



WEEKEND

GUIDE

2026

FEBRUARY 14-15

SPECTATING TIPS | SIGHTSEEING
APRES PARTY | THINGS TO DO
PLACES TO EAT



WELCOME

The London Winter Run returns to the heart of the capital on February 15, and we can't wait to welcome you for an unforgettable weekend. Whether you're taking part yourself or joining us to cheer on friends, family, or loved ones - this Weekend Guide is here to help you make the most of your Winter Run experience. With the event falling on Valentine's Day weekend, there are plenty of ways to turn your visit into something a little extra special.

Having the streets of central London closed for the event is truly epic, with much of the 10k course winding through the vibrant borough of Westminster. Take a look through this guide to discover what Westminster and the surrounding areas have to offer - whether you're planning a romantic celebration, a post event treat, or simply looking for things to see and do over the weekend. We're confident that even frequent visitors will find something new to enjoy.





CANCER
RESEARCH
UK



THE FUN DOESN'T STOP AT THE FINISH LINE! Join us for the Après Party in Trafalgar Square - where live music, entertainment, and frosty festivities await. It's the ideal way to celebrate the weekend - we've even got a special guest joining us to add a special twist to the weekend.

APRÈS PARTY

IN THE WORLD FAMOUS TRAFALGAR SQUARE, FEATURING

OASIS' GREATEST HITS

PERFORMED LIVE BY

OASIS TRIBUTE BAND

CANCER RESEARCH UK ROCK CHOIR

COOL DOWNS WITH RUNNA

PLUS! A SPECIAL GUEST APPEARANCE
FROM OLYMPIC LEGEND
EDDIE "THE EAGLE" EDWARDS



PARTICIPANTS
AND SPECTATORS WELCOME

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SPECTATOR TOP TIPS

Being a supporter is no small task! It takes some planning, comfortable footwear, and a lot of enthusiasm. While you won't be crossing the finish line yourself, there's still plenty of fun to be had around the course. Here are some tips to enhance your spectating experience at the 2026 London Winter Run.

1 KNOW YOUR LONDON UNDERGROUND DESTINATION

Use the Underground wisely. For an electric atmosphere, arrive at Monument or Mansion House to enjoy the Penguin Party and cheer at the halfway mark. If you're heading from the 10k start, get on at Embankment instead of Charing Cross, and take the Circle Line for a smooth journey.

2 SPECTATE SMARTER, NOT HARDER

Get the most out of your cheering by picking spots where you can see runners more than once. Look out for areas packed with wintry decorations, fun outfits, and plenty of festive energy! Position yourself just after the Penguin Party to give runners a boost and join in the lively atmosphere.

3 HELP WITH THE FINAL PUSH

Temple (Underground) is the perfect spot to cheer runners near the 9km mark as they power toward the finish line. Your support here can make all the difference!

4 BRING SIGNS AND SMILES

Banners, noisemakers, and funny signs go a long way in motivating runners. Clever slogans, playful jokes, or colourful props make your support stand out and give runners a real boost as they pass by!

5 ARRANGE A CLEAR MEETING SPOT

With 26,000 participants, meeting up after the race can be tricky. Pick a specific spot - like a lion statue in Trafalgar Square, rather than relying on the whole area. It'll save time and stress so you can enjoy the celebrations together.



GREAT PLACES TO EAT & DRINK!

Relax, refuel and toast to new achievements at one of these London locations.



Ship and Shovel

PINTS THROUGH THE AGES

Raise a glass to history as you explore some of London's most iconic pubs. Here are our five favourites to get you started.

- **SHIP & SHOVEL**
CHARING CROSS
- **THE SHERLOCK HOLMES**
ST JAMES'S
- **THE NELL GWYNEE**
COVENT GARDEN
- **THE HARP**
COVENT GARDEN
- **THE LAMB AND FLAG**
COVENT GARDEN

RUN, LOVE, REPEAT

Cupid meets London Winter Run! Celebrate Valentine's weekend in style with our top three date night restaurants in Westminster.

- **BRASSERIE ZEDEL**
SOHO

Located just off Piccadilly Circus in the heart of Soho, Zedel is best known for serving traditional French food at remarkably good value.

- **DISHOOM**
COVENT GARDEN

Savor authentic Indian cuisine and cocktails in a lively café-meets-club inspired by 1940s Bombay. It's mostly a walk-in spot, so don't be put off by the queue - it moves quickly.



Dishoom

- **PIAZZA ITALIANA**
CITY OF LONDON

Immerse yourself in the rich heritage of Italian cuisine at this award-winning restaurant, set within the grand, historic walls of the former British Linen Bank.



Dumplings Legend

UNCOVER THE CHARM OF CHINA TOWN

Chinatown is right around the corner - why not dive into its vibrant culture, bustling streets, and irresistible flavours? Begin your culinary adventure with our top picks for dumplings:

- **LEONG LEGEND**
- **DUMPLINGS LEGEND**
- **BUN HOUSE**

THINGS TO DO



EXPLORE COVENT GARDEN

Dive into Covent Garden, where quirky shops, market treasures, and street performers bring the streets to life. Explore the Apple Market for unique finds, step into the London Transport Museum, or explore movie magic at the London Film Museum.

Grab a coffee, sample gourmet bites, or enjoy a classic British pub. Don't miss the Royal Opera House or pop into nearby galleries for a dose of culture. From shopping to sightseeing to simply soaking up the atmosphere, Covent Garden is a vibrant playground for every kind of explorer.

CATCH A SHOW

Make the most of your trip with a night at the theatre and experience some of London's most iconic shows.

The Phantom of the Opera continues to mesmerize audiences with its timeless tale at His Majesty's Theatre (Saturday 14:30 & 19:30). For a revolutionary twist on history, don't miss **Hamilton** at Victoria Palace Theatre (Saturday 14:30 & 19:30). Step into a global sensation with **Stranger Things** at the Phoenix Theatre (Saturday 13:00 & 19:00 / Sunday 15:00). And for a truly powerful musical experience, **Les Misérables** at the Sondheim Theatre (Saturday 14:30 & 19:30) is not to be missed.

GET INVOLVED IN A LOCAL PARKRUN

Shake off nerves with a Saturday morning parkrun. Burgess Park is a great choice, offering a welcoming community and high spirits.

FIND A SPORTS BAR AND CATCH THE ACTION

With a thrilling weekend of sport on the cards, why not settle into a lively sports bar and soak up the atmosphere? From edge-of-your-seat moments to world-class athleticism, Westminster has you covered. Here are our top three sports bars to watch it all unfold:

- **Greenwood** Victoria
- **Bat & Ball** Covent Gdn
- **The Three Lanterns** Leicester Square

Once you've found the perfect spot, there's a packed schedule of unmissable sporting action to enjoy across the weekend.

OLYMPIC WINTER GAMES

Embrace the winter vibes as the Olympic action heats up. Medal events across Speed Skating, Ski Jumping and Snowboarding take place this

weekend - perfect viewing for cheering on your home nation.

2026 ICC MEN'S T20 WORLD CUP

Cricket fans won't want to miss the second weekend of the tournament. England face Bangladesh on Saturday 14 February, promising an exciting clash.

MEN'S SIX NATIONS

Last but certainly not least, there's an action-packed weekend of top-tier rugby:

Saturday 14 February:
Ireland V Italy (14:10).
Scotland V England (16:40).
Sunday 15 February:
Wales V France (15:10).

Big games, big moments and even bigger atmosphere - this weekend has it all.

EXPLORE LONDON FROM THE WATER WITH UBER BOATS BY THAMES CLIPPERS

Make your **Cancer Research London Winter Run** weekend unforgettable by discovering London's most iconic landmarks from a new perspective - the Thames. From Trafalgar Square, enjoy a short stroll to Embankment Pier and hop aboard an Uber Boat by Thames Clippers. With endless sightseeing opportunities along the river, it's the perfect way to see the capital at its very best.

Uber Boat
by **thames clippers**

HEADING WEST

WESTMINSTER & BIG BEN

Just minutes downstream, perfect for photos with your medal.

BATTERSEA POWER STATION

Transformed from a derelict coal-fired power plant into a vibrant mix of shopping, dining, entertainment.



HEADING EAST

TOWER BRIDGE & TOWER OF LONDON

Marvel at these historic landmarks from the water.

SHAKESPEARE'S GLOBE & TATE MODERN

Cultural gems along the South Bank.

GREENWICH

Visit the home of time itself and the Royal Observatory.

YOUR EXCLUSIVE BENEFITS

26% EXCLUSIVE DISCOUNT FOR PARTICIPANT:

Don't forget to use your exclusive 26% discount code for use on Adult and Family Hop-on Hop-off Day Tickets (1 Day) which has been sent to all registered participants via email.

POST-FINISH CELEBRATION AT CLIPPER LOUNGE EMB:

After completing your 10K, treat yourself to a well-deserved drink! Present your finisher's medal and race number at Clipper Lounge EMB by Embankment Pier between 10:30am-3:30pm on event

day for your choice of complimentary beer, soft drink, or hot beverage. Offer available while stocks last and cannot be combined with any other promotion. The lounge has limited capacity and offer will be available on a first come, first served basis.

GET ON BOARD