

DAYS OUT

A GUIDE FOR LONDON AND THE SURROUNDING AREA



WELCOME

Welcome to British Waterways' days out guide for London and the surrounding areas. With ten exciting days to choose from, why not spend your free time doing something different?

The featured days out are just a selection of some of the things you can do near your local canals and rivers. From boat trips, festivals, theatre shows and nature walks, there is something to fill every weekend or the school holidays. For more information about what's on in your area visit: www.waterscape.com

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Some days out are quite detailed so it's advisable to take a map with you. London A-Z or equivalents are recommended.

Please check with individual attractions for opening times and entry fees before visiting.

KEY TO SYMBOLS Each itinerary has a symbol next to it showing what kind of day out it is.



Families



Energetic



Cultured



Enthusiasts



DAY ONE

CANALS, MARKETS AND EXOTIC ANIMALS

ITINERARY ONE

- Boat trip to London Zoo
- Meet the animals
- Return boat trip



ITINERARY TWO

- Boat trip to Camden
- Camden markets
- Walk the return journey



A PICTURESQUE START

Just north of Paddington lies the charming Little Venice. A pool of water which signals the arrival of the Grand Union Canal from Birmingham and the junction where it meets the Regent's Canal on its way to Limehouse. Built in the early 19th century, the Regent's Canal travels eight and a half miles through central London often passing undetected close to some of the capital's key attractions. This secret part of London offers a peaceful corridor which feels like a million miles from the hubbub of the roads and streets nearby.

YOUR DAY OUT

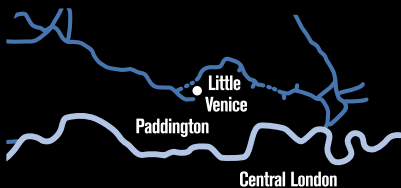
Begin your day at Little Venice. Before your journey treat yourself to something to eat at one of the eateries around the Pool such as the converted barge or a waterside pub. Next, pick up one of the boats operating from Little Venice and board either for London Zoo or Camden markets enjoying refreshments at your chosen destination. Make the return journey either by boat, or if you're feeling energetic, the 45 minute walk.

TRANSPORT TO LITTLE VENICE

Train: Paddington

Tube: Paddington or Warwick Avenue

Parking: Restricted to parking meters



LOOK OUT FOR

- coots, moorhens, swans, grebes, geese and other wildfowl in Little Venice
- Maida Hill Tunnel where bargees had to 'leg' boats through while horses were led overhead
- under some bridges there are clear rope burn marks made from horse tow ropes
- 'Little Venice circular walk via Camden and Primrose Hill' published by British Waterways

DID YOU KNOW?

- the stretch of canal between Paddington and Camden was opened in 1816
- building costs for the Regent's Canal were £772,000, twice the original budget
- Macclesfield Bridge was 'blown up' in 1874 when a barge carrying gunpowder ignited killing three workers
- the last horse drawn commercial traffic was carried here in 1956
- there are 94 waterside pubs in London

ATTRACTIONS AND CONTACTS

Jason's Boat Trips

www.jasons.co.uk

T 020 7286 3428

London Waterbus

www.londonwaterbus.com

T 020 7482 2660

Jenny Wren Boat trips

www.walkersquay.com

T 020 7485 4433

London Zoo

www.zsl.org

T 020 7722 3333

Camden Markets

www.camdenlock.net

EATING AND DRINKING

LITTLE VENICE / PADDINGTON

The Bridge House

Delemere Terrace T 020 7432 1361

The Waterside Café

The Pool of Little Venice T 020 7266 4665

The Waterway

Formosa Street T 020 7266 3557

The Union

Sheldon Square T 020 7289 3063

CAMDEN

Walkers Quay

Camden High Street T 020 7485 4433

Lloyds Bar / Ice Wharf

Suffolk Wharf T 020 7428 3770

The Lockside Lounge

West Yard T 020 7284 0007

ITINERARY ONE

- Mile End Ecology Park
- Ragged School Museum
- Regent's Canal walk



ITINERARY TWO

- Tour of Three Mills and House Mill
- Walk The 'East London Loop'
- Ragged School Museum



THE EAST END'S WATERY PAST

The canals of London's East End offer a multitude of entertainment opportunities. From museums, galleries, waterside walks, excellent eating and drinking and great parks, this area of London is rich in history and life.

YOUR DAY OUT

With so many choices, one day might not be enough to fully explore what East London has to offer, but a good starting point is the Regent's Canal at Mile End. With the ecology park and the unique 'green bridge', Mile End park is a wonderful open space with excellent views of the Docklands skyline. While the children burn off energy in the park, adults can enjoy a picnic brunch and start the day at a leisurely pace.

A LEISURELY DAY

A short walk down the canal towpath towards Limehouse takes you to the wonderful Ragged School Museum, located just off the canal on Copperfield Road which explores how East End Victorian children were taught. Then take the short walk to Limehouse Basin and enjoy refreshments at one of the excellent pubs or cafés.

AN ENERGETIC PACE

The more energetic day begins at Bromley-by-Bow. Armed with the East End Canals Walking leaflet your journey will take you up the River Lee, along the Hertford Union Canal and down the Regent's Canal. Take a break at the Ragged School Museum then onto Limehouse Basin for a well deserved refreshment stop. The last part of the walk incorporates the Limehouse Cut before arriving back at Bromley-by-Bow for a tour of the historic House Mill at Three Mills (Sundays only).

TRANSPORT TO EAST END

Tube: Mile End

DLR: Limehouse

Parking: Restricted to parking meters



LOOK OUT FOR

- the former Big Breakfast House at Old Ford Locks, Bow
- the award winning floating towpath on the Limehouse Cut
- the famous Saturday Roman Road market
- herons, seagulls, ducks, swans, coots, moorhens and terns
- 'Walking the East End's Canals' leaflet published by British Waterways

DID YOU KNOW?

- the Ragged School Museum, set up by Dr. Barnardo, housed London's largest ragged (free) school during Victorian times
- Limehouse Basin, formerly the Regent's Canal Dock, was a main centre of trade where exotic cargoes were unloaded onto barges for distribution throughout the country
- the timber framed House Mill was built in 1776 and is the largest tide mill left in the UK
- there are 62 listed canal structures in London

ATTRACTIONS AND CONTACTS

Ragged School Museum

www.raggedschoolmuseum.org.uk
T 8980 6405

The House Mill

www.housemill.org.uk
T 020 8980 4626

Mile End climbing wall

www.mileendwall.org.uk
T 020 8980 0289

Bronze Age Art Gallery

www.bronzeage.co.uk
T 020 7538 1388

EATING AND DRINKING

LIMEHOUSE

Verde Deli & Café

Narrow St T 020 7702 8803

La Figa

Narrow Street T 020 7790 0077

Narrow Street Pub & Dining Room

Narrow Street T 020 7265 8931

BOW WHARF & MILE END

Fat Cat Cafe Bar

Grove Rd T 020 8983 4353

Thai Room Restaurant

Grove Rd T 020 8880 6500

The Crown

Grove Rd T 020 8981 9998

The Palm Tree

Haverfield Rd

DAY THREE LONDON DOCKLANDS PAST AND PRESENT

ITINERARY ONE

- Museum in Docklands
- Mudchute Farm
- Mudchute Park



ITINERARY TWO

- Museum in Docklands
- Docklands walk
- Island History Trust



ITINERARY THREE

- Museum in Docklands
- SS Robin
- Prenelle Gallery
- Shopping in Canary Wharf



THE MODERN DOCKS

Docklands is one of those places where the more you explore, the more fascinated you become and the more you want to see. Every turn uncovers a little gem otherwise hidden behind the famous cityscape of Canary Wharf. Docklands is one of those unique places which has a huge variety of activities to suit everyone's needs. Satisfy yourself with history, amazing architecture, top class restaurants and simple cafés, galleries, theatres and even a city farm. With excellent transport links and convenient parking, a day out in London's Docklands can be enjoyed by all the family.

YOUR DAY OUT

Arrive in Docklands via the Thames Clipper which can be picked up at various places along the Thames and alight at Canary Wharf pier. Make the short walk via Canary Wharf tower to West India Quay on the north side via Cabot Square and over the footbridge.

THE DOCKLANDS OF THE PAST

A line of Grade II Listed warehouses line the bank of West India Quay, now home to some wonderful restaurants offering alfresco dining. The Museum in Docklands is the warehouse on the left. You will need a couple of hours to explore the museum which is deceptively big and absolutely fascinating. Discover the history of this important part of London from Roman times, through to medieval times, World War II and up to the present day.

ART, ANIMALS AND SHOPPING

After the museum, you could lunch at one of the quayside eateries and then, depending on the itinerary you have chosen, either stay on the quayside for the galleries and then to Canary Wharf for some shopping or hop on the DLR to Mudchute for the farm or take the 20 minute walk to the Island History Trust, a community history project dedicated to recording and preserving the history of the Island and the people who live there.

TRANSPORT TO DOCKLANDS

DLR: West India Quay

Jubilee Line: Canary Wharf

Thames Clipper: Canary Wharf Pier

Parking: Canary Wharf



LOOK OUT FOR

- restored warehouses at West India Quay
- the contrast between the docks old and new and how modern trading has altered the landscape
- Canary Wharf - a stunning architectural feature and beacon when you get lost
- pigs, sheep and cows grazing under the Canary Wharf skyline
- the fantastic Jubilee Place shopping mall

DID YOU KNOW?

- the Roman Empire traded wine, olive oil, glass and pottery through London's Docks
- until 1840, cargoes were unloaded by hand before hydraulic cranes were introduced
- at their busiest, the docks employed 100,000 people
- during the Blitz in 1940 over 1,000 tons of high explosives fell on the docks
- Canary Wharf is so called because at the west end of the South Quay, fresh fruit from the Canary Islands used to be unloaded into smaller barges

ATTRACTIONS AND CONTACTS

Museum in Docklands

www.museumindocklands.org.uk

T 0870 444 3857.

SS Robin

www.ssrobin.com

Prenelle Gallery

www.prenelle.com

T 020 7093 0628

Canary Wharf

www.canarywharf.com

Island History Trust

www.islandhistory.org.uk

T 020 7987 6041

Mudchute Farm

www.mudchute.org

T 020 7515 5901

EATING AND DRINKING

WEST INDIA QUAY

Browns

Hertsmere Road T 020 7987 9777

Via Fossa

Hertsmere Road T 020 7515 8549

Beluga

Hertsmere Road T 020 7537 4665

Scuzi

Hertsmere Road T 020 7519 6699

1802

Hertsmere Road T 0870 4443886

La Tasca

Hertsmere Road T 020 7531 9990

Bar 38

Hertsmere Road T 020 7515 8361

DAY FOUR KING'S CROSS AND THE REGENT'S CANAL

ITINERARY ONE

- London Canal Museum
- Guided tower panoramic walk
- Camley Street Natural Park



TRANSPORT TO MUSEUM AND CAMLEY STREET

Tube/Train: King's Cross

Parking: Limited to meters



CITY WILDLIFE DWELLERS

Stepping off the train at King's Cross you'd be forgiven for thinking that you're miles away from any open space and wildlife. However, a short walk up St Pancras Road and you'll discover Camley Street Natural Park, London Wildlife Trust's unique two acres of wild green space next to the Regent's Canal. The Park is an internationally acclaimed nature reserve and features a pond, meadow and woodland, providing a natural environment for birds, bees, butterflies, amphibians and diverse plant life.

FROM INDUSTRIAL BEGINNINGS

The industrial legacy of the canal gave birth to the park. Having once been a coal store, the site was rescued by local people from development by the GLC in the 1980s. More evidence of this past can be found at the London Canal Museum where you can experience life as the boat families who lived and worked on the canals in London would have done 150 years ago.

YOUR DAY OUT

Arrive in King's Cross and make your way to the London Canal Museum. After enjoying a leisurely tour of the museum either join one of the guided walks or an Islington tunnel boat trip running at various times throughout the summer. If you happen to be going on a Tuesday during August the museum runs special activity days for children. Next, take the short walk to Camley Street Natural Park and enjoy the peace and tranquillity of this rare wild space in the capital.

LOOK OUT FOR

- non-native terrapins, released by irresponsible pet owners and now living in the canal
- the wildlife watch club or holiday activities at Camley Street Natural Park
- St Pancras Waterpoint, moved next to the St Pancras canal basin to protect it from the Channel Tunnel Rail link extension at Kings Cross

DID YOU KNOW?

- the London Canal Museum is a former ice house which stored ice imported from Scandinavia until the 1900s
- Islington tunnel is 3/4 mile long and was completed in 1819. Boaters had to 'leg' the boats through as the horses were led over the top
- Camley Street Natural Park was a coal yard served by the Regent's Canal until the 1970s
- it takes about 45 minutes to walk to Camden along the Regent's Canal from King's Cross



ATTRACTIONS AND CONTACTS

Camley Street Natural Park

www.wildlondon.org.uk

T 020 7833 2311

London Canal Museum

www.canalmuseum.org.uk

T 020 7713 0836

GUIDED WALKS

The London Canal Museum operates free guided walks once a month during the summer. Donations welcome.

EATING AND DRINKING

The Waterside Inn

York Way T 020 7713 8613

The Other Side

Pentonville Road T 020 7837 6853

Smithys

Leeke Street T 020 7691 3144

ITINERARY ONE

- Circular walk around Hanwell and Osterley Park
- National Trust's Osterley House



©NTPL/Matthew Antrobus

A GATEWAY TO THE NORTH

This area of west London is rich in industrial history. The Grand Union Canal provides the link between the Thames, the Industrial cities in the north and Osterley Estate, home to one of the first paper mills in England. This walk follows an historic transport link, steeped in history which today provides a peaceful refuge, in stark contrast with its industrial past.

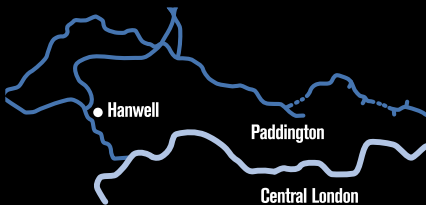
YOUR DAY OUT

Using the British Waterways' published leaflet, 'Walking in Hanwell', begin your walk taking in the Hanwell flight of locks and Osterley Park. Towards the end of the walk take time to visit Osterley House and the tea rooms. Opening times to the house, gift shop and tea room are varied, so it's advisable to check before making your journey.

TRANSPORT TO HANWELL

Tube: Boston Manor / Osterley

Parking: Available at Osterley Park House and Gardens



LOOK OUT FOR

- steps into the canal, used as aids for rescuing towing horses that had fallen in
- St Bernard's Hospital beside the canal which used to be a 'lunatic asylum'
- Three Bridges, designed by Isambard Kingdom Brunel, where three transport systems meet

DID YOU KNOW?

- the flight of six locks in Hanwell were built in 1794 and raise the canal by 53ft in 1/3 mile
- in 1761 Robert Adam was commissioned to transform a crumbling Tudor mansion into an elegant neoclassical villa. The result is Osterley House
- the flight of locks and Three Bridges at Hanwell are Scheduled Ancient Monuments
- more than 16 million visits are made to London's canals each year

ATTRACTIONS AND CONTACTS

WALKING INFORMATION

British Waterways

www.waterscape.com

T 020 7985 7200

Osterley Park and House

www.nationaltrust.org.uk/osterley

T 020 8232 5050

Ealing Council Parks Service

www.ealing.gov.uk/parks

T 020 8825 5000

EATING AND DRINKING

Osterley House Tea Room

Jersey Road T 020 8232 5050

The Fox

Green Lane T 020 8567 3912

WALK THE WATERSIDE

A LEISURELY PACE

Walking is one of the most popular leisure activities in the country and is the perfect way to exercise and spend time with the family. Waterside walking benefits from a unique atmosphere, transporting you into a world of no traffic and a slower pace of life. Watching the boats move gently along the river creates a real sense of relaxation making it possible to unwind.

CHOOSE YOUR LANDSCAPE

These walks offer very different walking experiences from historical, industrial, residential and rural. Each walk has its individual interests and whilst some offer the beauty of open countryside others offer a more behind the scenes view of the Capital. Without a doubt, the regions blue corridors all share a unrivalled combination of peaceful walkways and superb wildlife spotting opportunities.

GET YOUR COPY

British Waterways publish seven self guided walking leaflets for waterside walking in and around London. The walks range from four to five miles, take two to three hours, and include maps, local history information, wildlife to look out for, plus details of local facilities and attractions en route.

**For your copies download them from www.waterscape.com/walking
call British Waterways London
on 020 7985 7200 or email
enquiries.london@britishwaterways.co.uk**





LOOK OUT FOR

- boats in locks, everyone loves to watch Victorian engineering in practice
- unique and rare waterside wildlife such as otters, kingfisher and water voles
- signs of a bygone era, mile posts and rope burn marks on bridges
- waterside events taking place near you
find details at www.waterscape.com

DID YOU KNOW?

- walking is Britain's most popular outdoor recreational activities
- barges were originally pulled along by horses led along the towing path
- in some tunnels the towpath disappears and the bargees had to 'leg' a boat through while the horses were led over the top
- towpaths have only been open to the public since the 1960s and are now the most visited part of the waterways

ITINERARY ONE

- Denham Country Park and visitor centre
- Grand Union Canal circular walk and wildlife
- Hire a boat



A WALK IN THE PARK

To the west of London lies the superb Colne Valley Regional Park. Established in 1967 to preserve its natural beauty and wildlife, this unique landscape has been used by people for thousands of years with the earliest traces dating from 400,000 BC. Walking is one of the main activities in the park and you can choose short circular walks or longer rambles with plenty of wildlife to look out for. You can also try horse riding, cycling, angling and water sports within the valley. Contact the park information centre for details.

YOUR DAY OUT

Begin your day at the visitor centre looking at the interesting displays and take the opportunity to buy refreshments and walking leaflets. The Grand Union Canal walking leaflet (Number 8) gives you the choice of a seven or a three and a half mile walk along the Grand Union Canal which links London with Birmingham. The Denham Nine stiles (Number 1) offers a walk through picturesque Denham Village, across farmland and along the canal.

A WELL DESERVED BREAK

You can stop at one of the tearooms or pubs for refreshments or you could take a picnic and enjoy your lunch alfresco. On your return, if you have energy and time to spare, Fran's Tea Room at Denham Deep Lock offers day boat hire.

TRANSPORT TO COLNE VALLEY

Train: Denham

Parking: Available at Denham train station or Denham Country Park visitor centre



LOOK OUT FOR

- rare wildlife such as woodpeckers and water voles and more common species such as swans, ducks and coots
- family, conservation and walking activities take place throughout the year at the park centre
- commercial barges carrying sand and gravel on the canal between Denham and West Drayton

DID YOU KNOW?

- at 11 ft deep, Denham Deep Lock is the deepest lock on the Grand Union Canal
- the Grand Union Canal was formed in 1929 by the merger of a number of independent canals
- the Colne Valley Regional Park covers 40 square miles of countryside
- nearly six million people live within five miles of a canal in London
- canals were the transport arteries of the industrial revolution and at their peak extended 5000 miles across Britain

ATTRACTIONS AND CONTACTS

WALKING INFORMATION

Colne Valley Park Information Centre

www.colnevalleypark.org.uk

T 01895 833375

Grand Union Canal

www.waterscape.com

T 020 7985 7200

EATING AND DRINKING

Fran's Tea Room

Denham Deep Lock T 01895 271070

Horse & Barge Pub

Moorhall Road T 01895 834080

The Swan

Village Road T 01895 832085

The Green Man

Village Road T 01895 832760

The Falcon Inn

Village Road T 01895 832125

DAY SEVEN UNCOVER THE REAL BRENTFORD

ITINERARY ONE

- Syon Park
- The London Butterfly House
- Watermans Arts Centre



ITINERARY TWO

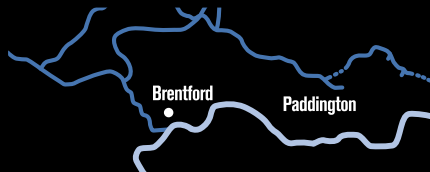
- Syon House and Park
- The Musical Museum
- Kew Bridge Steam Museum



TRANSPORT TO BRENTFORD

Train: Brentford, Syon Lane or Kew Bridge Steam Museum

Parking: Available at Syon Park, Albany Parade, Windmill Road and Kew Bridge



A WATERY UNION

If you're planning a day out, West London has some superb attractions on offer. Brentford is the point at which the Thames and the Grand Union Canal meet. Once an important trading route, it is now used mainly by pleasure boaters seeking to complete the 'London Ring'. Dramatic changes are taking place around the Grand Union Canal in Brentford with new waterside homes and restaurants bringing life back to the area once again.

A ROYAL CONNECTION

Syon Estate was originally home to an Abbey which was dissolved by King Henry VIII in 1539. The current house, home to the Duke of Northumberland, was built in the 1550s and the gardens designed by Capability Brown in the 18th century. Open to visitors all year round, the estate is an impressive place to spend a day.

YOUR DAY OUT

Begin your day at the Syon Estate and spend some time enjoying the house and gardens. The family itinerary next takes you to The London Butterfly House situated within the Park where warmed glass houses are home to hundreds of free flying butterflies. Afterwards visit the Watermans Arts Centre along the Thames where you can get involved in some of the many workshops and children's activities on offer.

PICKING UP THE PACE

For those following the energetic itinerary, after visiting the house and gardens on the Syon estate, a one and a half mile walk along the Thames will bring you to the Musical Museum, housed in a redundant church just off the high street and slightly further up is Kew Bridge Steam Museum where steam power comes to life.

LOOK OUT FOR

- special events at Kew Bridge Steam Museum and Syon House during the summer
- the gardens in Syon Park are a Grade I Listed landscape
- the historic Toll House at Brentford Docks has been completely refurbished and will soon feature an information centre and café

DID YOU KNOW?

- the first watermill in Brentford is recorded as existing in 1377
- in 1016 Edmund Ironside defeated the Danes in Brentford
- exotic cargoes such as tomato puree from Italy, limejuice from the West Indies, wheat from Canada and timber from the Baltic was brought into Brentford via the Thames
- in April 1793 George III gave his assent to an Act of Parliament 'for making and maintaining a Navigable Canal from Braunston in the County of Northamptonshire to join the River Thames at or near Brentford in the County of Middlesex'

ATTRACTIONS AND CONTACTS

Syon House & Park

www.syonpark.co.uk

T 020 8560 0882

Musical Museum

www.musicalmuseum.co.uk

T 020 8560 8108

Kew Bridge Steam Museum

www.kbsm.org

T 020 8568 4757

The London Butterfly House

www.butterflies.org.uk

T 020 8560 7272

EATING AND DRINKING

The Weir Bar and Dining Room

Market Place T 020 8568 3600

Kew Bridge Steam Museum Café

Green Dragon Lane T 020 8568 4757

The Refectory in Syon Park

Syon Park T 020 8560 0881

Grounds Coffee

Brentford Lock T 020 8847 5777

DAY EIGHT TAKE TO THE WATER IN BROXBOURNE

ITINERARY ONE

- Hire a boat / boat trip
- Walk to Dobbs Weir



ITINERARY TWO

- Circular walk including the River Lee and the New River
- Cream tea or fish and chip cruise



ENTERTAIN EVERYONE WITH WATER

From water slides, pedalo and electric boat hire to cycling, walking and waterside pubs; Broxbourne is a great place for everyone to find an activity that suits their pace. We have picked two itineraries here but there are lots of alternatives. Broxbourne is in the heart of the Lee Valley and is a green and pleasant place.

HISTORICAL SIGNIFICANCE

The River Lee, once home to barge traffic carrying cargo to and from London, and the New River; a 17th century watercourse created to supply London with drinking water, now provide peaceful walking routes and ideal environments for wildlife to thrive.

YOUR DAY OUT

For the more relaxed itinerary, join one of the scheduled cruises on the Lady of Lee Valley and enjoy a relaxing cream tea cruise or fish and chip supper cruise or hire your own boat for the day and have a go at steering it yourself. The lazy pace of the river is a wonderful antidote to a hectic week and the short walk to Dobb's Weir will refresh the senses and burn off some energy if you've got any to spare.

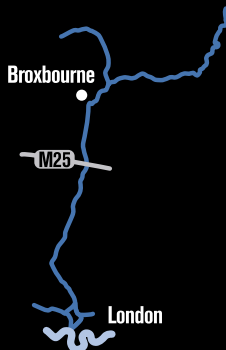
FOR KEEN WALKERS

For the energetic itinerary, get yourself a copy of the self-guided leaflet, 'Walking in Broxbourne', published by British Waterways and enjoy this four mile route. There are opportunities to take refreshments at the Crown pub next to the river at the Lee Valley Boat Centre or The Fish & Eels pub at Dobb's Weir. On returning to Lee Valley Boat Centre either join one of their scheduled cruises or take advantage of the Lee Valley Cycle Hire and explore a bit further.

TRANSPORT TO BROXBOURNE

Train: Broxbourne

Parking: Lee Valley Boat Centre and Broxbourne train station



LOOK OUT FOR

- bats on Admiral's Lake (on the energetic walk). This is the best feeding ground for them in the whole of the Lee Valley
- Carthage Lock is one of the prettiest on the River Lee Navigation
- Broxbourne pumping station on the New River. Built in 1886 and now a listed building

DID YOU KNOW?

- during the Great Plague in 1665, barges continued their journeys from Hertford and Ware to the City and managed to save Londoners from starvation
- Carthage Lock is situated on the Greenwich Meridian line, separating eastern and western hemispheres
- the New River was cut 400 years ago to supply the Capital with drinking water and it still does today

ATTRACTIONS AND CONTACTS

Lee Valley Boat Centre boat hire

www.leevalleyboats.co.uk

T 01992 462085

Lady of Lee Valley

www.riverleecruises.co.uk

T 01992 466111

Lee Valley Park

www.leevalleypark.org.uk

T 01992 717711

Lee Valley Cycle Hire

T 01992 630127

Lee Valley Leisure Pool

www.leisureconnection.co.uk

T 01992 467899

EATING AND DRINKING

The Crown

Old Nazeing Road T 01992 466893

Lady of Lee Valley

Old Nazeing Road T 01992 466111

Fish and Eels

Dobb's Weir Road T 01992 440029

ITINERARY ONE

- Hertford Museum
- Feed the ducks on a River Lee walk
- Folly Island
- Hartham Common and Park



ITINERARY TWO

- Hertford Museum
- Folly Island
- River Lee cycle / walk
- Antiques shopping in Hertford
- Hertford Castle and grounds



HISTORIC HERTFORD

Hertford is a delightful historic market town which has managed to retain its provincial charm despite its close proximity to London, largely due to the towns' status as a conservation area. Hertford, in fact, owes its importance to its nearness to London, regularly serving as a base for royalty and nobility to explore the countryside and also a major trading market.

TRADE BY WATER

Trade came firstly by water and Salisbury Square in the town centre features a water sculpture symbolising Hertford's significance as the meeting point of four rivers, the Rib, Beane, Mimram and the Lea (or Lee). Trade was mostly agricultural and Hertford's corn exchange was one of the largest outside of London. Today, Hertford is well known for its antique and specialist shops and has a wide choice of places to eat and drink.

YOUR DAY OUT

Hertford is a place to enjoy at a leisurely pace even if you choose the more energetic itinerary. Your day begins in Hertford town centre at the museum located on Bull Plain which focuses on local history and has special exhibitions throughout the year. From the museum turn right and take the short walk to Folly Island and the head of the River Lee Navigation. From this point follow the beautiful and peaceful stretch of towpath towards Ware. (It is three miles from Hertford to Ware. You choose how far you want to go).

UNWIND IN HERTFORD

Returning to Hertford you can either investigate the local shops and castle grounds or, if you have children with you, allow them to let off steam in Hartham Common Park next to the river. Hertford has lots of places to eat and drink, catering for all tastes.

TRANSPORT TO HERTFORD

Train: Hertford East / Hertford North (Hertford East is the station closest to the town centre and the main attractions)

Parking: Long stay is available on Baker Street, Gascoyne Way, Hartham Common, Hartham Lane and Old London Road.



LOOK OUT FOR

- water voles on the banks of the river near Hertford Lock
- the otters' habitat at Jacob's Island on the River Lee
- St. Andrew Street's historic buildings
- magnificent Shire Hall in the centre of town, built in 1769

DID YOU KNOW?

- it's believed the Danes first sailed up the River Lea to Hertford in 894
- Folly Island was once a hive of activity with boats being loaded and unloaded from the surrounding wharves and warehouses
- Queen Elizabeth I was the last monarch to regularly use Hertford Castle
- the castle has been used as council offices since 1911

ATTRACTIONS AND CONTACTS

Tourist Information Centre

T 01992 584322

Hertford Castle and Grounds

www.hertford.gov.uk

T 01992 552885

Hertford Museum

www.hertford.gov.uk

T 01992 582686

EATING AND DRINKING

HERTFORD

The Old Barge

The Folly T 01992 581871

The Woolpack

Millbridge T 01992 583766

WARE

Waterfront

Star Street T 01920 444921

Saracens Head

Bridgefoot T 01920 463740

ITINERARY ONE

- Cornmill Meadows Dragonfly Sanctuary
- Short walk and wildlife spotting
- Picnic in the park



ITINERARY TWO

- Walking and bird watching in the Lee Valley
- Explore the Gunpowder Mills
- Visit the Abbey Ruins
- Picnic in the park



WALKS AND WILDLIFE

In the heart of the Lee Valley lies the historic market town of Waltham Abbey dating back to the 11th century. The Lee Valley is a walker's paradise blending the peace and tranquillity of 10,000 acres of regional parkland with excellent facilities and transport links. The River Lee Navigation, mature marshlands and the banks of the Horsemill Stream provide excellent wildlife watching opportunities while the Gunpowder Mills and the Abbey ruins supply historical interest. A great place to spend a leisurely summer day out.

YOUR DAY OUT

For the energetic day out get your copy of 'Walking in the Lee Valley' published by British Waterways and begin your four mile walk at Waltham Town Lock. Head north along the towpath to Windmill Lane bridge, cross here, heading for Fishers Green. These marshes are ideal places to look for wildlife. Picking up Horsemill Stream, walk south back towards the lock and the starting point. The Gunpowder Mills are a short distance from the main road and provide a fascinating 300 year history. In the town centre are the ruins of Waltham Abbey, the last abbey in the country to be dissolved by King Henry VIII in 1540.

RELAX WITH THE FAMILY

The family day out begins at the Cornmill Meadows Dragonfly Sanctuary, the only dragonfly sanctuary in the country open to the public. After your visit take the walk down Cornmill Stream towards Abbey View Road and turn left towards the River Lee and Waltham Town Lock. To the left of the river lies the Lee Valley Park Showground where you can take a picnic and keep the family happy with some alfresco dining and the chance to burn off any stored up energy.

TRANSPORT TO WALTHAM ABBEY

Train: Waltham Cross The River and Park (Station Road) are a 25 minute walk or a short bus ride.

Parking: Lee Valley Park Showground, Station Road. The Royal Gunpowder Mills, off Highbridge Street and Cornmill Meadows, off Crooked Mile Road

Hertford

Waltham Abbey

M25

London

LOOK OUT FOR

- the shy and elusive bittern which visits Fishers Green between October and February
- 7 of the 50 varieties of orchids found in the UK can be found in the Lee Valley during June
- the two stones behind the Abbey mark the spot where King Harold II was buried after his death at the Battle of Hastings in 1066
- 21 different types of dragonfly have been spotted at Cornmill Meadows

DID YOU KNOW?

- the Gunpowder Mills were established in 17th century and acquired by the Crown in 1787
- during WW1 more than 5,000 local people were employed by the Gunpowder Mills
- evidence of Bronze and Iron Age settlements have been found along the length of the River Lea
- for centuries the river was an important goods highway into London. Malt, flour, coal and gunpowder were all transported in large quantities to the Capital

ATTRACTIONS AND CONTACTS

**Lee Valley Regional Park and
Cornmill Dragonfly Sanctuary**
www.leevalleypark.org.uk
T 01992 717711

Royal Gunpowder Mills
www.royalgunpowdermills.com
T 01992 707370

Waltham Abbey Council
www.walthamabbey.org.uk
T 01992 714949

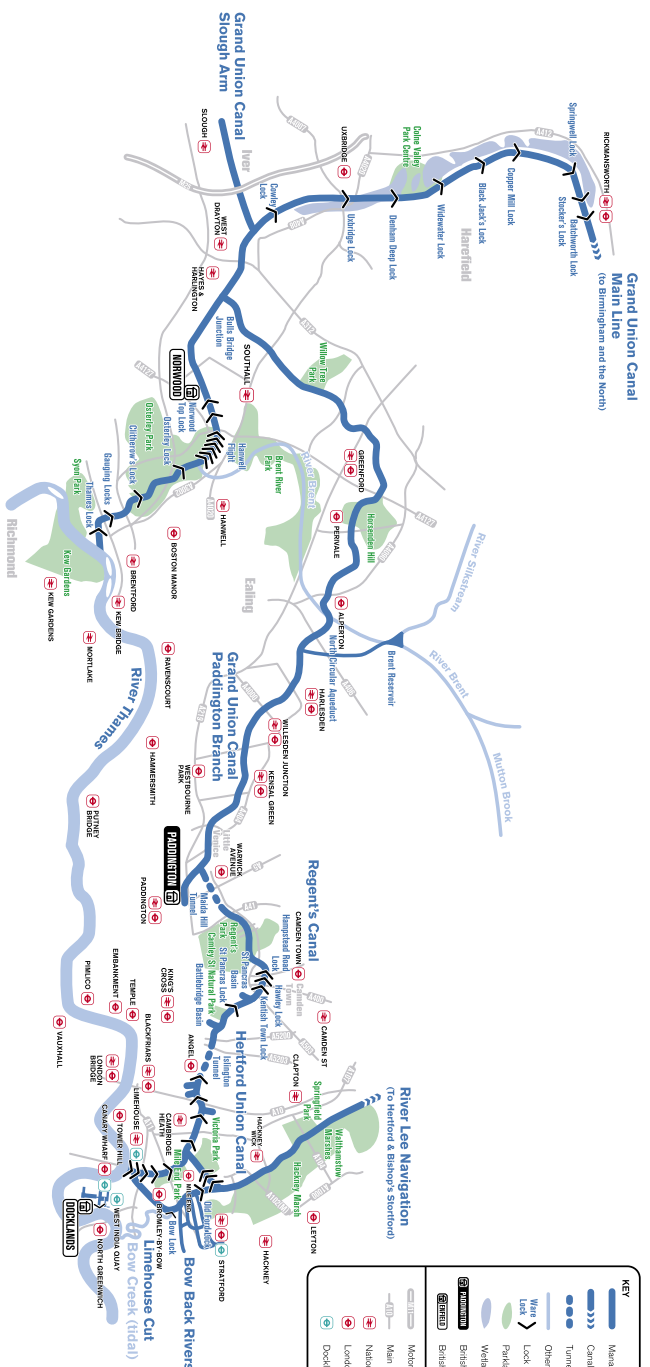
EATING AND DRINKING

Picnic in the Park
Lee Valley Regional Park showground

Philpotts Tea Room
Market Square T 01992 767641

The Welsh Harp
Market Square T 01992 711113





Grand Union Canal
Main Line (to Birmingham and the North)

Grand Union Canal
Slough Arm

Grand Union Canal
River Thames Branch

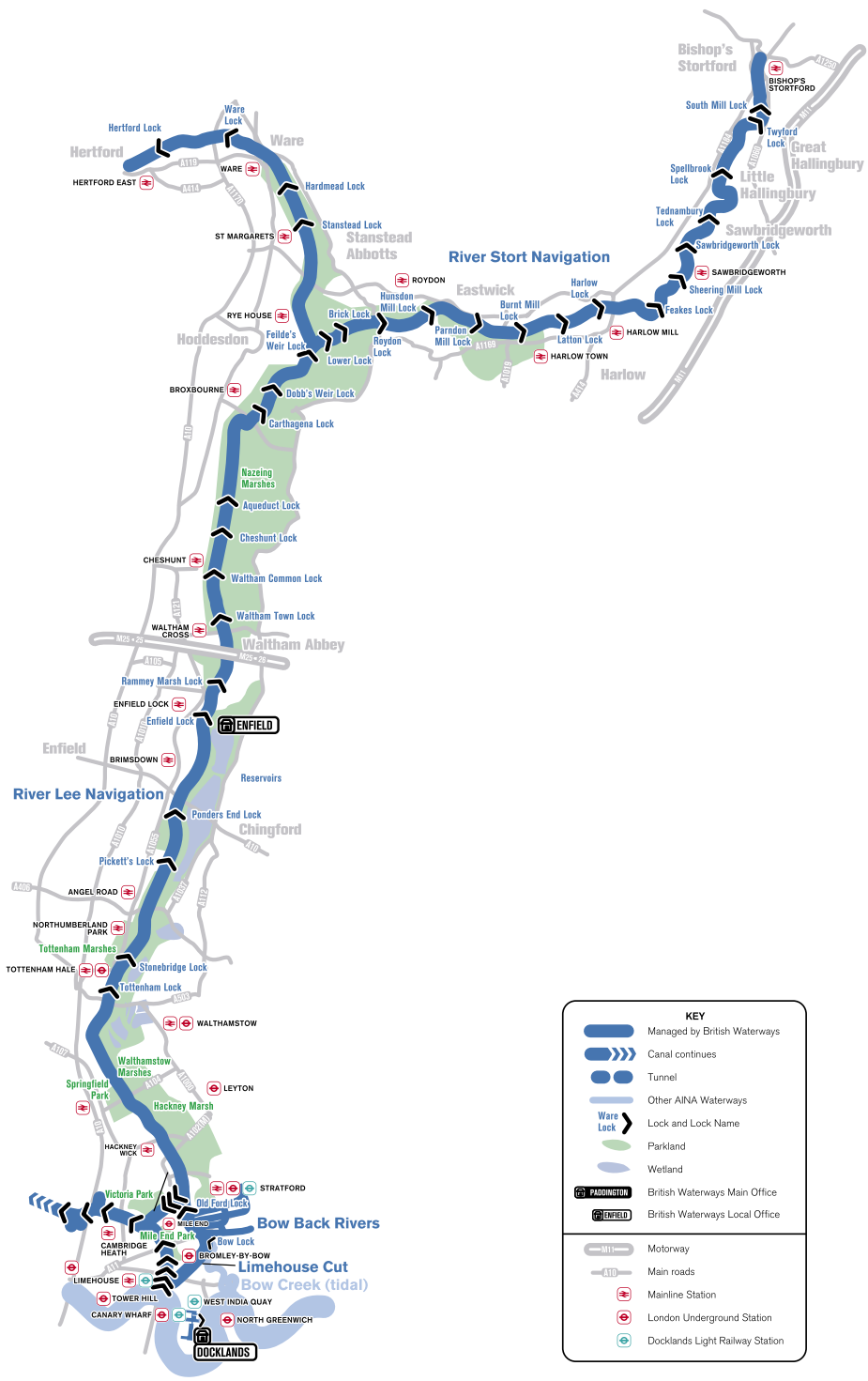
Regent's Canal

River Lee Navigation
(To Hertford & Bishops Cleeve)

Bow Back Rivers
Limnhouse Cut

KEY

- Managed by British Waterways
- Canal continues
- Tunnel
- Other Waterways
- Weir
- Lock and Lock Name
- Parkland
- Wetland
- British Waterways Main Office
- British Waterways Local Office
- Motorway
- Main roads
- National Rail Station
- London Underground Station
- Docklands Light Railway Station



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	Main roads
	Mainline Station
	London Underground Station
	Docklands Light Railway Station

SAFETY BY THE WATER

Please make sure that everyone with you is aware of others and water safety every time you visit the waterways.

Keep everyone away from the water's edge and locks, particularly in wet or icy weather and never walk on frozen rivers or canals.

Swimming and paddling is not permitted because the water is surprisingly cold and deep with underwater currents and concealed hazards. Contact with the water can also cause illness.

Discover the waterscape.com

BRITISH WATERWAYS LONDON

British Waterways London manage 100 miles of canals and rivers and 110 acres of docks in London. Every year, millions of people enjoy our waterways for boating, cycling, fishing or simply taking a stroll.

Our role is to maintain their special environment and create new attractions and developments to give pleasure to those who run them.

For more information visit

www.britishwaterways.co.uk/london

or for further ideas on leisure pursuits across the country visit www.waterscape.com

British Waterways London

1 Sheldon Square
Paddington Central
London W2 6TT

T. 020 7985 7200

F. 020 7985 7201

E. enquiries.london@britishwaterways.co.uk

W. www.waterscape.com



British
Waterways
London

Every care has been taken to ensure the accuracy of all information given in this guide and British Waterways London does not accept responsibility for any changes that may have occurred since going to press.

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