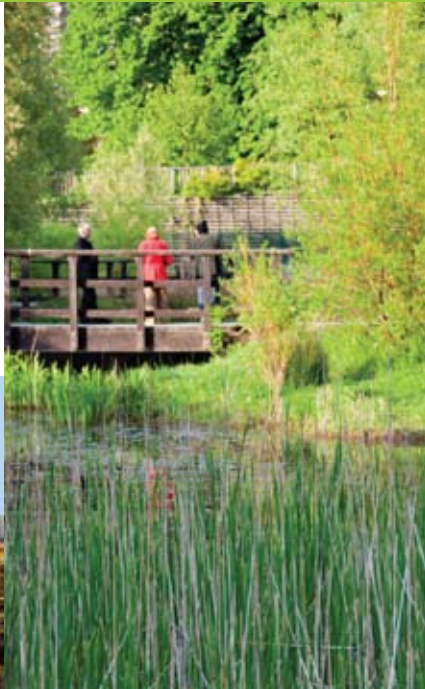


To book your place on this course:

Call Graham Barker on 0791 922 1806
Email: graham@walkeast.org
Visit: www.walkeast.org

Or complete the booking form below
and post it to Walk East, The Old Bakery,
4 Stepney Green, London E1 3JU



Photos from the Footpath Bringing Bow and the Olympics into Focus



Sign up now for a free photo-walk course Starts Friday 8 October

BOOKING FORM

Name
Address
Telephone
Email

Do you own a digital camera to use on this course? Yes No

If you know it, please tell us your camera's make

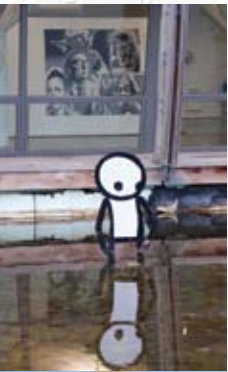
Signed	Date
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We will confirm your place as soon as possible and send you joining instructions.

Thanks to our sponsor:  Action for Bow

www.walkeast.org





What is this course about?

Over five weekly sessions, we'll explore different walking routes from Mile End Park to the Olympics site, using photography as a focus.

When dashing about by car, bus or tube, it's easy to miss interesting landmarks and green spaces on our doorsteps. This course offers a closer look at what's around. Each week there's something new to see and photograph, whether it's local history on the Bow streets, wildlife in Mile End and Victoria Parks, architecture on Fish Island or the latest Olympics developments.

Group tuition and individual guidance will help you capture the local area in photographs. And along the way you'll hear stories about the parks, waterways, historic landmarks and the Olympics. We take our time, with plenty of stops, and refreshments are provided.

In the final session, we'll work together at the Bow Idea Store to create a group photo-book. You'll receive a free copy of the printed book as a lasting record of the walks.

Who is it for?

The course is especially pitched at those who have limited or no experience of digital photography. But you're still very welcome if you simply want to learn how to use your digital camera more effectively. If you own a digital camera, please bring that along – but if not, cameras will be provided each week.

Priority will be given to Bow residents – thanks to funding from 'Action for Bow' – but you are still welcome to apply if you live elsewhere in Tower Hamlets.

When and where?

The course runs over five Friday afternoons, from 2–5 pm. It starts on Friday 8 October and ends on Friday 5 November. When you sign up, you'll receive full joining instructions. Most of the sessions start in Mile End Park.



Photos from the Footpath Bringing Bow and the Olympics into Focus

On a series of five guided photography walks, you'll:

- Learn how to compose, take and review digital photographs
- Make the most of your camera settings and functions
- Capture the autumn colours in Mile End Park and Victoria Park
- Discover the wildlife and plants of the local canals
- Find out about your local history, architecture and street art
- Hear about the Olympic buildings over a coffee at the View Tube
- Create a photo-book and receive your own printed copy

Sound interesting? Then join us on the Photos from the Footpath course.

Free course

Course leaders

Graham Barker is a journalist and walk guide. He writes 'Walk of the Month' for East End Life and his articles have appeared in Country Walking, Psychologies and Time Out. He recently devised and led a series of ten guided walks from St Stephen's health centre in Bow. **Natalie Clarke** runs photography training and events to help novice, casual and keen amateur photographers to develop their photography skills and experience.