



Angel To Limehouse



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A walk along the Regents Canal and its environs

This is an urban walk mostly following the Regent's Canal towpath

Length	10.3 km or 6.4 miles
Toughness	1 out of 10
Total ascent:	47 metres
Getting there	Catch a tube/bus or walk to Angel (Zone 1 / Northern Line)
Meeting point	Angel Tube Station (suggest 6:30 to 7:00 pm for an evening walk)
Tickets	Oyster, Travelcard, Freedom pass (Zone 1 and 2 plus your start zone)
Getting back	Catch a DLR from Limehouse Station or a Tube from Mile End Station (if you leave the walk there). If you continue to Docklands, catch a DLR. Jubilee Line Tube from there.
History	The canal was first proposed by Thomas Homer in 1802 as a link from the Paddington arm of the then Grand Junction Canal (opened in 1801) with the River Thames at Limehouse. It was built during the early 19th century after an Act of Parliament was passed in 1812. Noted architect and town planner John Nash was a director of the company; in 1811 he had produced a masterplan for George IV, (then Prince Regent), to redevelop a large area of central north London – as a result, the Regent's Canal was included in the scheme, running for part of its distance along the northern edge of Regent's Park. It includes a tunnel under Islington where boatmen unhitched their horses from their long boat and “legged it” through the tunnel. This involved lying on their backs and leveraging off the tunnel ceiling to push the boat through the tunnel.

Brief Description

A canal side walk through North and East London. This is a simple walk, (keep the canal on the right apart for the Victoria Park extension) and ideal for mid-summer evenings or days when it might be problematic to leave London on Public Transport. .

Allow 2½ to 3 hours to do the full walk or about 2 hours to leave the walk at Mile End

Directions

Leave the Angel tube Station ticket hall by the north facing side entrance with the RBS bank on your right and proceed along Islington High Street for about 200 metres to *The York* pub. Turn right down Duncan Street here. In 150 metres cross Duncan Terrace (where the New River used to flow), Then cross Colebrook Row using the pedestrian crossing and immediately pass between two brick pillars to join the Regents Canal towpath. Looking back, you can see the Canal tunnel entrance where it passes under Islington.

Ahead are the "Hanging gardens of Islington" and then the ever changing vistas of North and East London. Google maps have captured a "Canal View" for the first part of the walk if you want a taster. Look out for artwork as you walk including the [sharks](#)

After about 5 km the towpath kisses the edge of Victoria Park. The walk leaves the canal here to enter the Park.

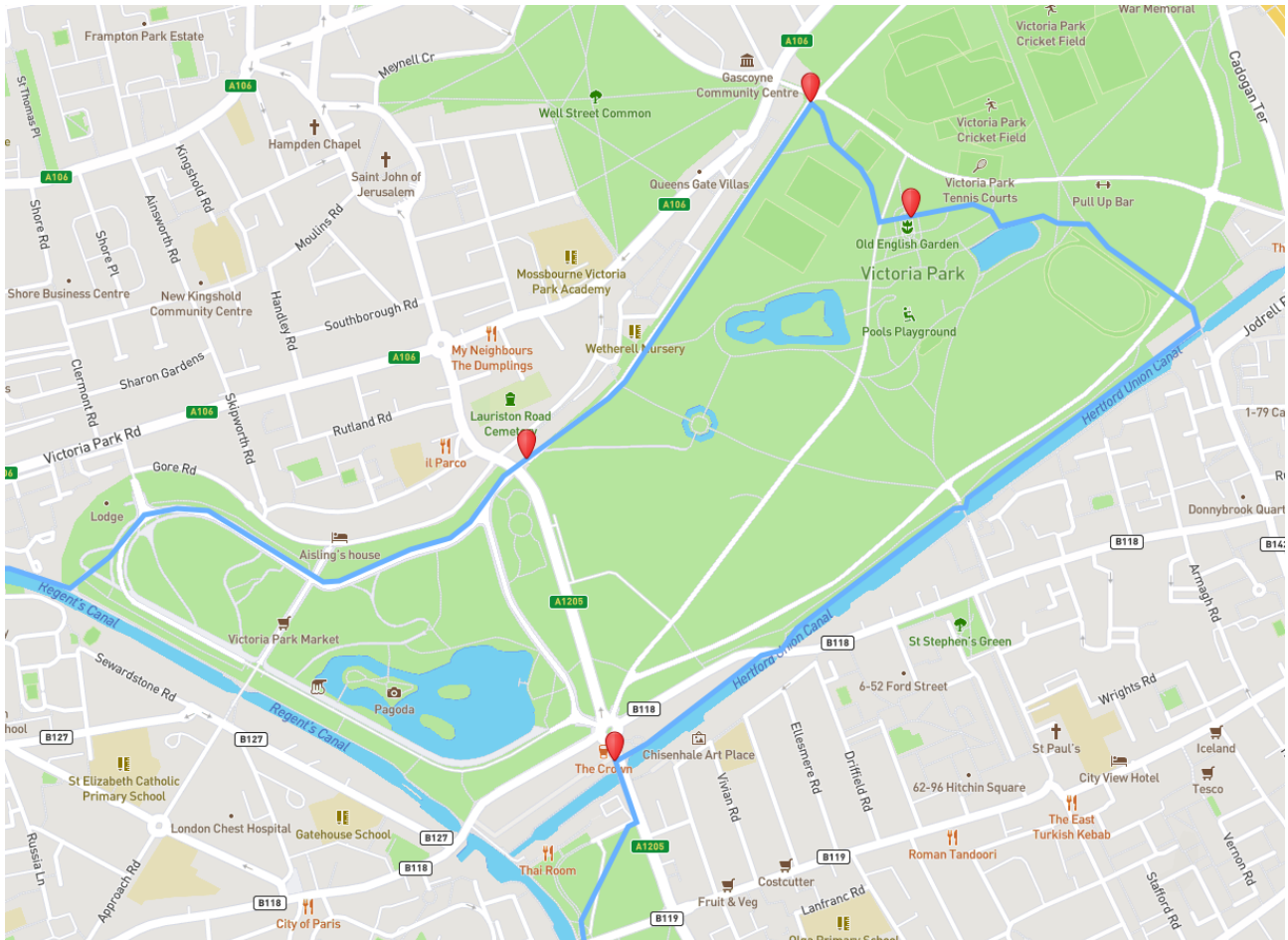
Pass through Canal Gate and walk along the boundary avenue initially in a northeasterly and then a southeasterly direction. Ignore all ways off and in about 700 metres exit the park at the Royal Gate and cross Grove road at a pedestrian crossing . Enter the eastern section of the park through the large gates to the right of the [Royal Inn on the Park](#) and continue in the same direction down the broad avenue in the park.

After 700 metres at an avenue junction with the [The People's Park Tavern](#) ahead, turn sharp right 5 metres **before** the junction on to a narrow path. Pass the bowling club grounds on the left and in a further 60 metres where the path converges with another wider path, cross this path and turn slightly left to enter the Old English Garden continuing in the same direction. Leave the gardens to enter the recently planted orchard area. After 50 metres at a path junction you may find a bench dedicated to Stephen Backes (who posted for SWC as *Bridie*) at [///flips.sugars.petty](#) In a further 100 metres ignoring all ways off and at a pond, turn left. Walk alongside the pond for 30 metres and take the left fork walk where the path splits. Ignore all ways off and in 60 metres merge with another path. In a further 200 metres cross the park's main peripheral avenue to head for the Lock House Gate and in 10 metres turn right through an **easily missed** open door following a path to the Hertford Union Canal towpath. Continue in the same direction (240 degrees) for 500 metres (initially alongside the park then under Old Ford Road followed by Victorian houses and two high rise blocks on your right). Leave the canal here by ascending steps to Grove Road and cross the pedestrian crossing. [The Crown Pub](#) on the right offers options for a thirst quencher and is recommended as it is normally less busy than other hostelrys in the area.

Turn left to continue the walk passing a parking area for a local Gym on the right and crossing Wennington Road. Enter Wennington Green and take the diagonal path, and in 150 metres bear slightly right then left on a grassy bank to rejoin the Regents Canal. *If Wennington Green is shut,*

simply walk down Wennington Road and continue in the same direction on the track at the end of the road. This track curves to the left to rejoin the towpath

The route through Victoria Park



If you are intending to leave the walk at Mile End, you may wish to visit the quirky [Palm Tree](#) pub 200 metres along the towpath and to your left.

After a further 300 metres the canal approaches Mile End Lock. Leave the canal towpath here branching left on a footpath towards the Guardian Angels Church.

If you wish to leave the walk here, you may catch a District or Central Line tube at Mile End Station 200 metres away. *To do this, you will need to bear left off the main path and head for the bus turnaround point. Turn right here and at the road junction cross Grove Road towards the Subway takeaway and then cross Mile End Road, Turn left to find the Tube station entrance in about 50 metres.*

Otherwise continue by climbing the path which traverses Mile End Road via the Green Bridge (complete with trees and flora) extending the Mile End Park over the busy A11 trunk road. As the path descends, rejoin the towpath.

The towpath continues, passing the [Ragged School Museum](#) and in a further 200 metres passes an unusually tall brick built chimney which despite its classic Victorian design simply once served as a sewer vent.

In 2km the towpath reaches Limehouse Basin and the Thames. Here you may turn right to cross the canal on a metal footbridge, continuing for 100 metres to catch a DLR from Limehouse station.

Extension to Docklands

This is quite a long evening walk, but walkers who wish to go the extra mile (actually about 800 metres) are encouraged to continue to Docklands. There are stunning night views of the Thames, the City of London and Docklands skylines on this additional section.

Proceed as follows: Climb the steps to the **left** of the footbridge and join Basin Approach continuing in the same direction. In 120 metres at the Limehouse Gallery & Bronze Age studios, turn right down a path next to a river basin. Follow the path as it turns left and then turn right across a footbridge to enter the park at Ropemakers field. Continue in the same direction until you reach Narrow Street. Turn left here and in a few metres turn right at Dunbar Wharf on a path which crosses a basin on a footbridge. Follow the Thames to the Promenade at Canary Wharf. Here you may catch a [Thames Clipper](#)

To continue to Canary Wharf Stations (DLR and Jubilee tube Line), climb the steps to the left at the Promenade and cross Westferry Circus roundabout continuing on West India Avenue. Take the right fork at Cabot Square and look for the signs for the DLR station. *The DLR is above the road and traverses it north/south.* To catch a Jubilee line tube, walk under the DLR bridge and in 60 metres turn right to continue down some steps where you will see the entrance to the Canary Wharf tube station to your left.

Eateries

If you wish to eat, take the **left** fork at Cabot Square and follow the road round to the right. In 25 metres turn left on a broad paved area and descend to the North Dock Footbridge. Cross the footbridge to find a selection of restaurants ahead. There is also a J.D. Wetherspoon's Pub [The Ledger](#) 150 metres to your left

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