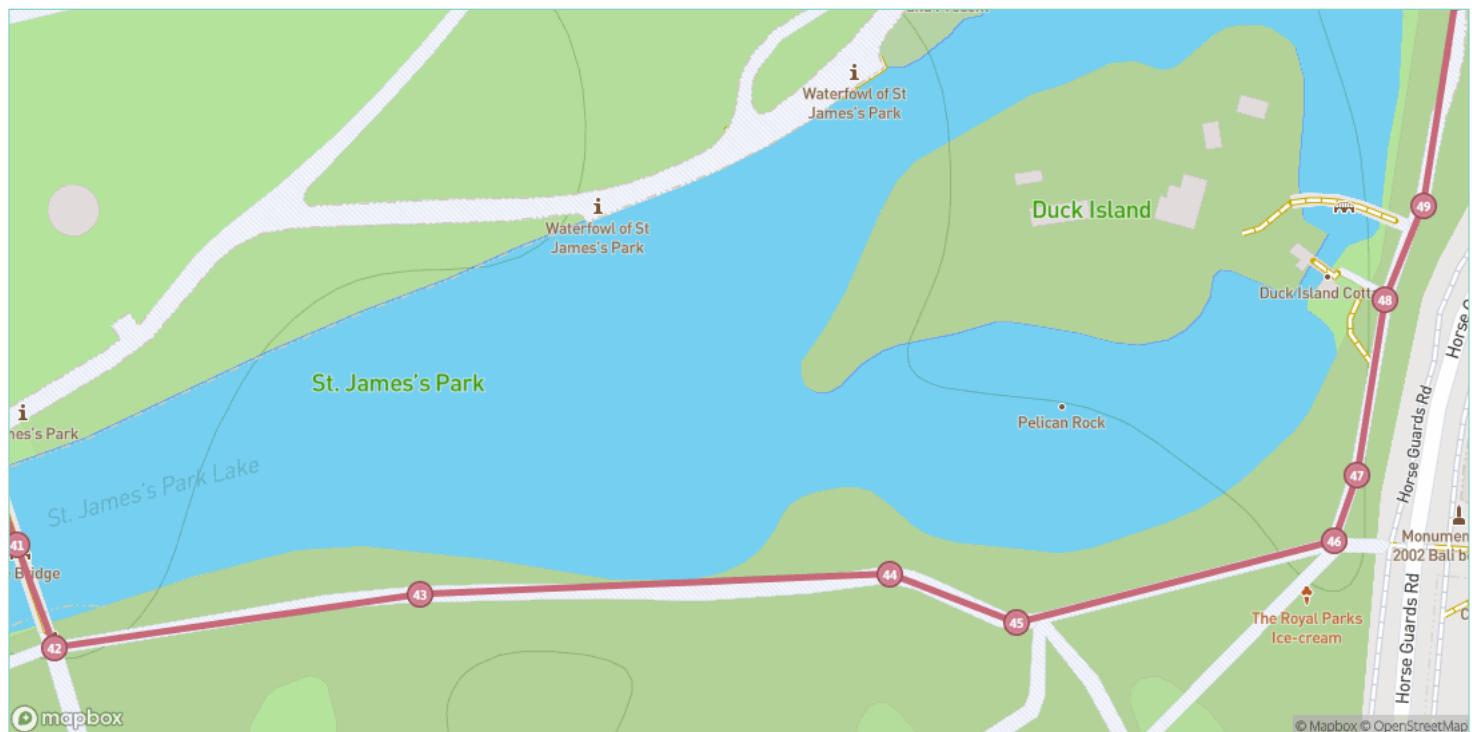
**Step 37:** Don't be surprised if you come across some intriguing birdlife in St James's Park... it's home to 40 pelicans!

**Step 38:** They were first introduced to the park in 1664 as a rather quirky gift from the then Russian Ambassador. The pelicans are free to roam wherever they like and might even come and sit next to you on a bench if you're lucky.

**Step 39:** Continue walking alongside the lake. A blue bridge is up ahead and we're going to cross over it soon.

**Step 40:** Turn right onto the bridge and mind the bollards as you go.

**Step 41:** It's a stunning spot for pictures so get the camera phone out! 



**Step 42:** At the other side of the bridge, turn left to continue with us. The lake should be on your left. Keep walking right to the end.

**Step 43:** Whatever the season, take notice of the colours, sights, smells and sounds of nature. Tuning into the natural world around you...

**Step 44:** ...can bring about clinically significant improvements to your mental and physical wellbeing.

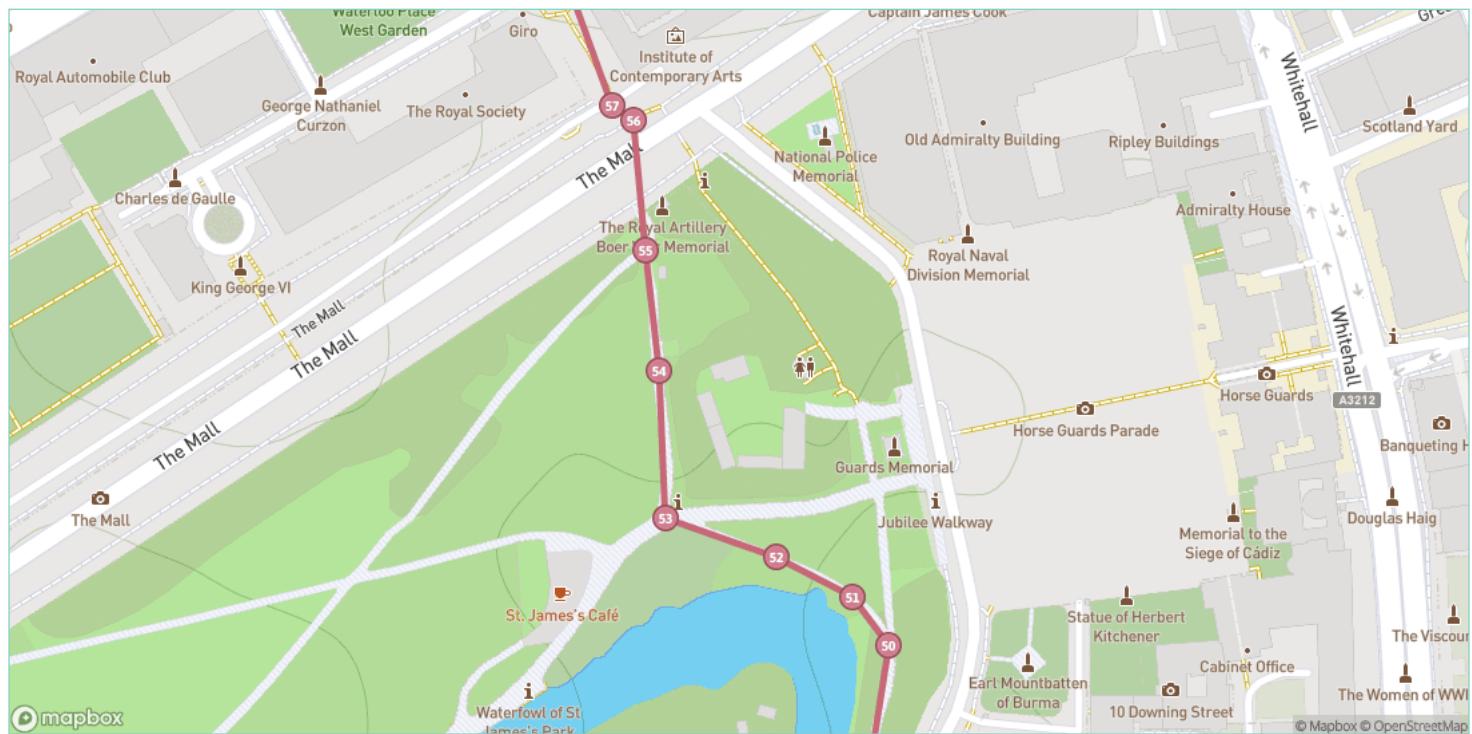
**Step 45:** We are so lucky to have so much green space in London. Did you know that London is actually 47% green space?

**Step 46:** Look out for these plaques on the ground. The Jubilee Greenway and Jubilee Walkway are other routes you can also find on the app.

**Step 47:** Follow the path as it bears left around the lake. Can you see a little gingerbread cottage?

**Step 48:** This is Duck Island cottage. Thursdays - Sundays you can visit the sustainable shop inside or enjoy the pretty garden outside anytime.

**Step 49:** Did you know that there are approximately 17 bird species that regularly breed in the park? You might be lucky enough to spot a Heron!



**Step 50:** Continue walking around the outskirts of the lake. Enjoy this calm and tranquil moment before we head to the hustle and bustle of the city.

**Step 51:** Keep following the path around the lake. Do you have a favourite tree that you can see in the park?

**Step 52:** Up ahead you might spot a Ginkgo tree lining the path. They have beautiful green leaves that turn a spectacular gold in autumn.

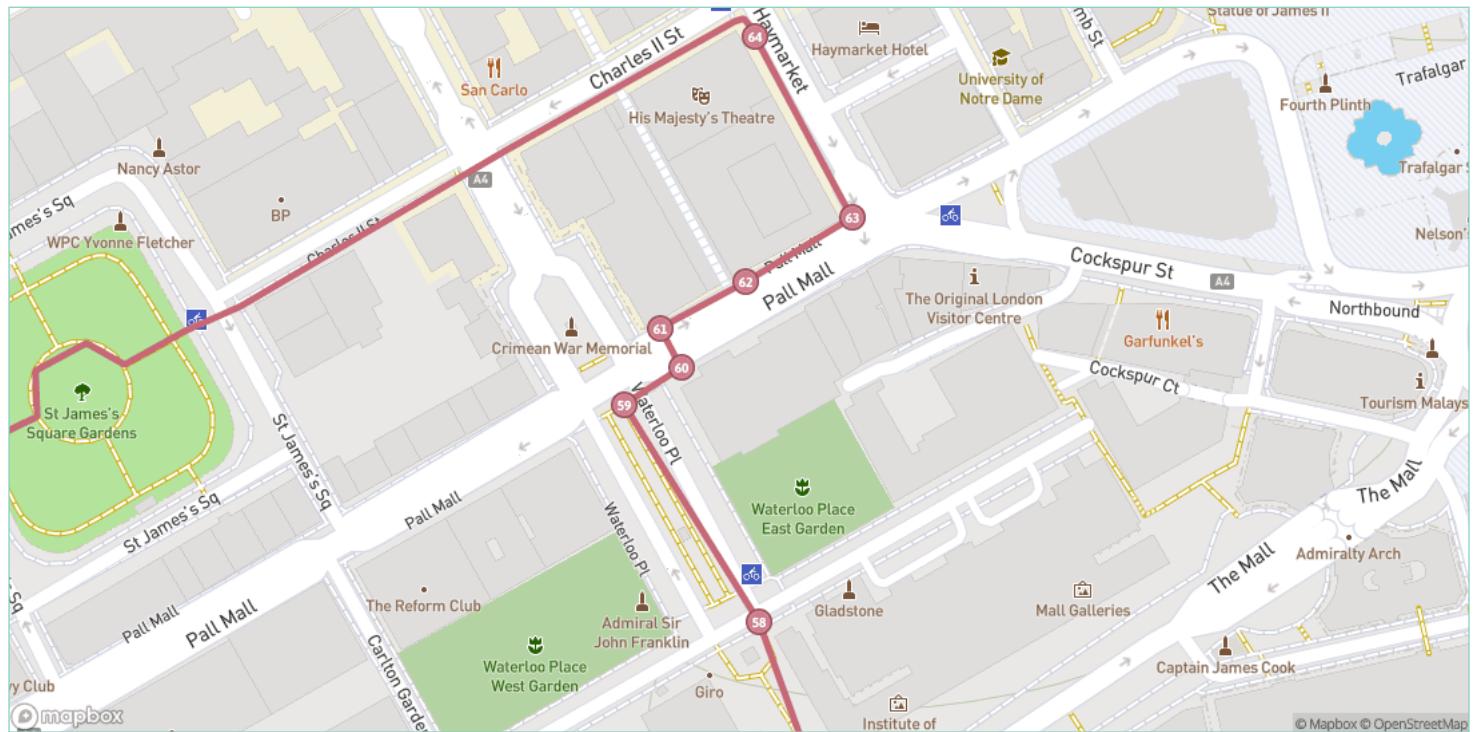
**Step 53:** At the path junction, take the second path on the right.

**Step 54:** Continue to the end of the path as we begin to make our way back to the start.

**Step 55:** Exit St James' Park and bear right. Make your way to the pedestrian crossing to cross over The Mall.

**Step 56:** On the other side of The Mall you'll see the Institute for Contemporary Arts which has a cafe and toilets.

**Step 57:** To the left is the Duke of York column. Make your way up the steps.



**Step 58:** Cross over the road and continue ahead.

**Step 59:** At the end of the pedestrian island, turn right to cross over the side road known as Waterloo Place and look for the pedestrian crossing.

**Step 60:** Then turn immediately left to cross Pall Mall at the pedestrian crossing. Turn right on the other side.

**Step 61:** Here you'll find a classic red postbox. Postcards and letters are important to Harold Fry's story. Can you think of someone you've been...

**Step 62:** This is your polite reminder to drop them a letter or postcard in the post! Take inspiration from Harold Fry and do it. It's always great to reconnect with lost friends and connect with new ones.

**Step 63:** At the next corner at the junction with Haymarket, turn left. Continue straight ahead to finish the walk where we began at the theatre.

### One For The Road

To celebrate the end of your London Pilgrimage, 'Here's One For The Road'! This song features in The Unlikely Pilgrimage of Harold Fry, and is performed by Noah Mullins who stars as 'The Balladeer' who helps narrate Harold's epic journey in the West End production. Noah sang the song at a special launch event preview in 2025 to celebrate the musical transferring to London in 2026.

#### Watch the performance

<https://www.youtube.com/watch?v=C7mm4cl4Fys>

**Step 64:** We hope you feel relaxed and rejuvenated after this mini nature pilgrimage! If you enjoyed it, please share the walk with friends and don't forget to get your tickets for The Unlikely Pilgrimage of Harold Fry!