

London Wellbeing Walk

Mile End to Old Ford Lock

walk time 25-30 minutes
distance 1.2km / ¾ mile




WALKING TIPS

- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- Walk one way and hop on a bus for your return, or turn around and walk back to discover a different view.


	towpath walk
	access point
	café
	pub
	food & drink
	bench/picnic area
	parking
	bus stop
	London Underground

The Walk - Step by Step

A gentle waterways stroll along the Regent's Canal, where rail tracks, water roads and towpaths crisscross harmoniously disregarding old rivalrous stories. This is a walk of parks – the linear water park shadows a park created from devastation and ends at the East End's largest park. Wildlife and greenery line the towpath and evidence of this area's heritage is everywhere - from deep grooves worn into stone by working boat horses to the lock-keeper's cottage dramatically converted into university lecture rooms still keeping an eye over the canal.

-  Descend the steps from Mile End Road to the canal at Mile End Road Bridge.
- 1** Passing picnic benches at the canal side, follow the towpath up the slight slope beside Mile End Lock. All locks on the Regent's Canal were built with two chambers to allow working boats through in both directions at the same time, though most now only have one working chamber.
- 2** The grassy banks of Mile End Park slope towards the towpath, offering space to sit, picnic and watch the water. The Park was laid out on land which had been devastated by catastrophic bombing during World War II. Sounds of water, birdsong and the low putt-putt of boat engines are a relaxing contrast to the frenetic world of Mile End Road.
- 3** As you continue along the towpath, you'll notice barges and narrowboats moored alongside, sometimes two abreast.
- 4** Near Meath Gardens Footbridge, a bench invites you to take a moment beside three steel sculptures.
- 5** Beyond the Palm Tree pub, a Grade II-listed survivor of the wartime bombing here, the towpath is bordered by an army of reeds. Part of the Ecology Park, a complex

of lakes with an earth-sheltered pavilion, a viewing platform here gives you space to do some wildlife and bird spotting

- 6** The concrete mass of Roman Road Bridge gives you a choice of two tunnels to walk through.
- 7** Beyond the bridge, the canal widens like a lake and is bordered by dangling willow trees. This is the junction between the Regent's Canal and the Hertford Union Canal which heads eastwards from here towards the Queen Elizabeth Olympic Park. The Grade II-listed Stop Lock Bridge takes the towpath up and over the entrance to the Hertford Union Canal.
- 8** Just beyond Old Ford Road Bridge, Old Ford Lock is right next to the southern edge of Victoria Park, at over 86 hectares, the largest in East London. The Grade II Listed Lock Cottage and stable block once used to house and refresh the hardworking horses toiling day and night to pull the cargo-laden boats along the canal.
-  Take time to relax by the water, explore the towpath ahead, hop on a bus, or walk back to Mile End Road to see the water from a different viewpoint.

CANAL: Regent's Canal

START: Mile End Road
OS Grid ref: TQ362824 Postcode: E1 4PA

FINISH: Old Ford Lock
OS Grid ref: TQ356833 Postcode: E2 9JG

DISTANCE: 1.2km / ¾ mile

APPROX TIME: 25-30 minutes

PUB/CAFÉ: Plenty of choice along Mile End Road, Palm Tree near Ecology Park & Blu Ivy Café by Hertford Union Canal entrance

PARKING: Parking is difficult, so best to use public transport

TRAIN/BUS: Nearest Underground station – Mile End
National Rail Enquiries
Tel: 03457 484950 www.nationalrail.co.uk

Transport for London
Tel: 0343 222 1234 www.tfl.gov.uk

