

One Walk London Event Information

The Basics

Saturday 20 June 2026

Location: One Walk London will be starting and finishing in Lincoln Inn Fields, WC2A 3LJ

What3Words: ///noted.damp.tanks

How to get there

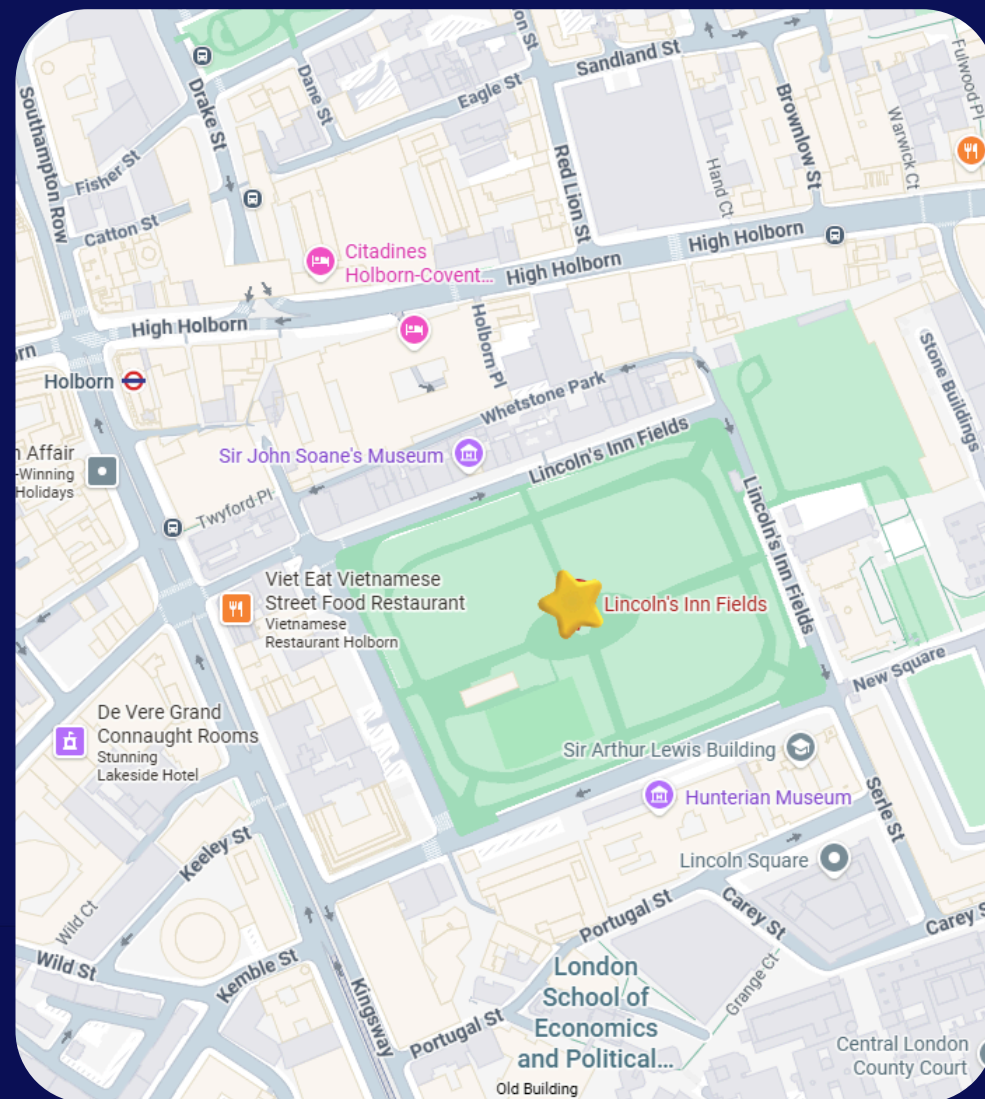
Please see the star on the map adjacent as to where the event village is in the park.

As the event is taking place in Central London we recommend using public transport. Make sure to check your journey online for the latest updates and closures.

For any advice on how to get to Lincoln Inn Fields, WC2A 3TL check out <https://citymapper.com/>

Underground: Holborn is the nearest tube (4 minute walk) which has access to the Central and Piccadilly line.

Car: There is Pay by Phone parking available around Lincoln Inn Fields as well as JustPark, Holborn Gate (10-minute walk) for £24 per day.



When you arrive

The event village opens at 9.30am.



All participants are required to **sign-in** at the **registration tent** before their walk.

Please arrive with enough time to sign-in and enjoy the event day activities.



When you sign-in make sure to let us know who your incredible type 1 superhero is. Everyone walking with type 1 will receive a Superhero cape to wear, so we can celebrate them throughout the walk!



If you are going to be late, or can no longer attend the event, there is no need to tell us.

Please just note that after 12:00 we will not be able to let participants start their walk.



Your Breakthrough T1D t-shirt has been sent to you. Make sure to wear it on the day with pride! There will be a designated place to collect or swap your t-shirt, if you have any issues.



The Event Village

Event Day Schedule

9:30am Event village opens

There will be lots to do before you set off on your walk.

Visit the **Breakthrough T1D Hub** to discover the latest in Breakthrough T1D research, speak with our staff, browse helpful resources and connect with other families in a safe, supportive space.

Browse **Funky Pumpers'** brilliant selection of diabetes essentials and accessories, from patterned patches to fun cases and awareness items.

Chat with **Insulet** about the Omnipod® system and learn more about their work.

Enjoy the children's entertainment with face painting, balloons and a chance to meet **Rufus Bear!**

10:30am Opening ceremonies & Warm up

11:00am 10km Walk starts

11:15am 5km Walk starts

After the Walk, walkers are encouraged to stay to celebrate your achievements. The event will close at **3pm**.

Guest Speakers

Adam Smith

One Walk London will be hosted by Sky Sports presenter Adam Smith. Adam lives with type 1 diabetes and is an Honorary Patron of Breakthrough T1D. He has recently been involved in getting government legislation approved for people living with Diabetes across all sport and exercise settings in the UK.



Muhammad Ali

Following a 3 year battle on May 9th, 2018, Muhammad made history as the first diabetic in the UK to be granted a professional boxing license by the British Boxing Board of Control. This milestone opened the door to inclusion and new opportunities within professional boxing.



Simon & George Vinnicombe

Simon is an award-winning playwright and screenwriter. His son, George, was diagnosed with T1D, at five months old. Simon is a keen supporter of Breakthrough T1D, taking on various challenges and creating the live theatre event 'Some Kind Of 1derful'. George is now 15 years old and a keen footballer and actor, determined not to let T1D stop him from living his life to the full!



Breakthrough T1D®

One Walk

5K Route Map

This map was created in advance of the event with the council and landowners' permission and support. Whilst we don't anticipate any changes, the route is subject to change.

- Please follow all instructions from staff and volunteers on the day.
- If you are lost or in need of assistance, contact the Breakthrough T1D Events Team by phoning **07710 086 250**.
- The event area will **close at 15:00**, so please make sure you're back in time to claim your medal.
- If you are doing the 10km please refer to the map on the back.

Scan the QR code below for the digital version of this map



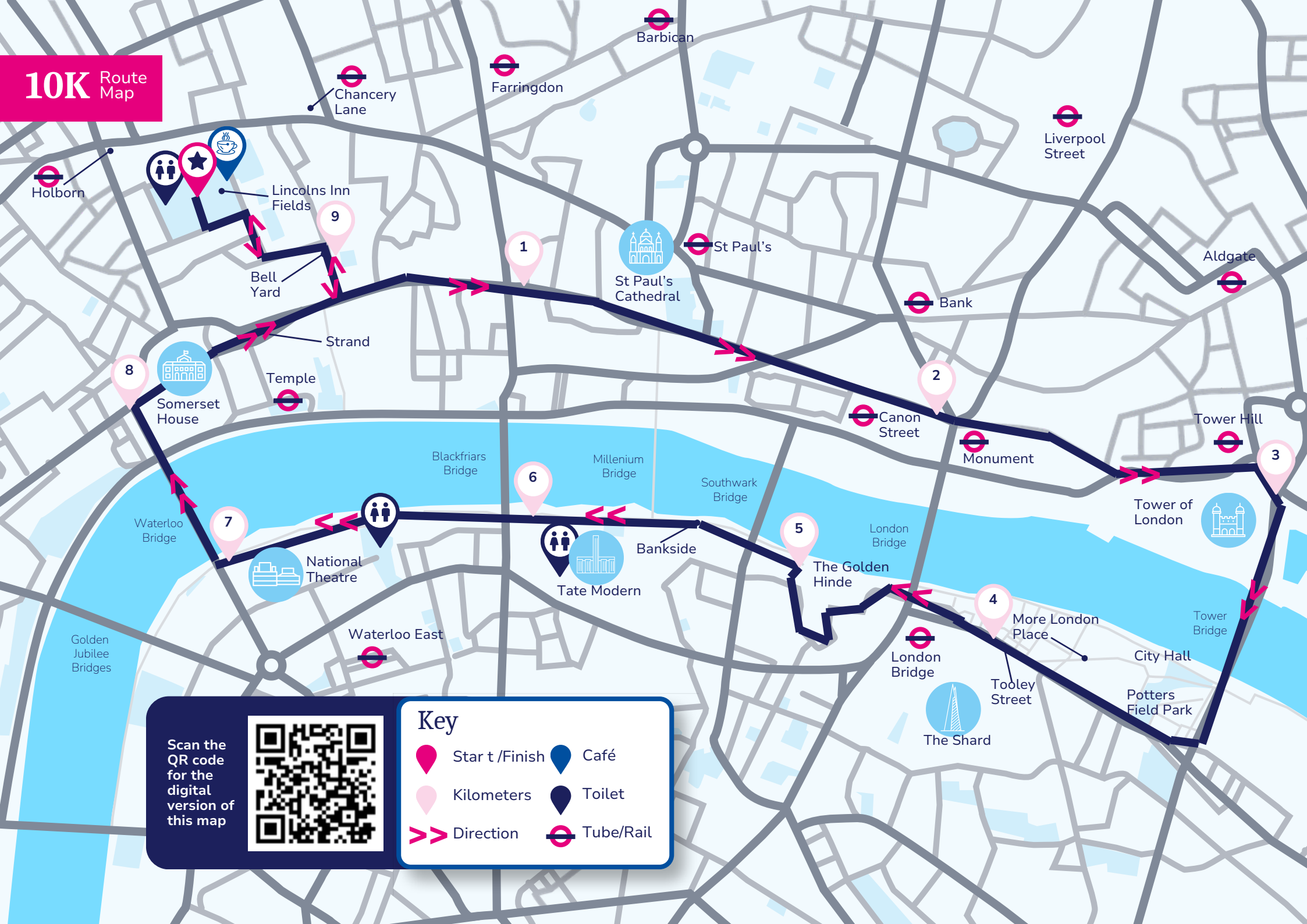
Please dispose of responsibly



Key

<ul style="list-style-type: none"> 📍 Start /Finish 📍 Kilometers ➡➡ Direction 	<ul style="list-style-type: none"> ☕ Café 🚻 Toilet 🚇 Tube/Rail
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10K Route Map



Scan the QR code for the digital version of this map



Key

-  Start/Finish
-  Café
-  Kilometers
-  Toilet
-  Direction
-  Tube/Rail

More Information about the day



We will have printed maps available on the day but you can check the route out using [this link](#) and follow it on your phone.

Our One Walk's are dog friendly, but please keep your dog on a short lead at all times, including at the start and finish areas.

There is a cafe on site to get your morning coffee, but please make sure you are stocked up with water and snacks for the walk.

Water will be available at the finish line for all our walkers, and we encourage you to stay to celebrate your achievements with your medal, until the event closes at **3pm**.

There will be volunteers at the start and at a few select points on route, please ask them questions or simply say 'Hi'. We couldn't put on our One Walks without our fantastic volunteers!

Further safety information

One Walk is a fun family (and dog friendly) day out, but we want to keep everyone safe and smiling. So, please listen carefully to your pre-walk safety talk before you start.

There will be medical support based at the start and finish that will be on hand for any medical issues, however in cases of a medical emergency please call 999 and then inform event staff by calling emergency events phone on **07710086250**.

Please follow the highway code at all times, especially when crossing roads. Please use marked crossing points where possible, as all the roads on route are open to traffic. Whilst on the route, which is open to the public in its entirety, you are responsible for yourself and your belongings.

Most importantly, enjoy the day!

