



Lea Valley Walk

Section 5 (Three Mills to East India Dock)

Version 1 : June 2010



Transport
for London

walk
London

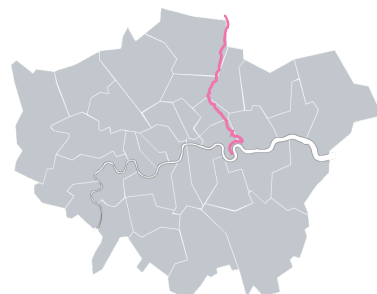
Start: Bromley-by-Bow (TQ380825)

Station: Bromley-by-Bow

Finish: East India Dock (TQ387808)

Station: East India Dock DLR Station

Distance: 2 miles (3.2 km)



Introduction: Section 5 starts at Bromley by Bow and finishes at East India Dock, a distance of 2 miles, - or you can continue on to Island Gardens to complete the whole walk.

From Three Mills, users can choose to head along the Limehouse Cut to Limehouse Basin, or continue along the Lea Valley Walk heading towards East India Dock.

Places of interest along this section are The Limehouse Cut, St Anne's Church at Limehouse, Bow Creek Ecology Park, East India Dock and Trinity Buoy Wharf.

There are picnic spots along the way and cafés and pubs at Limehouse Basin Entrance, at the end of Limehouse Cut and a café at Trinity Buoy Wharf.

Docklands Light Railway services are available from both Limehouse Basin and East India Dock.

Directions: Turn right out of Bromley-by-Bow station and continue along the road until reaching Twelvetrees Crescent, turn left here and head east.

After crossing the footbridge over Bow Locks taking the path to the right will lead to the Limehouse Cut.

Limehouse Cut took three years to dig and was opened in 1770 to avoid the natural ox-bow bends and the tidal Bow Creek; the Cut now enters the Thames through the dock of Limehouse Basin. The Basin was dug in 1812 for the Regent's Canal, which carried the 'proverbial' coals from Newcastle and was only linked to the Limehouse Cut in 1864.


To stay on the Lea Valley Walk continue east on Twelvetrees Crescent through an industrial area passing the Prologis Park gate-house.

At the Bromley-by-Bow gasworks **A** follow Twelvetrees Crescent round to the right, passing the London Gas Museum on the left where the Meridian Line is crossed. Turn right on to Stephenson Street. Continue straight on. Before reaching the busy A13 dual carriageway turn right onto Bidder Street and then left into Wharfside Road to take the underpass.

Once under the A13 turn right and head towards the blue footbridge. **B** The Millennium Dome (The O2) can be seen straight ahead. A wander round Bow Creek Ecology Park **C** is well worthwhile. Cross over the blue footbridge and bear to the left to continue the walk along the waterside.

Bow Creek Ecology Park, once an ironworks and coal wharf, has won a Green Flag Award and is an educational nature park within a bend of the River Lea, designed around a series of created wetlands, including ponds, ditches and reedbeds. The park, which is managed by the Lee Valley Regional Park Authority, is open every day of the week.

A petrol station on the right marks the approach to a large roundabout with artwork. The river bends sharply away to the left beyond an advertising hoarding. Do not follow the path but take extreme care to cross the busy road of the Lower Lea Crossing. Turn left once safely across and head down the slip road towards Orchard Place.

At the bottom of the slip road where you meet Orchard Place are the Salome Gates, designed by Sir Antony Caro. Head through the gates into East India Dock. 

East India Dock has a long and eventful history. The Honourable East India Company was given its charter by Queen Elizabeth in 1600 as a trading company and was the driving force behind the formation of the East India Dock Company in 1803. The East India Dock was the first of the London docks to close in 1967 and is now managed as a nature reserve by the Lee Valley Regional Park, where kingfishers and terns flourish amid the salt marsh flora, unique this close to central London.

To reach the confluence of Bow Creek with the Thames keep the Salome Gates on your right and continue along Orchard Place turning right and following the road down to Trinity Buoy Wharf. From here you get a view of the Dome (The O2 Arena).

Trinity Buoy Wharf is where the Bow Creek meets the Thames. In 1514 Henry VIII granted a charter to Trinity House, the body responsible for navigational aids around the coast. Michael Faraday developed electric lighting for lighthouses here. Today the former buoy factory is a centre for the arts.

Once through the Salome Gates cross the footbridge over the lock gates and follow the path straight ahead, keeping the Thames to the left. The riverside path leads out of East India Dock Basin and continues in front of new housing at Virginia Quay, where there is a memorial to the first settlers who left for America in 1606.

The riverside path is interrupted shortly after; follow the tree-lined path round to the right to the end of the housing. Directly ahead is East India Dock station.

Either finish the walk at East India Dock station or continue the walk through the Isle of Dogs to Island Gardens and a classic view of Greenwich.

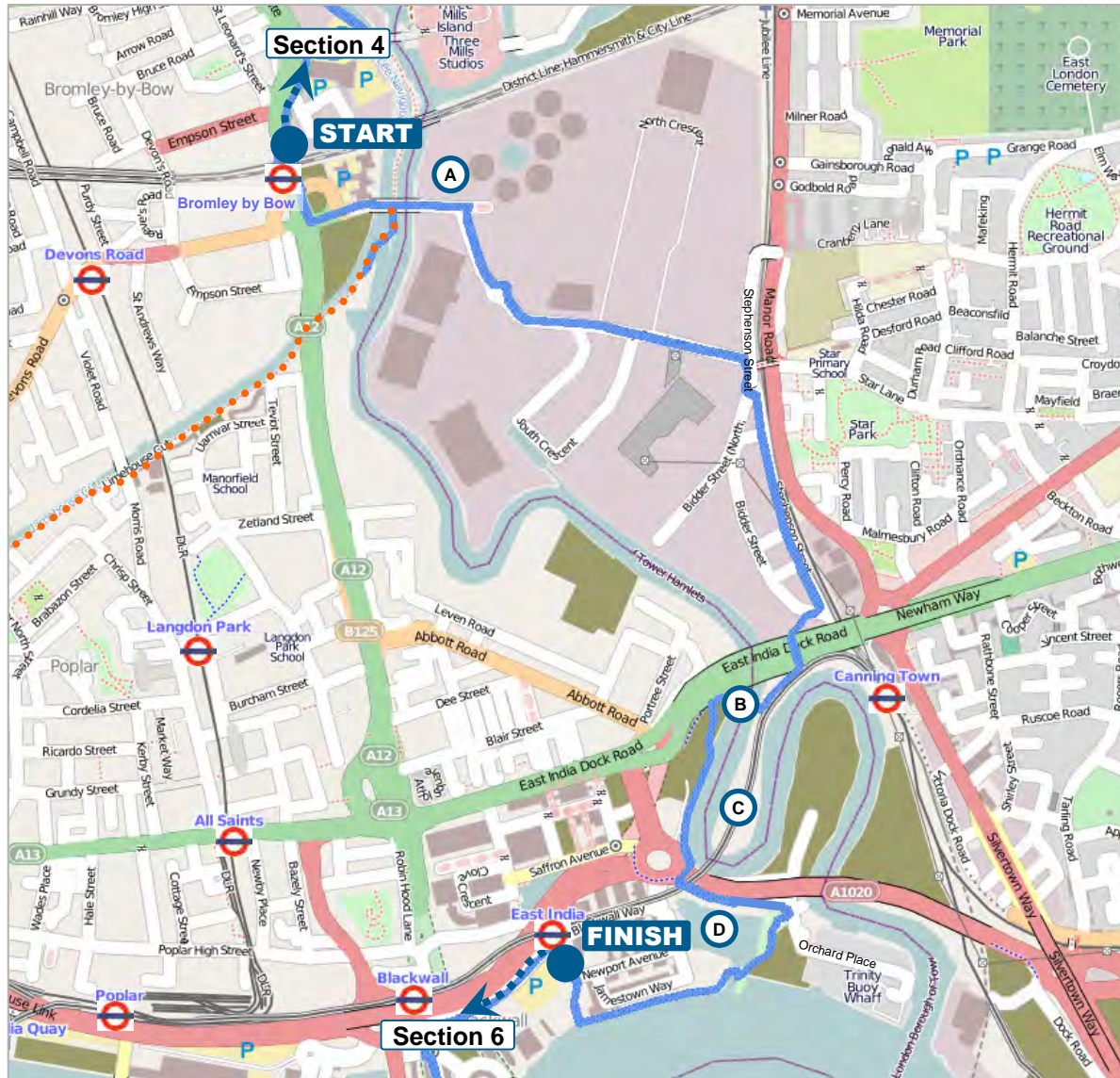


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Section 5 Three Mills to East India Dock

Page 1

Version 1 : January 2010



Map Symbols

-  Lea Valley Walk
-  refer to route directions
-  rail
-  tube or DLR
-  Limehouse Cut walk