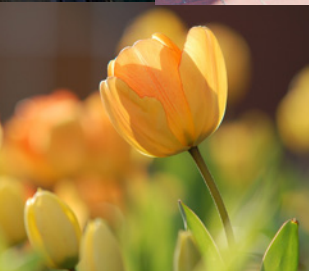




SPRING INTO PUTNEY

Your essential local guide







LOVE WHERE YOU LIVE

Putney is such a great place at this time of year, walks along the River, runs around the common, cosy lunches in our excellent choice of pubs and restaurants or browsing the new season items in the shops.

It is the perfect time to check out all that Putney has on offer for looking good and feeling great. From small independent hair and beauty salons, to exclusive training facilities, Putney has fantastic options right on your door step.

Putney is the ultimate home of rowing with the Head of the River series of races which finish in Putney, and the famous Boat Race returning to Putney this year.





AT THE HEART OF ROWING

Putney is synonymous with rowing and is recognised as one of the most famous hubs for the sport, both in the UK and internationally.

Most notably, Putney is known as the home of the Oxford and Cambridge University Boat Races – one of the oldest sporting events in the world, dating back to 1829 and 1927 respectively, with the men's race moving from Henley on Thames to the Tideway in 1836 and the women's race making history in 2015 when it too moved to the Tideway.

The embankment in Putney houses some of the UK's top rowing clubs including London RC, founded in 1856, and Thames RC, founded in 1860. In turn, these rowing clubs have trained and nurtured many World Champions and Olympians throughout the years.

DID YOU KNOW

There are more than 20 rowing clubs on the riverside of Putney, many of which have trained Olympic champions.



It is no surprise, therefore, that Putney has become the destination location for novice, elite and veteran rowers alike, creating a buzzing community and a inspired lifestyle for many in the area.

The bustling boathouses play a pivotal role in the local community and are often open from sunrise until late, offering training facilities, social activities, hospitality and events and, for many, the dream waterside venue for tying the knot!

In Spring, Putney embankment blooms with the buzz of Head Races when hundreds of competitors from around the country and Europe compete along a 6.8km (4.25 miles) stretch of the Thames. And, of course, on Boat Race Day the riverbanks swell full of spectators, spilling into local pubs and restaurants, creating a brilliant party atmosphere here in Putney, at the heart of rowing.

NO PARKING AT ANYTIME





MUSIC & STREET FOOD Festival

Boat Race Day, Sunday 3 April
Church Square, Putney High Street, 12 noon to 6pm

Enjoy the party atmosphere with Riverside Radio, hosting a live stage alongside delicious street foods.



Dates for your diary

Saturday 12 March

Women's Eights Head of the River
11.30am start

Monday 14 March

School's Head of the River
1.30pm start

Saturday 26 March

Head of the River Race
10am start

Sunday 27 March

Vesta Veteran's International Eights
Head of the River
12.30pm start

Note: Head race start times are provisional and may vary slightly due to tide times. The races finish in Putney.



Sunday 3rd April

The Women's Boat Race
2.23pm start

Women's Reserve Race
2.43pm start

Men's Reserve Race
3.03pm start

The Men's Boat Race
3:23pm start



Make a day of it!

Watching rowing races on the River Thames (Boat Race, or Head of the Rivers) are a perfect excuse to spend a day in Putney. Enjoy lunch at one of our friendly restaurants and pubs or make a post-race booking to round off the day in style.

PUTNEY WHARF

Coppa Club

The newest arrival to the riverside, Coppa Club is relaxed yet sophisticated and offers tasty food at great prices. Book early if you want to enjoy from one of the three igloos.

The Boathouse

Offering seasonal British food alongside Young's fine ales, craft beers and great wine. Recently crowned Best Alfresco dining in South West London. Child and dog friendly but book early for a terrace table.

The Rocket

This riverside Wetherspoon pub offer a wide range of breakfast, lunch and dinner dishes, real ales, craft beers and freshly ground Lavazza coffee. Cosy interior with a large curved window overlooking the River Thames.

Some businesses are offering special rowing deals so check our website www.positivelyputney.co.uk/hospitality-rowing-deals for details, or quote Positive 22 when you book.

PUTNEY HIGH STREET

Putney Pies

Serving the best pies in Putney, quality food made from fresh ingredients with passion and attention. A variety of meat and vegetarian pies with the option for other meals including toad in the hole and salads. Amazing underground vault restaurant with riverside garden.

Spotted Horse

This 18th-century pub located in the centre of Putney High Street with a hidden rooftop bar. Offering handcrafted cocktails, plentiful small plates, indulgent sharers, signature Sunday roasts and light dishes made from the best seasonal and locally sourced, fresh British produce. As well as wide choice of distilled spirits, fine wines, draught beer and cask ales.

Bills Restaurant

Cosy restaurant, a few minutes from Putney train station. The restaurant serves breakfast, lunch and dinner and notable dishes include the Bill's Smokey Barbecue Ribs. The interior is unique and welcoming, with plenty of nooks and crannies to sit in.



Revolution

Revolution is in the heart of Putney, bringing daring cocktails, delicious food and unforgettable nights out, 7 days a week. Dining with friends or hitting the dance floor, stop by to taste your way through their famous cocktail menu.

Lost Society

Opposite Putney train station, quirky style and décor with a fantastic Sunday lunch. Seasonal cocktails, craft beers, moreish small plates, and raucous weekend brunches.

LACY ROAD

Coat and Badge

Enclosed by laurel hedges, this garden offers cover and a chance to snack on burgers while people watching. Inside they have a large open fireplace. The pub offers a delicious Beetroot Veggie Burger and an exciting Pie of the Day, as well as a classic Sunday Roast of pork, chicken or beef.

UPPER RICHMOND ROAD

Prince of Wales

A traditional English pub and dining room located on Upper Richmond Road. The pub has a warm, homely feeling, serving a unique Prince of Wales cheeseburger with smoked bacon, bloody Mary ketchup and chips, traditional Sunday Roast. Wide range of board games to borrow whilst you dine.

Roxie

Serving the best steaks in Putney, with fresh ingredients and mouth-watering flavours. The restaurant is a favourite with the locals as it's as a homely feel and staff passionate about what they do. They strive to serve quality food at affordable prices, always with a smile.



East Putney Tavern

Close to East Putney Station, set over three floors. Craft beers, an extensive gin range and enticing cocktails dominate the drinks offering, perfectly paired with their all-day food offering. Private spaces dotted throughout the venue provide a space to yourself, with an outside garden.

Fox and Hounds

Amazing food and drink deals offered every day alongside 11 different screen showing sport. Opposite the mainline Putney train station with lots of space and private booths, as well as hidden garden out the back. They also serve great food and drink all day.

Gazette

Authentic French brasserie committed to fantastic seasonal food, wine cellar and true hospitality. Casual stylish venue with mismatched furniture.

Yumsa

Beautiful décor offering modern Thai food. Weekend brunch menu and extensive cocktails, .

Home SW15

Friendly cafe and restaurant, with daily changing menus of lunch and dinner. Straightforward food that lets the quality of ingredients shine through, with emphasis on simplicity and classic flavour combinations. Prosecco on tap, excellent cocktails, varied wine list and excellent craft beers.

If you would rather just drink and dance visit Tequila Mockingbird, or Simmons Bar on Putney High Street or Le Fez on Upper Richmond Road.

We also have lots of smaller restaurants that would love to feed you and your friends and families.

Check here for a full list
www.positivelyputney.co.uk/listing-category/restaurants-pubs-bars/



We know that Lower Richmond Road also has a great range of restaurants and pubs but they are outside of our BID boundary.



Feel good, get fit and focus on you

Whatever your health and fitness goals may be, Putney is full of little havens of wellness to keep you on track. From a great selection of gyms, to beautifully designed yoga studios, to places to focus on your inner strength ... not just your physical strength.

UPPER RICHMOND RD

Bodies Under Construction

New to Pilates? Begin your Pilates journey here and immerse yourself into their friendly studio atmosphere, where you will be supported and encouraged to find and achieve your own goals.

Body & Brain Yoga and Taichi

A visit to this place will help eliminate stress and revitalise the body to release deep tension from joints and muscles. Strengthen and make yourself bright this Spring.

Daley Fitness

Time is precious, so Daley Fitness offer classes to keep your health and fitness regime on track with high intensity classes such as BARRE, TRX, Bootcamp, Power Yoga & Kickboxing that last anywhere between 20 and 90 minutes. Ideal for a lunch time workout.

GetSetGo! Family Club

Everything you need for quality family time or relaxing me-time. Dozens of exercise classes for kids and grown-ups to choose from. Swimming lessons, interactive play spaces, dance and martial arts academy, plus baby and toddler groups. Time for you, time for them and time together.

Lanna Spa

Providing a range of beauty treatments at reasonable prices from experienced skin care experts. Detailed consultation to understand your skin type.

Oriental Healthcare

Offering caring and effective treatments, associated with acupuncture, herbal medicine, Tui Na (Chinese medical massage), chiropractic and physiotherapy for back pain, headache, sciatica and a wide variety of other complaints.

Physio4Life

Poor health and wellbeing isn't simply something you should have to put up with. Whether you've picked up a sports injury, suffer from long-term pain and discomfort or want to target new health and fitness goals, achieve genuine results at Physio 4 Life.

Pure Gym

Fancy a workout at 3am? Well you can at Pure Gym. Open 24 hours and stocked with the latest exercise kit and equipment, they believe in everyone from every background having access to a healthy lifestyle.

Re:Treat Medi Spa

A modern facial aesthetics clinic and medspa specialising in cosmetic and anti-ageing treatments led by Dr Shadi Eddin. Offering cutting edge facial aesthetic treatments, beauty treatments and Ozone therapy in their serene treatment rooms with their team of highly qualified clinicians and therapists.



The House of Yoga

With over 50 classes per week, The House of Yoga is a great place to unwind and de-stress. They specialise in Hot Power Vinyasa Yoga which strengthens, tones and invigorates your mind and body.



The Pilates Room

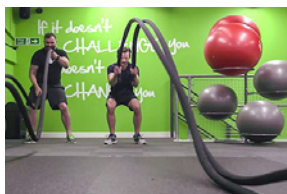
This Pilates community is passionate, committed, determined, and supportive. Whether you are looking for a toned body, increased strength and endurance, recovery from injury or just to work out.

The Putney Clinic

Offering a range of pilates and Tai Chi classes to complement the services from osteopaths, physiotherapists and healthcare professionals with the aim to help you to help yourself.

Yoga Mama

Pregnancy is a great personal journey, it can also be a challenging time, as adjustments need to be made as the body starts to change shape. This pregnancy yoga practice can help address some of these mental and physical changes in a positive way.



PUTNEY EXCHANGE SHOPPING CENTRE

Energie Fitness

Expect a warm personal welcome alongside lots of awesome equipment. Offering a blend of budget and boutique. Providing all the tools you need to make sure you achieve your fitness goals within a fun and empowering environment.

Massage Company

Offering high-quality massage to everyone. They want people to see massage as good value for money, so it becomes a vital and routine part of a better and balanced quality of life. Offering unique monthly membership options.

PUTNEY HIGH STREET

Dr TCM

Putney is one of London's four traditional Chinese remedy clinics situated in London. The clinic uses traditional Chinese remedies and herbs to tackle problems including back pain, arthritis and infertility.

Eastern Natural Care

Offers a selection of holistic Chinese therapies and body soothing treatments. Sessions can be personalised and tailored to suit each customer, with massages, acupuncture and herbal remedies.

Martial Fitness

Kickboxing, kung fu, boxing, box fit, yoga, Pilates and capoeira... intrigued? Why not try something new with Martial Fitness.

Mi Vida Aesthetic Clinic

Providing excellent services using the latest technologies and techniques in aesthetics.

My Pilates London

Putney's coolest rooftop Reformer Pilates studio. Founded by two-time Olympian Pete Pallai, this place will challenge you physically and mentally. A must visit if you want a fresh start in Spring for conditioning or rehab or both!

Nutri PT

"Transformation Is Uncomfortable, It Takes Courage To Ask For Help". Are you looking to transform your body? Nutri PT Gym provide 12 week courses tailored to you to provide maximum results – proven by their hundreds of 5 star reviews.

LACY ROAD

Complete Yoga Studio

Whether you're a keen student or a stressed-out executive, a busy stay-at-home mum or a recent retiree – let a little yoga into your life, you'll begin to feel its expansive powers on a daily basis.

PUTNEY BRIDGE ROAD

CrossFit

This is a training environment like no other- their holistic array of classes includes CrossFit, Conditioning, Strength, Yoga, Weightlifting and Gymnastics for all abilities and backgrounds.

Live Free Chiropractic and Wellness

A multi-disciplinary clinic that offers an abundance of natural therapies to restore your wellbeing.



RNLI

The Royal National Lifeboat Institution (RNLI) are the official charity partner of The Boat Race 2022.

RNLI, the charity that saves lives at sea, and celebrating its 20 year birthday this year, has supported The Boat Race since 2002. They follow the race along the Thames and assist spectators who become stranded by the rising tide or swamped by the immense wash from the many boats following the rowers.

In 2015 RNLI were put to work during the first women's race when 65 spectators were stranded by the rising tide and had to be evacuated. The following year the RNLI bolstered its lifesaving service with the addition of 9 Arancia-class lifeboats crewed by lifeguards; these are strategically positioned along the course to keep the public safe during the incoming tide.

RNLI is entirely funded by donations and runs 236 lifeboat stations – this charity partnership allows RNLI to continue their great work operating beach lifeguards in summer and promoting water safety campaigns.



CHISWICK LIFEBOAT
is the second busiest
in the UK and Ireland.

4,100	1,944	179
INCIDENTS	RESCUES	LIVES SAVED
SINCE 2002	SINCE 2002	SINCE 2002



Dial 999
FOR LONDON COASTGUARD

... if you see anyone in difficulties in the river. The Lifeboat is usually launched by the coastguard based in Woolwich.



**MANNED
STATION**



LIFEBOAT CREW are ready to launch
in 90 seconds and can reach any
location in its patch in under 15min.




OVER HALF of serious
cases in the whole of the
RNLI are handled by lifeboat
crews on the Thames.

LOVE LOCAL

For Putney town centre to thrive we must continue to use it. By visiting and shopping in local businesses, telling your friend about a fantastic meal you had, recommending your hairdresser you will be playing your part in helping Putney businesses recover from the last few years. Putney businesses need your support.



Positively Putney is funded by the local businesses working to make Putney a vibrant and attractive place for those who work, live and visit. If you would like to know more about what is going on in Putney, please sign up to our monthly e-newsletter at positivelyputney.co.uk or follow us on social media.

 [@putney_bid](https://twitter.com/putney_bid)  [@positivelyputney](https://www.instagram.com/positivelyputney)  [@putneybid](https://www.facebook.com/putneybid)

VISITING PUTNEY


Getting to Putney is easy with excellent transport options:


Walk or Cycle:


Access from the Thames Path and the National Cycle Route 4


Car: Offers easy parking around town:

- Putney Exchange Shopping Centre car park (Lacy Road)
- Sainsbury's car park (Werter Road)
- Pay and display on street parking

 **Trains** to and from Putney Station are regular trains into London Waterloo via Clapham Junction.

 **Tube:** You can also catch the tube to East Putney and Putney Bridge tube stations via the District line.

 **Bus:** Putney offers a wide selection of bus services; 15 day-services and 14 night-buses.

 **River Bus:** If you are looking for a more scenic route, then the river bus is the option for you. A river bus from Putney Pier to Embankment Pier in central London.

SHOP LOCAL EAT LOCAL ENJOY LOCAL



Email: info@positivelyputney.co.uk
Tel: 020 3904 7986

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 [@positivelyputney](https://www.instagram.com/positivelyputney)

 [@putneybid](https://www.facebook.com/putneybid)

www.positivelyputney.co.uk

Boat Race day

**Music and street
food festival in
Church Square,
Sunday 3 April**

**Putney Platinum
Jubilee Light Beacon
Ceremony**

**Church Square,
Putney High Street,
Thursday 2 June**

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