

London Wellbeing Walk

Limehouse Basin (circular)

walk time 30-40 minutes
distance 1.6km / 1 mile



WALKING TIPS

- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- This is a circular walk which can be walked in either direction for a different viewpoint.

	towpath walk
	access point
	swing bridge
	pub
	bench/picnic area
	marina
	water taxi
	bus stop
	Docklands Light Railway
	railway station

The Walk - Step by Step

Limehouse Basin links the Regent's Canal to the River Thames. Its name comes from Les Lymhoost, 14th-century lime kilns on the river, and its fame comes from its service to an Empire. Opened in 1820, it was the world's gateway to over 2,000 miles of inland waterways reaching across Britain. London's Docklands and the stylish Canary Wharf peep over the Basin. It's a skyline that shares a goose-bumped history of oceangoing vessels arriving with new exotic fruits and fancies from faraway places.

 Turn left at Limehouse Station, and walk towards Limehouse Basin alongside the arches of the Grade II-listed viaduct carrying the deep red trains of the DLR.

 Limehouse Basin used to be known as Regent's Canal Dock. Commodities including coal were loaded onto smaller boats to travel the canals linking London to Birmingham. The Basin was once so busy you could reputedly cross it by hopping from one boat to another. Look out for huge mooring dollies as you walk round.

 The Basin is home to swans (often seen on floating nests), geese, coot, moorhen, and of course ducks. Head down the steps and left towards the Harbourmaster's office, where boats are watched over.

 Limehouse Ship Lock measures 100ft by 30ft, and was built in 1989 for yachts and pleasure craft within the chamber of the former Ship Lock – which was almost three times as long and twice as wide. The original gate-recesses help to grasp the size of the former lock. A swing bridge carries Narrow Street across the River Thames entrance, and swings open for tall ships entering or leaving.

 The Cruising Association's headquarters on your right houses a world-renowned library and information centre, the largest of its kind in the world, with over

10,000 books, charts and pilot guides fully accessible to its members.

 Cross the footbridge over Limehouse Cut, a short cut to the River Lea, Three Mills and Queen Elizabeth Olympic Park. It opened in 1768 and is London's oldest canal. Its straight line saved time for boats between the Thames and the Lee Navigation.

 Look above the viaduct to the Grade II-listed Accumulator Tower and its chimney. Built in 1869, it regulated the hydraulic pressure needed to power cranes, locks, capstans and swing bridges in the Basin.

 Commercial Road Lock is the last (or first, if travelling northwards) lock on the Regent's Canal. The canal heads north to King's Cross, Camden and past Regent's Park on its way to join the Grand Union Canal Paddington Arm at Little Venice, before the Grand Union Canal continues onward to Birmingham and the Midlands.

 Cross the pedestrian bridge over the lock's entrance into the Basin and walk, keeping the Basin to your left, until you reach Limehouse Station again.

CANAL: Regent's Canal / Limehouse Cut

START & FINISH: Limehouse Station
OS Grid ref: TQ361810 **Postcode:** E14 7JY

DISTANCE: 1.6km / 1 mile (circular walk)

APPROX TIME: 30-40 minutes

PUB: The Narrow riverside near the Ship Lock, The Grapes on Narrow Street

PARKING: No parking available, so need to use public transport

TRAIN/BUS: Nearest train/Docklands Light Railway station – Limehouse
National Rail Enquiries
Tel: 03457 484950 www.nationalrail.co.uk

Transport for London
Tel: 0343 222 1234 www.tfl.gov.uk

