

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Christmas Walk to Limehouse and Back	<b>Walk No.</b>	301
<b>Area</b>	Hackney and Tower Hamlets	<b>Type</b>	Circular-ish
<b>Date</b>	Tuesday, 15 <sup>th</sup> December 2020		
<b>Distance</b>	7.5 / 8.5 miles depending where you exit from the Regents Canal on return walk from Victoria Park.		
<b>Timing</b>	4 hours walking time + travel + lunch stop. Allow 6 hours in total. Therefore expect to be back in Islington by 3.30 / 4.00pm		
<b>Meeting up &amp; travel</b>	Meet at Highbury & Islington station at 9.30 to catch the 9.43 to Hackney Wick. Christmas garb optional but given COVID rules and the likely size of our party perhaps discrete.		
<b>Route</b>	<p>This is a completely urban walk mainly on canal paths parts of which many will be familiar. It is an interesting and extraordinary mix of post-industrial decline, massive development, and familiar Victorian buildings.</p> <p>From Hackney Wick Station we will join the Capital Ring which runs alongside the Olympic Park, joining then the Green Way to see some of the vast development that has/is taking place in Bow and Stratford over the last 10 years. From the Green Way we will join the footpath beside the Lea river (untouched as yet) until we reach Three Mills Island. There joining the footpath which will take us along the Limehouse Cut to Limehouse Basin.</p> <p>We will return on the footpath by the Regents Canal via Mile End park to Victoria Park for a lunch stop at the Royal Inn on the Park where we aim to arrive at about 1.00pm.</p> <p>After lunch option of returning along the Regents Canal to Islington with various exits available, eg Noel Road, Packington, Rosemary Branch etc., which will determine the final distance walked.</p>		
<b>Lunch</b>	Food is available at the Royal Inn on the Park which has outside seating. However to be noted these tables can NOT be booked. Food I have found generally decent but a little on the expensive side. Brining a picnic may be a good option but is certainly not necessary. Non walkers would be welcome to join us here.		
<b>Dropping out</b>	Endless drop out points available Bow, Limehouse, Mile End Road etc. Could return by Overground from Hackney Wick (but not much shorter).		
<b>Suitability</b>	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: Flat</p> <p>Possible obstacles: None</p> <p>Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.</p>		
<b>Facilities</b>	There are no toilets at the start at Hackney Wick, there are at the pub.		
<b>Walk source</b>	Mainly but not wholly a route biked regularly over the years.		
<b>Map &amp;</b>	OS Landranger 177 East London		

<b>other references</b>	Links: <a href="https://tfl.gov.uk/modes/walking/victoria-park-to-limehouse-basin">https://tfl.gov.uk/modes/walking/victoria-park-to-limehouse-basin</a>
<b>Leader &amp; contact details</b>	<u>Walk Leader</u> : Patrick Swaffer <u>Beforehand</u> phone: 07771 956190 (leave message if necessary) e-mail: <a href="mailto:patrick@pljswaffer.co.uk">patrick@pljswaffer.co.uk</a> <u>On the day</u> mobile: 07771 956190