

# London Wellbeing Walk

## Commercial Road Lock to Mile End

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.
- Walk one way and hop on a bus for your return, or turn around and walk back to discover a different view.




	towpath walk
	access point
	café
	food & drink
	bench/picnic area
	museum
	bus stop
	London Underground
	Docklands Light Railway
	railway station


## The Walk - Step by Step

Setting off from Limehouse Basin under the sparkling shadows of Canary Wharf, this walk heads onwards in the sweet company of the slow waterways commuter rush. Never pretending to be a green rural trail, your walk along the Regent's Canal sings with the living colours of a waterways escape away from the daily urbanscape. This water space tells old stories of East End heritage, of hardworking boat horses and impoverished children rubbing shoulders with exciting contemporary architecture, boat life and open green spaces created for today's flexible work life.



-  Facing Commercial Road Lock, behind you is Limehouse Basin with its busy marina.
- 1** Commercial Road Lock is the last (or first if heading north) lock on the Regent's Canal, taking it into Limehouse Basin and beyond to the River Thames.
- 2** Follow the towpath under Commercial Road Bridge. The canal widens in front of you.
- 3** Beyond a pipe bridge and Salmon Lane Bridge, a white arched footbridge stretches over Salmon Lane Lock. The Grade II-listed Lock House alongside dates from 1864 and would have been the lock-keeper's home.
- 4** The canal curves under a railway bridge to the edge of Mile End Park. A tall 19th-century brick chimney belies its aesthetic beauty as it actually provided a vent for sewers underneath.
- 5** Three canalside Grade II-listed former goods warehouses now house the Ragged School Museum. It was converted to the largest Ragged (free) school in 1877 by famous philanthropist Dr Thomas Barnardo to provide free education and meals to poor and orphaned children.
- 6** Overlooked by converted warehouses and modern apartments, Johnson's Lock is unique on the Regent's

Canal to have its original central paddle gear to fill and empty the lock. Above the lock, look out for the canal's two remaining horse ramps at the water's edge – working boat horses sometimes fell into the canal while towing heavily-laden barges and these ramps helped lead them back up to the towpath.

- 7** The hawthorn-lined grassy banks of Mile End Park slope to the towpath offering space to sit and watch the water. The Park was laid out on land devastated by catastrophic bombing during World War II.
- 8** Duck your head as you walk under the historic brick Gunmakers Arms Bridge. The London Small Arms Factory, an important arms manufacturer during World War I, used the canal to transport components to its other factory in Enfield.
- 9** Again duck under Mile End Road Bridge 57. At Mile End Lock, deep grooves have been worn into the stone by countless boat horse ropes towing heavy loads.
-  Turn to experience the walk from a different perspective, explore the towpath ahead, or climb the steps by Mile End Bridge to catch a bus or tube.

**CANAL:** Regent's Canal

**START:** Commercial Road Lock  
OS Grid ref: TQ361810 Postcode: E14 7LF

**FINISH:** Mile End Road  
OS Grid ref: TQ362824 Postcode: E1 4PA

**DISTANCE:** 1.6km / 1 mile

**APPROX TIME:** 30-40 minutes

**PUB/CAFÉ:** Café in Ragged School Museum and plenty of choice along Mile End Road

**PARKING:** Parking is difficult, so best to use public transport

**TRAIN/BUS:** Nearest train/Underground/  
Docklands Light Railway station –  
Limehouse & Mile End  
National Rail Enquiries  
Tel: 03457 484950 [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

Transport for London  
Tel: 0343 222 1234 [www.tfl.gov.uk](http://www.tfl.gov.uk)

