

WALK SLOWLY BUT COMFORTABLY.
KEEP THE SAME SPEED THROUGHOUT EVEN WHEN YOU GO DOWN THE STAIRS.
PUT HEADPHONES ON THE RIGHT WAY ROUND.
BEST TO DO THIS ON A SUNDAY.

COME OUT OF THE BARBICAN TUBE
GO TO THE PEDESTRIAN CROSSING - PRESS THE BUTTON
WHEN IT'S GREEN PRESS PLAY
CROSS THE ROAD
WALK FORWARD THROUGH THE TUNNEL
AT THE END OF THE TUNNEL TURN LEFT
GO UP THE SLOPE (c.04:35)
AT THE TOP, WALK FORWARD
VEER LEFT TOWARDS THE BENCH
GO THROUGH THE CONCRETE BLOCKS
KEEP ON GOING FORWARD PAST THE BENCH
TURN LEFT
GO DOWN THE STAIRS (c.08:40)
IMMEDIATELY TURN RIGHT
IMMEDIATELY TURN RIGHT
TURN LEFT TOWARDS THE GOLD FACES
TURN RIGHT BY THE FACES
GO THROUGH TWO SETS OF DOORS
TURN RIGHT
GO THROUGH THROUGH DOORS
FOLLOW ROUND
ONCE OUTSIDE (c.13:05) GO UP THE STAIRS LABELLED DEFOE PLACE
VEER LEFT AIMING FOR THE MIDDLE
HEAD TOWARDS THE EXIT SIGN WITH NO ARROW

IF IT'S A SUNDAY OR A BANK HOLIDAY MONDAY BETWEEN 12 & 5PM-
VEER RIGHT & GO INTO THE CONSERVATORY
WANDER AROUND
WHEN YOU HEAR THE HUM OF THE VENT LEAVE (c.26:10)
ONCE YOU ARE OUT (26:40) TURN LEFT & WALK INSIDE

IF IT'S NOT A SUNDAY OR BANK HOLIDAY MONDAY
WAIT UNTIL (c.17:40) & TURN RIGHT

GO DOWN THE STAIRS BELOW GROUND - TIME TO REFLECT
AS THE PITCH RISES WALK UP STAIRS TO GROUND LEVEL
AT THE GROUND FLOOR TURN LEFT TO GO OUTSIDE
TURN RIGHT & WALK TOWARDS THE STAIRS
GO UP THE STAIRS THEN TURN LEFT
GO PAST THE BENCH THEN TURN RIGHT
KEEP WALKING
AT THE END TURN LEFT DOWN THE STAIRS
TURN RIGHT INTO THE TUNNEL
TURN LEFT