


# A step-free route from the National Film Theatre to Horse Guards Parade

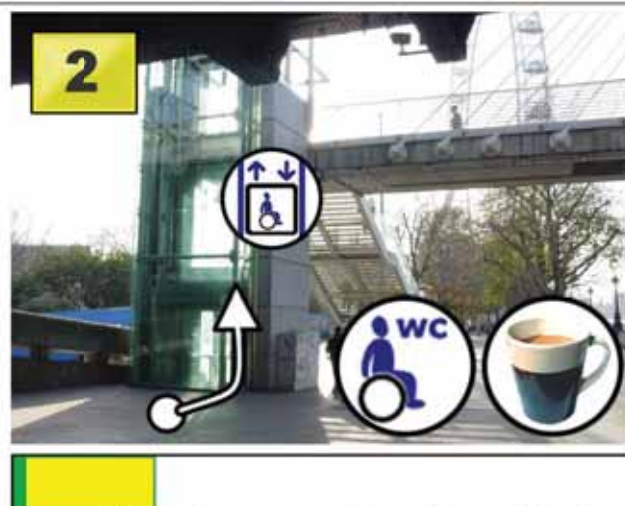


This map takes you from the National Film Theatre, over the Golden Jubilee Bridge, to Horse Guards Parade. Here you can see the changing of the guards in a ceremony - hourly from 10.00 a.m. to 4.00 p.m. - well worth seeing.

This journey is around 1200 metres long. It should take around 15 minutes to finish. If you have difficulty getting about it could take around 40 minutes. (These are estimates only.)

Under each picture is a time-bar to show you how long you need to walk to finish the journey.

 = the length of travel for each part of the journey.  = the length of travel already completed.

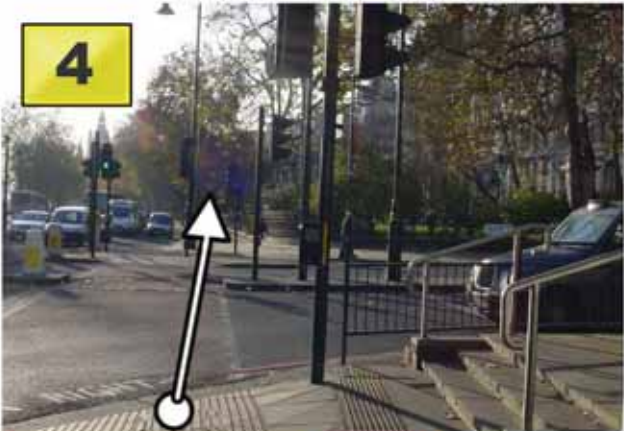


From the National Film Theatre riverside entrance **turn left** and go under the bridge.

Pass the shops and cafés. On the **left** is a **lift** for the Golden Jubilee Bridge. Take the lift to **Level 1**.

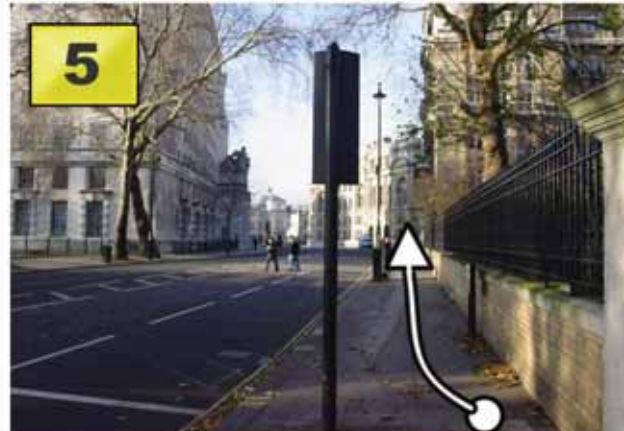
Go **across** the **bridge**. There is a **lift down** at the other end. Take the lift **down** to street level.

4



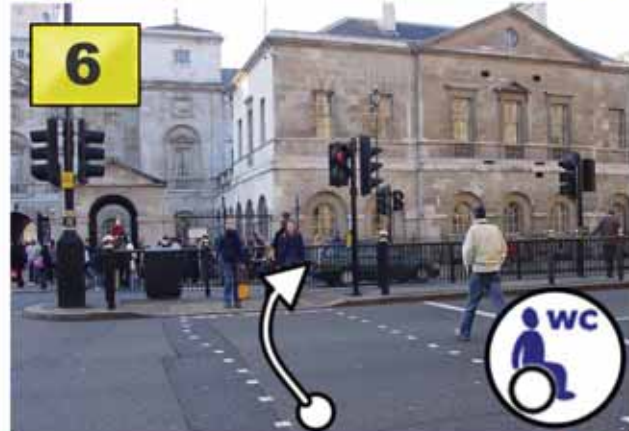
Behind the lift is a pelican crossing over **Northumberland Avenue** - cross here and go along **Victoria Embankment**.

5



Turn **right** and go along **Horse Guards Avenue**.

6



Cross over onto **Whitehall**.

7



Turn **left** towards **Horse Guards Building**.

8



Go through the **main gates** and arch to the courtyard to see **Horse Guards Parade**. (The gates close at 8.00 p.m.)

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3

1



Accessible toilets and Film Café (and bar) at the National Film Theatre (☎ 020 7928 3232).

2



Places to eat: Giraffe (☎ 020 7928 2004); Strada (☎ 020 7401 9126); Wagamama (☎ 020 7021 0877) and Eat (☎ 020 7401 2989).  
All with accessible toilets.

The ramp with rails to this level is at the end of the shops.

6



Accessible toilet: at Banqueting House, Whitehall (☎ 020 7930 4179).

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