# PRACTICAL INFORMATION

## Route overview — 17.7 miles (28.5km)

From St Magnus the Martyr, at the northern end of London Bridge in Lower Thames St, you pick up the Thames Path, diverging from it after **2.7 miles** for the Royal Foundation of St Katharine. You then walk past Limehouse Basin to join, after a further **400 yds**, the towpath alongside the Regent's Canal. You leave the canal at Victoria Park, after **1.5 miles**, walking through the park and then along the Hertford Union Canal, reaching the River Lee Navigation in a further **1.3 miles**.

You follow this waterway, reaching Lea Bridge after **1.9 miles**, and Tottenham Locks, where **the stage can be most easily divided**, after **2.2 miles**.

In another **0.7 miles** you reach Stonebridge Lock, where there is a café. Further refreshment points occur near Enfield Lock, after **5.4 miles**, and at Rammey Marsh Lock, after **0.6miles**. Waltham Abbey is reached in a further **0.9 miles**.

## Public transport options

Setting off from central London means that this whole first stage is easily accessible by overground and/or underground **train** services. The starting point at St Magnus the Martyr is 200yds from Monument Underground station while the end of the stage, at Waltham Abbey, is 1 mile west of Waltham Cross railway station. Between the two there are stations at or near Limehouse, Victoria Park, Lea Bridge, Clapton, Tottenham Hale, Seven Sisters, Stonebridge Lock, Enfield Lock and Rammey Marsh. See also public transport map and table pp29-31.

## Where to eat or stay along the way

● **Limehouse** (after 2.7 miles/4.3km) **Stay** at ***Royal Foundation of St Katharine*** (☎ 0300-111 1147, 💻 rfsk.org.uk, 2 Butcher Row) our accommodation partner. **Eat** in their adjacent, eclectic, open-air ***Yurt Café*** (open daily 9am-9pm). Get to the start from nearby **Limehouse station**.

● **Victoria Park** (after 4.6 miles/7.4km) Pause for **refreshments** at ***Park Café*** (Tue-Fri 9.30am-3.30pm, Sat-Sun 9.30am-4pm, Mon closed).

A guest room at St Katherine's
© Mark Weeks

- **Terrain** Almost entirely flat, city pavements in early section, then gravel and sealed towpaths
- **Difficulty** Moderate in terms of terrain, challenging in terms of distance
- **Time** 6hrs 10mins actual walking time
- **Total ascent** 239m/784ft
- **Maps** OS Explorer *173 London North; 174 Epping Forest & Lee Valley*
- **GPX route file & directions*** 501.pdf, 501.gpx, 501.kml at 💻 https://trailblazer-guides.com/press * See pp27-8 for more information on downloads





● **Lea Bridge** (after 7.7 miles/12.5km) Stop for **lunch** in the large, tented garden at the ***Princess of Wales*** pub (☎ 0208-533 3463, 💻 princessofwalesclapton.co.uk, 146 Lea Bridge; open 11am-11pm, food 11am-10pm).

● **Clapton** (after 8.4 miles/ 13.5km) Another **lunch** option is Fullers' ***Anchor and Hope*** pub (☎ 0208-806 1730, 💻 anchor-and-hope-clapton.co.uk, 15 High Hill Ferry; open Mon-Fri 1pm-11pm , Sat noon-11pm, Sun noon-10.30pm, **food** Sat-Sun noon-9pm) which has riverside tables.

● **Tottenham Hale** (after 9.4 miles/15.1km) If dividing up this stage, **stay** at ***Premier Inn*** (☎ 0333-003 8101, 💻 premierinn.com; Station Rd), a reliable chain hotel 400yds from the route.

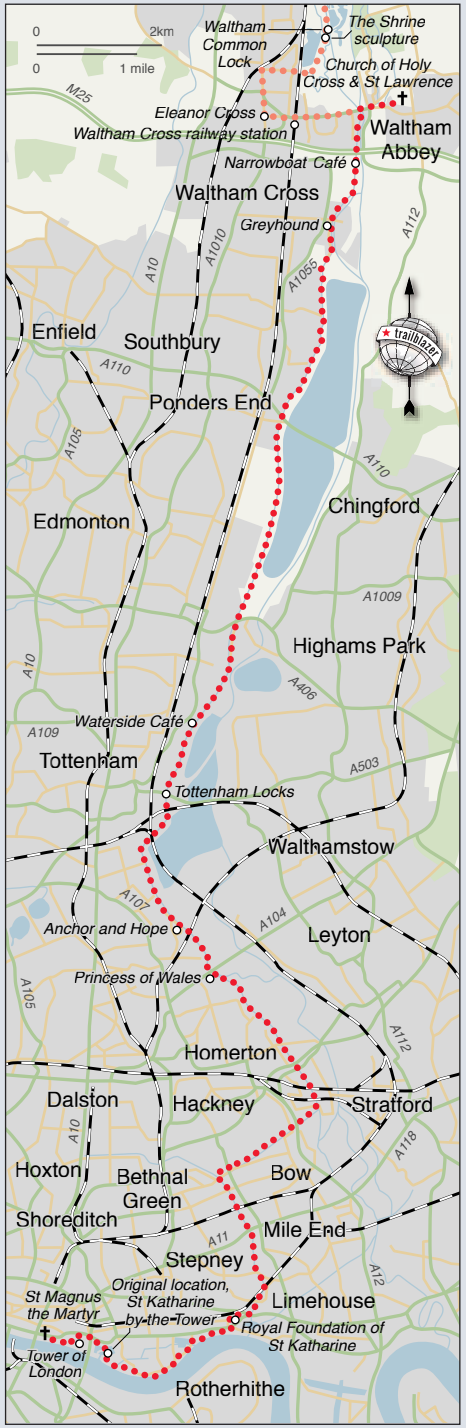
● **Seven Sisters** (after 9.4 miles/15.1km, then 1 mile/1.6km off route) Leave the route at Markfield Park to **stay** at ***The Fountain*** (☎ 0208-802 0433, 💻 fountainhotellondon.com, 125 W Green Rd) a Victorian hotel with **pub** and Japanese **restaurant**.

● **Stonebridge Lock** (after 10.7 miles/17.2km) Stop for **coffee** at ***Waterside Café*** (Wed-Sun 10am-3pm, Watermead Way), a community café with toilets.

● **Enfield Lock** (after 16 miles/25.9km) The ***Greyhound*** (☎ 01992-711271, 💻 mcmullens.co.uk/greyhoundenfield, Ordnance Rd; Mon-Fri 11am-10pm, Sat 11am-10pm, Sun noon-10pm) is a traditional **pub**.

● **Rammey Marsh Lock** (after 16.7 miles/26.9km) ***Narrowboat Café*** (💻 facebook.com/TheNarrowboatCafe, Rammey Marsh; daily 7am-5pm) is a licensed full menu **café** on a canal boat.

● **Waltham Abbey** The most convenient place to **stay** is ***Premier Inn*** (☎ 0333-003 8101, 💻 premierinn.com; Sewardstone Rd) 0.6mile/1km from the route. Alternatively, Waltham Abbey Town Council has a list of



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| | | Stage 1: London to Bishops Waltham |
| | | 2025 Updates are in red |
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| Distance from start | Distance from last waypoint | |
| | 0km | From Magnus Martyr church turn right onto Lower Thames Street and almost immediately right again to follow a sign for the Thames Path and walk down to the Thames, going to the right of the building, as indicated by the blue direction sign. |
| 140yds/130m | 140yds/130m | Turn left at the river to walk downriver along the Thames Path until you reach the Tower of London. |
| 880yds/800m | 730yds/670m | Reach the Tower of London.<br>Skirt the Tower by turning left, and walk up to Tower Hill. Turn right just before the road and take the footpath that skirts the northern perimeter of the Tower of London. Walk beneath Tower Bridge Rd and turn left, on St Katherine's Way, looking out for a gap on your left taking you to St Katharine Docks. |
| .8miles/1.3km | 550yds/500m | Turn left and walk through to St Katharine Docks, keeping the water to your right. At the far side of the dock, turn right to follow the edge of the dock to a footbridge that takes you over the water and between buildings to reach St Katharine's Way.<br>If the footbridge here is temporarily closed, retrace your steps and walk anticlockwise around the dock basin to rejoin the route just after this point. |
| 1mile/1.7km | 440yds/400m | Turn left onto St Katharine's Way. Walk until, after 100yds, you see a Thames Path sign pointing right, down to the riverside. Walk down to the riverbank and turn right to continue downstream. The path turns away from the river, and rejoins St Katharine's Way where it meets Wapping High St. |
| 1.2miles/2km | 330yds/300m | The Thames Path rejoins St Katharine's Way, where that road meets Wapping High St, turn right. There is a Thames Path sign. |

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| 2miles/3.2km | .7miles/1.2km | Follow Wapping High St until it curves left, becoming Garnet St. Follow Garnet St for 20yds, looking out for Wapping Wall, a turning on your right. Turn right into Wapping Wall.<br>Continue along Wapping Wall until you reach the Bascule Bridge over the water channel running into Shadwell Basin. |
| 2.2miles/3.6km | 440yds/400m | Immediately after crossing the Bascule Bridge, turn right to continue along the Thames Path. There is a Thames Path sign. Continue along the Thames Path through King Edward Memorial Park.<br>Major construction work means that the path through King Edward Memorial Park is likely to be closed. The GPX and KML files are amended at this point to take you up to The Highway (A1203) for the approach to the Royal Foundation of St Katharine.<br>If the original route has been reopened, you can follow the original directions below, if you prefer to keep away from the main road. |
| 2.4miles/3.9km | 330yds/300m | At the far side of the park, the Thames Path sign points right, the route continuing along the river bank. Continue past a large block of orange-brick flats at Free Trade Wharf until the path turns away from the river. |
| 2.6miles/4.2km | 330yds/300m | Follow the path as it turns sharp left, then sharp right and brings you to Narrow St. Turn left into Narrow St, and walk up to the junction with the A1203, Limehouse Link road. Use the crossing to the left of this junction to cross over to Butcher Row. |
| 2.8miles/4.5km | 330yds/300m | Arrive at the Royal Foundation of St Katharine at 2 Butcher Row, E14 8DS. |
| | | To continue, turn right out of the Royal Foundation of St Katharine and turn almost immediately right to walk through the foundation's Yurt Cafe to emerge in Radcliffe Ln. |
| 2.9miles/4.7km | 220yds/200m | Turn right into Radcliffe Ln and follow it to the junction with Branch Rd. |
| 3miles/4.8km | 110yds/100m | Cross Branch Rd, with Limehouse DLR station on your left, and walk to the right of the elevated railway tracks.  until you reach a footbridge crossing the Regent's Canal. Turn right, keeping Limehouse Basin to your right, and the viaduct carrying the Docklands Light Railway to your left. Look out for a lock, on your left, which marks the start of the Regent's Canal. |

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| 3.1miles/5km | 220yds/200m | Turn left to follow the towpath that runs along the right-hand bank of the Regent's Canal. Follow the canal towpath until you reach the bridge that takes Old Ford Rd over the water. |
| 4.6miles/7.4km | 1.5miles/2.4km | Walk up to Old Ford Rd, cross over and enter Victoria Park. Turn right in Victoria Park, and follow the wide tarmacked path that runs to the left of the lake, along the right-hand border of the park. |
| 4.8miles/7.8km | 440yds/400m | As you approach Grove Rd, which cuts across the park, follow the wide tarmacked path as it bears left, and look out for an exit on your right after 30yds that takes you out to Grove Rd, where a pedestrian crossing takes you over to enter the other half of Victoria Park via Jubilee East Gate. After 50m, at a junction of paths, take the route almost directly ahead of you, signposted Queen Elizabeth Olympic Park and The Greenway. As you walk you will see a sign for St Mark's Gate, which is where you exit the park. |
| 5.5miles/8.8km | .6miles/1km | When the wide tarmacked path bears left, take the narrower path that goes straight ahead, passing to the left of a block of modern houses, through a car park, to leave via St Mark's Gate and come out at Cadogan Terrace. |
| 5.6miles/9km | 220yds/200m | Cross Cadogan Terrace and go through the gap in the wall that is slightly to your right. You are now on the towpath of the Hertford Union Canal |
| 5.9miles/9.5km | 550yds/500m | Where the Hertford Union Canal meets the Lea River Navigation, turn left. A sign points to Lee Valley Park. Diagonally to your right at this water junction you will see the Olympic Stadium, now home to West Ham United. |
| 6miles/9.6km | 110yds/100m | Where White Post Lane crosses over the canal, walk up from the towpath, turn right to cross the canal, and turn right again to descend to the right bank of the River Lea Navigation. Turn right again on this towpath to continue in the same direction you were following before crossing the bridge. A sign on a post announces you are on Route 1 National Cycling Network. The Capital Ring also follows our route up to Lea Bridge, where it crosses to the other bank. |
| 7.8miles/12.5km | 1.8miles/2.9km | Shortly before Lea Bridge the towpath crosses via a footbridge to the left-hand bank of the River Lea Navigation. A sign on this side points to Lea Bridge 1/4mile. |

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| | | The Princess of Wales pub is beside the towpath, just before the bridge that takes the A104 over the waterway. Continue along the path. |
| 8.4miles/13.6km | .7miles/1.1km | The Anchor and Hope pub is beside the path. Just after the pub, the path diverts from the river's edge slightly for 200yds to follow Spring Ln, before returning to the riverbank. |
| 8.6miles/13.9km | 330yds/300m | At Horse Shoe Bridge, continue along the left bank of the canal. Our route is marked by a signpost indicating Tottenham Hale 1.5miles |
| 10miles/16.1km | 1.4miles/2.2km | At Tottenham Locks keep straight on, following a sign for Upper Edmonton. The sign also indicates that Tottenham Hale tube and overground rail station is up the ramp to the left.<br>THIS IS A GOOD POINT TO SPLIT THIS STAGE IN HALF. |
| 10.7miles/17.2km | .7miles/1.1km | Reach Stonebridge Lock. Waterside Cafe, with toilets. Continue along the path. |
| 11.4miles/18.3km | .7miles/1.1km | At Chalk Bridge, the route crosses over from left to right bank of the River Lea Navigation. A sign headed Tottenham Marshes points the way, indicating Lee Navigation, Lea Valley Walk and National Cycle Network 1. Shortly after this you cross beneath the many lanes of the A406 North Circular road. |
| 12.9miles/20.7km | 1.5miles/2.4km | At Pickett's Lock, keep straight on. |
| 14miles/22.5km | 1.1miles/1.8km | At Ponders End Lock, keep straight on. A sign indicates: Waltham Abbey 3 1/2miles. |
| 15.9miles/25.6km | 1.9miles/3.1km | At Enfield Lock, on the outskirts of Bishop Waltham, cross to the left bank of the River Lea Navigation via the road bridge, and continue along the high bank, with South Ordnance Rd below you to your left. |
| 16.1miles/25.9km | 330yds/300m | The Greyhound pub is on your left. |
| 16.7miles/26.9km | .6miles/1km | At Rammey Marsh Lock, the Narrowboat Cafe is indicated (during opening hours) with an A-board pointing right across the River Lea Navigation. It caters for boat travellers and offers a laundry and showers. |
| 16.9miles/27.2km | 330yds/300m | Pass beneath the M25 |
| 17miles/27.4km | 220yds/200m | Leave the towpath, climbing up to the A121, Station Rd. Turn right for Waltham Abbey. You will see its church in the distance. |
| 17.7miles/28.5km | .7miles/1.1km | Reach the site of Waltham Abbey, and the surviving Abbey Church. |

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