



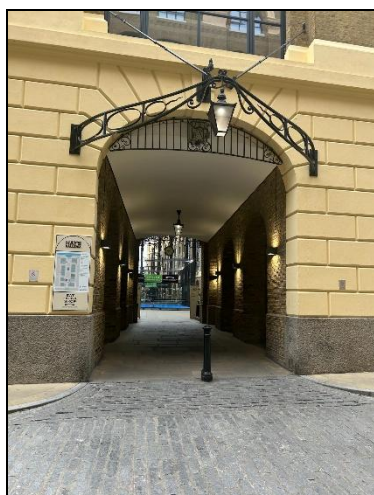
Name of the Walk – Regents Canal

Brief overview of the walk: A walk from London Bridge, along the Thames and Regents Canal to Little Venice

Approximate Distance	15 miles	Submitted by	Rachel and David
Approximate Time	4 hours	Date	17 th October
Outline Level (<i>Beginner, Moderate, Challenging</i>)	Beginner	Best part!	The variety (possibly the monkeys!)

Start Location	Hay's Galleria 1 Battle Bridge Ln, London SE1 2HD (2 min walk from London Bridge Tube)	Finish Location	The Warwick Castle Pub 6 Warwick Pl, London W9 2PX (9 min walk back to Paddington Station for trains and tubes)
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Route Description



If you arrive at London Bridge Station – take the exit for Hay's Galleria.

Cross the road and walk to the entrance to Hay's Galleria where the walk starts. (Toilets available here before you head off!)

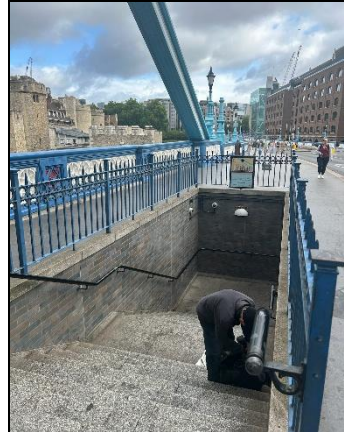
Walk through the shopping centre to the Thames – turn right and follow the path alongside – HMS Belfast will be on your left.



Keeping the Thames on your left walk down to Tower Bridge – before you pass under the bridge – take the stairs to your left up onto the main roadway.



Walk across the bridge (keeping the Thames beneath you!)



As you approach the end of the bridge – take the steps down and then turn right to follow the Thames path keeping the river on your right now.

You will pass the Tower Hotel, turn left on St Katherine's Docks



Tower Bridge is behind you now, and you'll see a large piece of public art.

You will see a bridge that takes you into St Catherine's Dock.

Follow the Quay around towards the Dickens Pub. Follow the quay around and turn onto Thomas Moore Street. Follow the road out onto The Highway and turn right – we are now

going to follow the road for a period until we reach Limehouse Basin

Continue along The Highway – You'll pass St George's Gardens and churchyard on your left, on the right hand side (as you continue straight on) you'll pass King Edward Memorial Park



As you approach the tunnel, ensure you are on the right hand side of the road and follow this path until you reach a large round bollard (see below)



Turn right here and follow the path down to Limehouse Basin



Keeping the basin on the right, follow the pathway round towards the arches, follow the path round and onto the canal.

You should see signs for Regent's Canal from here.



Continue along the canal path with the canal itself to your left



As you pass the Ragged School Museum – there's a chance for a toilet stop and refreshments.



Continuing on from the museum, you pass some interesting shark and gorilla sculptures. You continue on along the path until you find yourself approaching Islington.

You'll come off the canal here – crossing Upper Street



Cross Upper Street - As you make your way into the centre of Angel cross Liverpool Road and turn right onto Chapel Market (pass through the entrance arch next to M&S and through the stalls to the other end.)



Emerging from Chapel Road – cross over Penton Street and turn right. Take the second left onto Maygood Street



Go to the end of Maygood Street and follow the path ahead.

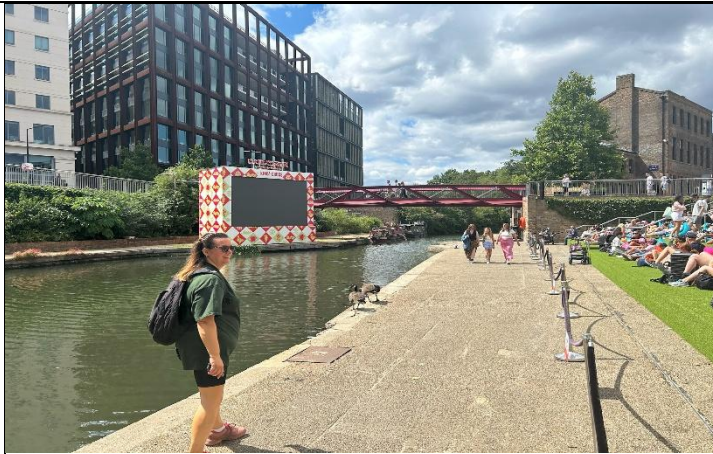


On Colebrooke Row cross over and to the right you will see the entrance back onto the canal.



Go down the steps and you are back on Regents Canal.

You now follow the tow path with the canal on your left.



You will pass Regents Wharf, Battlebridge Basin, Camley Street Natural Park and St Pancras Basin (all on the opposite side of the canal)

The screen will not be here in October – but we pass under the bridge.



We now carry on towards Camden – continuing to follow the towpath



Entering the area of Camden Lock we are coming up to a great location to stop for a break if you need one.



Turn right to walk around the dock, following the fence, look out for Britannia Accessories and turn left in front – back to the tow path. Continue straight along the side of the canal.



Continue along the tow path



As you continue along the canal you will now be passing through Regents Park

As you reach the end of the park you enter an area of moorings. If the weather is wet it may be better to leave the canal at one of the bridges and walk along the roadside



If you do leave the canal, follow the signage

At Lisson Grove you can return to the canal again

Continue until we reach Maida Hill Tunnel – where we can no longer follow the canal.

Taking the stairs up to the street level.

You will emerge onto Cunningham Place



Follow the road round to Aberdeen Place.
Continue straight on until you reach Edgeware Road Crocker's Foley is on the opposite corner – keep it on your right and continue forward.



Cross Edgeware Road

You will now have the canal on your right again
as you follow Maida Avenue

When you reach Harrow Road turn right onto
Warwick Avenue – you will cross between the
canal and Browning's Avenue.

Your second left is Warwick Place



Our route ends at the Warwick Castle Pub