



Canals and rivers in East London

YOUR LOCAL CANAL

It's
time
well spent

Yours to enjoy anytime

Find your nearest canal at waterscape.com



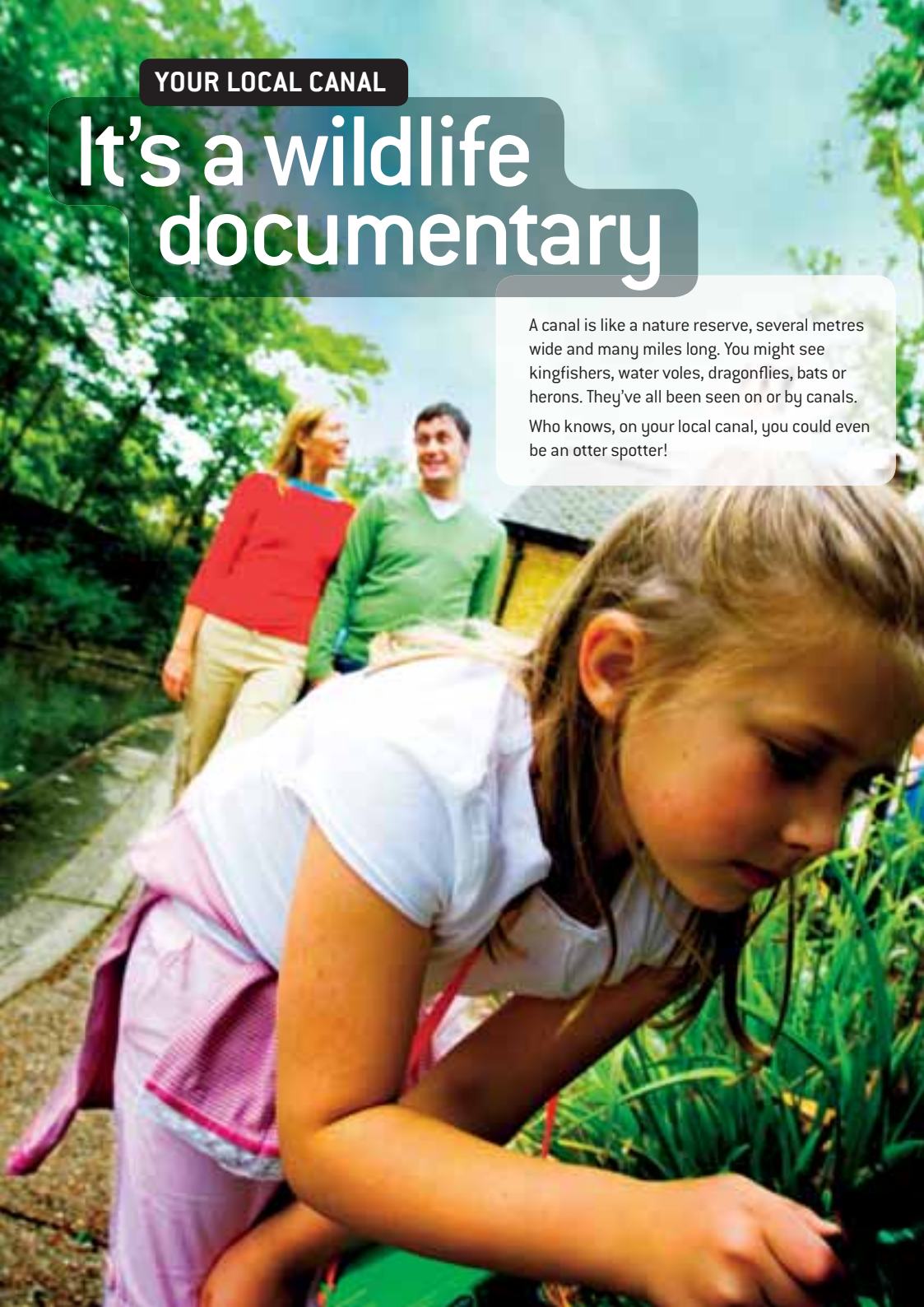
British
Waterways
London

YOUR LOCAL CANAL

It's a wildlife documentary

A canal is like a nature reserve, several metres wide and many miles long. You might see kingfishers, water voles, dragonflies, bats or herons. They've all been seen on or by canals.

Who knows, on your local canal, you could even be an otter spotter!





YOUR LOCAL CANAL

It's commuter heaven

Want to enjoy getting to work? Then try taking the towpath to the office. Cutting through the heart of the city, the canal's a quiet, traffic-free route that will set you up for the day.

YOUR LOCAL CANAL

It's a chat room

Water is good for you. You only have to sit or stroll beside a canal and you can feel yourself growing calmer, letting go of stress, and generally enjoying life more. Try life in the slow lane by your local canal.



YOUR LOCAL CANAL

It's a proper lunch break

We all work better when we take a break. We work even better when we take a real break. Your local canal is the perfect escape for that much needed lunchtime re-fuel.



The East End's canals

London's waterways once provided the backbone of the city's commercial activity as exotic cargoes were transported on them from the docks across the capital and, eventually, the country. Nowadays the canal banks are worlds apart from their hectic past, providing a peaceful haven to enjoy wildlife, water sports, angling, boat trips, historic architecture and many waterside bars and restaurants.

Over the last 20 years, London's East End has undergone a dramatic transformation. This looks set to continue well into the future with the current Olympic developments, the site of which is based around East London's exceptional canals and rivers.

Key canal sites

- ★1 Limehouse Basin**
Limehouse Basin, formerly the Regent's Canal Dock, was an important centre of trade during the Industrial Revolution. The basin has since been transformed from a working dock into a charming marina, once again attracting boats from all over the world. Limehouse Basin is the gateway from the River Thames to over 2,200 miles of navigable inland waterways.
- ★2 Limehouse Accumulator Tower**
This octagonal tower, built in 1869, was used to store water which provided the hydraulic power for the cranes and locks in Limehouse Basin. The tower is occasionally open for tours during events such as London Open House in September each year.
*Limehouse Basin, Mill Place E1
Contact British Waterways London
for further details on 020 7985 2200*
- ★3 St Anne's Church, Limehouse**
St Anne's, Limehouse is one of several East End churches created by Nicholas Hawksmoor, Sir Christopher Wren's most talented pupil. The church has the rare permission to fly the White Ensign flag, normally reserved exclusively for the Royal Navy. It also boasts the highest church clock in London which was the first illuminated clock face in the country.
*5 Newell Street, London E14 7HP
Tel: 020 7987 1502*
- ★4 Floating Towpath, Limehouse Cut**
An award-winning and innovative floating towpath which provides a delightful and continuous route under the busy Blackwall Tunnel Approach Road. This novel, fully illuminated towpath takes you right through to Bow Locks on the other side.
- ★5 Three Mills Island**
Three Mills boasts hundreds of years of industrial heritage and is mentioned in the Domesday Book of 1086. Built in 1776, the House Mill is Britain's oldest standing mill and is, together with the Clock Mill, one of the most elegant water-side buildings in London.
Three Mill Lane, London E3 3DU
- ★6 Old Bryant and May match factory**
The former Bryant and May match factory is now a residential development known as the Bow Quarter. This historic site is where the famous London matchgirls strike took place in 1888 and, at one point, was one of London's largest factories.
Fairfield Road, Bow E3 2UL



- ★7 Old Ford Locks, River Lee Navigation**
Sneak a peek at the developments on the Olympic site from the vantage point offered by the bridge at this historic lock.
- ★8 Victoria Park**
Designed by James Pennethorne in 1842, Victoria Park is one of London's oldest and most widely used parks. Boasting a magnificent lake and pretty old English gardens, Victoria Park is a peaceful retreat from the hectic pace of the city.
Victoria Park Road, London E9 7BT
- ★9 Bow Wharf**
Hear the laughter and chatter alongside the clinking of cocktail glasses at the junction of the Regent's and Hertford Union Canals. Bow Wharf, originally a glue factory, is today home to Jongleurs Comedy Club as well as many restaurants, bars, shops and a gym.
221 Grove Road, London E3 5SN
- ★10 Mile End Park**
This local open space features an ecology park, terraced garden, adventure playground, sports stadium and climbing wall. Walk along the towpath on the western edge of the park or cross the unique Green Bridge which takes the park over Mile End Road and offers spectacular views of East London.
Mile End Road, London E3 5BH
- ★11 Growing Concerns garden centre**
A vibrant garden centre nestled between the Hertford Union Canal and St Mark's Gate entrance to Victoria Park. A welcome relief from the hustle and bustle of inner city life. Stocking a wide variety of shrubs, plants and sundries, this is a unique stopping point on the towpath.
2 Wick Lane, London E3 2NA Tel: 020 8985 3222

The way forward for walkers

Walking along East London's historic canal network unlocks a tranquil world of only yards from the bustle of city life. British Waterways London has produced the following self-guided walks brochures for East London:

- *Walking the East End's Canals* – a five-mile walk capturing parts of the Regent's Canal, Hertford Union Canal, Limehouse Cut and River Lee Navigation.
- *Islington to Limehouse Walk* – a four-mile walk along the picturesque Regent's Canal.
- *Walking in Docklands* – an accessible two-mile route around the Docks in East London's Isle of Dogs.

Walking brochures are available to download free at www.waterscape.com/londonwalks

or call British Waterways on 020 7985 2200 for a copy. The IWA Towpath Walks Society runs year-round guided walks in the East London area costing £7 each. For further information call Peter Finch on 020 8968 9941 or visit www.waterways.org.uk

The Thames Path
Starting from the Limehouse Basin, this path either takes you eastwards to cosmopolitan Canary Wharf about a mile away or, if you fancy doing some more central sightseeing, head westwards on it for about two miles to reach St Katherine's Dock and Tower Bridge.

Find out more

- 7** This guide, produced by British Waterways London, focuses on the East London Loop made up of the Regent's and Hertford Union Canals, the Limehouse Cut and River Lee Navigation. Whether you want to plan an unforgettable day out, find a new waterside pub or restaurant, or simply discover what's on your doorstep, we hope it will offer you the information you need. To find out more about the East London Loop, the waterway network across London and throughout the UK visit www.waterscape.com

Museums, galleries and attractions

- ★12 Ragged School Museum**
Next to Johnson's Lock on Copperfield Road is the Ragged School Museum. Once a Doctor Barnardo school, today the museum welcomes people of all ages to taste a slice of Victorian life through role-play, hands-on exhibits and talks. Once your hunger for history is satisfied you can pop downstairs and address your appetite for tea and cake in the museum's canal-side café. Towpath bike parking available.
*46-50 Copperfield Road, London E3 4RR
Tel: 020 8980 6405
www.raggedschoolmuseum.org.uk*
- ★13 The House Mill**
Set on picturesque Three Mill Island, this remarkable building has been lovingly restored and now welcomes visitors. Open on Sundays from May until October between 1pm and 4pm and the first Sunday of each month 11am until 4pm. See the where to eat and drink section of this guide for information on the House Mill's excellent café.
*Three Mill Lane, Bromley-by-Bow, London E3 3DU
www.housemill.org.uk*
- ★14 Chisenhale Gallery**
This gallery occupies a former paper-making factory and is a must for those with a passion for modern art. Showcasing the work of many budding young artists and members of the community and also offering workshops to the public, Chisenhale Gallery is well worth a visit.
*64 Chisenhale Road, London E3 50Z
Tel: 020 8981 4518
www.chisenhale.org.uk*
- ★15 Museum in Docklands**
The Museum in Docklands, part of the Museum of London Group, offers a wide range of attractions and activities for all kinds of audiences. Visitors can enjoy exhibitions on the history, archaeology and contemporary culture. The museum also offers a variety of learning opportunities for participants to discover how events and developments in Docklands have shaped London and the world beyond.
*West India Quay, Canary Wharf, London E14 4AL
Tel: 020 7001 9844
www.museumindocklands.org.uk*

Where to eat and drink

- 11 Limehouse Basin**
 - 1 The Narrow**
A Gordon Ramsay pub and restaurant with stunning riverside views serving classic British dishes
*44 Narrow Street, London E14 8DP
Tel: 020 7952 7950
www.gordonramsay.com/thenarrow*
 - 2 Veranda**
Indian restaurant
*Unit 2, The Mosaic, 45 Narrow Street, London E14 8DW
Tel: 020 7991 2754
www.verandabow.co.uk*
 - 3 La Figa**
Italian restaurant
*Unit 1, The Mosaic, 45 Narrow Street, London E14 8DW
Tel: 020 7990 0077*
 - 4 Verde Delicatessen and Café**
*Unit 3, The Mosaic, 45 Narrow Street, London E14 8DN
Tel: 020 7702 8803*
 - 5 The Grapes**
A quaint, narrow pub and restaurant
*76 Narrow Street, London E14 8BP
Tel: 020 7987 4396*
 - 6 New Thai Garden**
Thai restaurant
*562 Commercial Road, London E14 7JD
Tel: 020 7903 3427
www.newthaigarden.co.uk*
 - 7 Café Rajistan**
Indian restaurant
*663 Commercial Road, London E14 7W
Tel: 020 7990 9070
www.cafeajistan.co.uk*
 - 8 Canalside Café in the Ragged School Museum**
Towpath Café, open Wednesdays and Thursdays 10am – 5pm and the first Sunday of each month 2pm – 5pm
*46 – 50 Copperfield Road, London, E3 4RR
Tel: 020 8980 6405
www.raggedschoolmuseum.org.uk*
- 12 Bow Wharf**
 - 13 Jongleurs Comedy Club**
Popular stand-up comedy shows
*Bow Wharf, 221 Grove Road, London E3 5SN
Tel: 0870 787 0707
www.jongleurs.com*
 - 14 Bar Risa**
Vibrant bar and restaurant, also serving visitors to Jongleurs Comedy Club
*Bow Wharf, 221 Grove Road, London E3 5SN
Tel: 020 8980 2874
www.risa-bow.co.uk*
 - 15 Fat Cat Café & Bar**
Award winning pub with outdoor seating
*Unit G1, Bow Wharf, 221 Grove Road, London E3 5SN
Tel: 020 8983 4353
www.fatcatcafebars.co.uk*
 - 16 The Thai Room**
Thai restaurant
*Unit G2-G7, Bow Wharf, 221 Grove Rd, London E3 5SN
Tel: 020 8980 6500
www.thairoom.co.uk*
- 13 Victoria Park**
 - 17 The Pavilion**
Popular organic and ethical café
*Victoria Park West, Old Ford Road, London E9 7DE
Tel: 020 8980 0030
www.the-pavilion-cafe.com*
 - 18 Top O' The Morning**
Pub with great canal-side views
*129 Cadogan Terrace, London E9 5HP
Tel: 020 8985 9917*
- 14 Three Mills Island**
 - 19 The House Mill Café**
Open Monday – Friday 10am – 3pm, Sundays 1pm – 4pm and the first Sunday of each month 11am – 4pm.
*The House Mill, Three Mill Lane, Bromley-by-Bow, London E3 3DU
Tel: 020 8980 4626
www.housemill.org.uk*
- 15 London Docklands**
 - 20 Curve Restaurant & Bar**
At the Marriott Hotel, West India Quay
*22 Hattersmore Road, West India Quay, London E14 4ED
Tel: 020 7093 1000
www.londonmarriottwestindiaquay.co.uk*
 - 21 The Gun**
Lard Nelson once frequented this delightfully refurbished pub and restaurant
*27 Coltharbour, Docklands, London E14 9NS
Tel: 020 7515 5222*



Just off the towpath

★16 V&A Museum of Childhood

Situated just off Roman Road, this museum is a brilliant place to bring the kids. Dedicated entirely to children, its exciting exhibitions display historical toys, books, furniture and art from around the world, some of which has been donated by the local community. Both children and adults can learn about how childhood differs around the world, and take part in fun, interactive workshops and activities.

Cambridge Heath Road, London E2 9PA

Tel: 020 8983 5200 www.vam.ac.uk/moc

★17 Billingsgate Market

An opportunity to see the largest selection of fish in the United Kingdom. Daily arrivals from the coast and overseas ensure a continuity of fresh supplies. The Market also offers buyers a comprehensive service in poultry, cooking oils, potatoes, trade sundries and specialist restaurant and catering supplies.

Trafalgar Way, Poplar, London E14 5ST

Tel: 020 7987 1118

★18 Roman Road Market

Roman Road Market is situated on the oldest known trade route in Britain; the road to Colchester famously taken by Boadicea on her way to burn the Romans in London. It lies in the heart of the East End and is a friendly, fun place to visit and pick up some great bargains.

Super Saturday takes place every weekend throughout the summer and features the very best in crafts, home and garden, antiques, food, clothing, books, street performances and much more.

The Roman Road Farmers Market takes place on the first Saturday of every month, on Cardigan Road from 8.30am to 5.30pm.

Roman Road, London E3 Tel: 020 7364 1717

The Greenway

One of London's best kept secrets, this six-mile green corridor linking Hackney to Beckton is a haven for wildlife. The path is lined with shrubs and lush greenery and takes you right through the heart of the East End on a pleasant traffic-free route. The high level of the path also offers walkers excellent panoramic views of the city.

Find a map of this walk, Ring Walk 14, and other local routes at www.walklondon.org.uk



Wildlife around the waterway

The East End's canals and docks are home to an abundance of wildlife. Walking along the Hertford Union Canal next to Victoria Park, and the Regent's Canal alongside Mile End Park, it is common to see kingfishers by day and bats at dawn and dusk. Bat boxes are provided alongside the canal to help offer a natural habitat for these shy creatures. Mile End Park is also home to The Ecology Park where you can see rare orchids, moths and spiders, water birds and increasing populations of dragonflies and damselflies.

Waterways are a must for local bird watchers. Coots and moorhens are commonly spotted in Limehouse Basin whilst terns and swans can be seen nesting on the floating gravel rafts in Heron Quays in the spring. The black redstart, a large and rare urban bird, nests on the tops of buildings in Docklands.

Looking for a unique waterway sight? Head to West India Quay in Docklands where a happy and healthy common grey seal has been spotted a number of times swimming around the quay enjoying the cast-offs from Billingsgate fish market!

Canalside events 2009

★19 Waterfools at the Greenwich and Docklands Festival

This amazing display will combine music, dance, pyrotechnics and walking on water in a spectacular show on Millwall Outer Dock at South Quay. The event will be one of the flagship pieces of the renowned Greenwich and Docklands Festival which brings a variety of arts installations and public performances to East London throughout the month of June.

When: Thursday 25 and Friday 26 June 2009

Where: Millwall Outer Dock, South Quay, Docklands
Find out more at www.festival.org

★20 The Story of London

This month-long celebration of all things past, present and future of the capital would not be complete without a canal centred event or two. Join in at Three Mill Island in Bromley-by-Bow to explore the evolution of East London's waterways. Bringing together boat trips, heritage tours, historic buildings and the latest in water-based innovation, this event looks set to be a canal-inspired calendar highlight full of character!

When: Sunday 28 June 2009

Where: Three Mill Island, Bromley-by-Bow
Find out more at www.waterscape.com

★21 Park Life

This annual fete, organised by the Friends of Mile End Park, is a mixture of local crafts, music, a dog show, small-scale fairground rides and a farmer's market. Plenty of attractions for the whole family to enjoy!

When: Sunday 12 July 2009

Where: Mile End Park
Tel: 020 7364 4147

★22 Field Day '09

This independent festival sees four music stages featuring rising artists from home and abroad along with food and drink stalls and village fete-style attractions. This event is a must for serious music fans.

When: Saturday 1 August 2009, 12pm to 10.30pm

Where: Victoria Park
www.fielddayfestivals.com

Activities

It's cycling with consideration

Saddling up and setting off on the towpath by bike is an increasingly popular pursuit in central London. It's important that cyclists travel with caution and consideration for other users alongside canals and rivers. British Waterways London's Two Tings campaign identifies a code of conduct for everyone to adhere to. So make sure you review the rules before you set off at a stately speed. Find the Two Tings code of conduct at www.waterscape.com/twotings

Angling around East London

Angling is one of the many leisure activities that 'reel' people in to canals and rivers. Get a permit from British Waterways London (just £20 for adults, £10 for concessions) and see if you could fall hook line and sinker for this popular waterside pursuit. Find out more on 020 7985 7200 or at www.waterscape.com/angling

★23 Yours to taste

Following the success of this event in 2008, Yours to taste will be returning to the Regent's Canal between Victoria Park and Limehouse Basin in August 2009. Local cafes, restaurants and bars will again be offering tasters to tempt you and there will be activities aplenty to entertain you no matter what your age or appetite.

When: Sunday 23 August 2009

Where: Along the Regent's Canal from Victoria Park to Limehouse Basin
Find out more at www.waterscape.com/events

★24 Park After Dark Halloween Spooktacular

A frightening and fun Halloween event aimed at children aged 7 to 10 years old. Intentionally scary! Come in Halloween costume for a frighteningly good time. Booking is essential as places are limited.

When: Saturday 24 October 2009, 6pm to 9pm

Where: Ecology Park and Pavilion, Mile End Park
Tel: 020 7364 4147

YOUR LOCAL CANAL

The Regent's Canal, the Hertford Union Canal, the Limehouse Cut and the River Lee Navigation



Key

- Canal, River or Dock
- Lock
- Bridge
- Towpaths
- Railway Station
- Tube Station
- Docklands Light Railway
- Pub, Restaurant or Café
- Place of Interest

Find street level canal maps at www.waterscape.com
Just click on the interactive map

For further information please contact
British Waterways, 1 Sheldon Square,
Paddington, London W2 1JH Tel: 020 7285 7200
E-mail: enquiries.london@britishwaterways.co.uk
British Waterways Customer Service Centre
Tel: 01923 201120

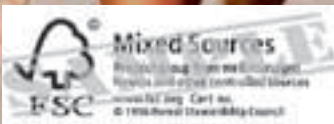


This map is for orientation purposes only, waterways are not to scale.

YOUR LOCAL CANAL

It's free gym membership

Leave the monthly fees, machines and MTV behind and get fit for free. Your local canal is your chance to get out of the gym, onto the towpath and remind yourself that getting fit is about fun, fresh air and freedom.



Yours to enjoy anytime

Find your nearest canal at waterscape.com