



Discover little adventures on your doorstep

Looks fun

Wow nice plan!

- Spot Brentford gauging lock and the nearby toll house
- Enjoy water sports such as canoeing at weekends or school holidays
- Take a break in a lockside café. It's a good place to watch boats
- Wear wellies, go for a family walk along the canal
- Watch the boats - it takes at least 1½ hours to pass through Hanwell Locks
- Stop by Moorhen Marina in Harlow and look out for brightly painted boats
- Cycle along the towpath to Limehouse and the River Lee
- Look out for trains. Railway tracks pass under and run above the canal
- Take a boat trip from Little Venice to Camden Lock via the zoo
- Look out for the Blue Bridge to West India Docks



WOAH! Can I come?

Me too!

Denham, Hanwell Lock Flight, Brentford, Brent Reservoir, Little Venice, Camden Locks, King's Cross, Old Ford Lock & Bow Wharf, Limehouse Basin, Islington City Road Basin, West India Docks, Three Mill & Queen, Elizabeth Olympic Park, Harlow, Bishops Cleeve

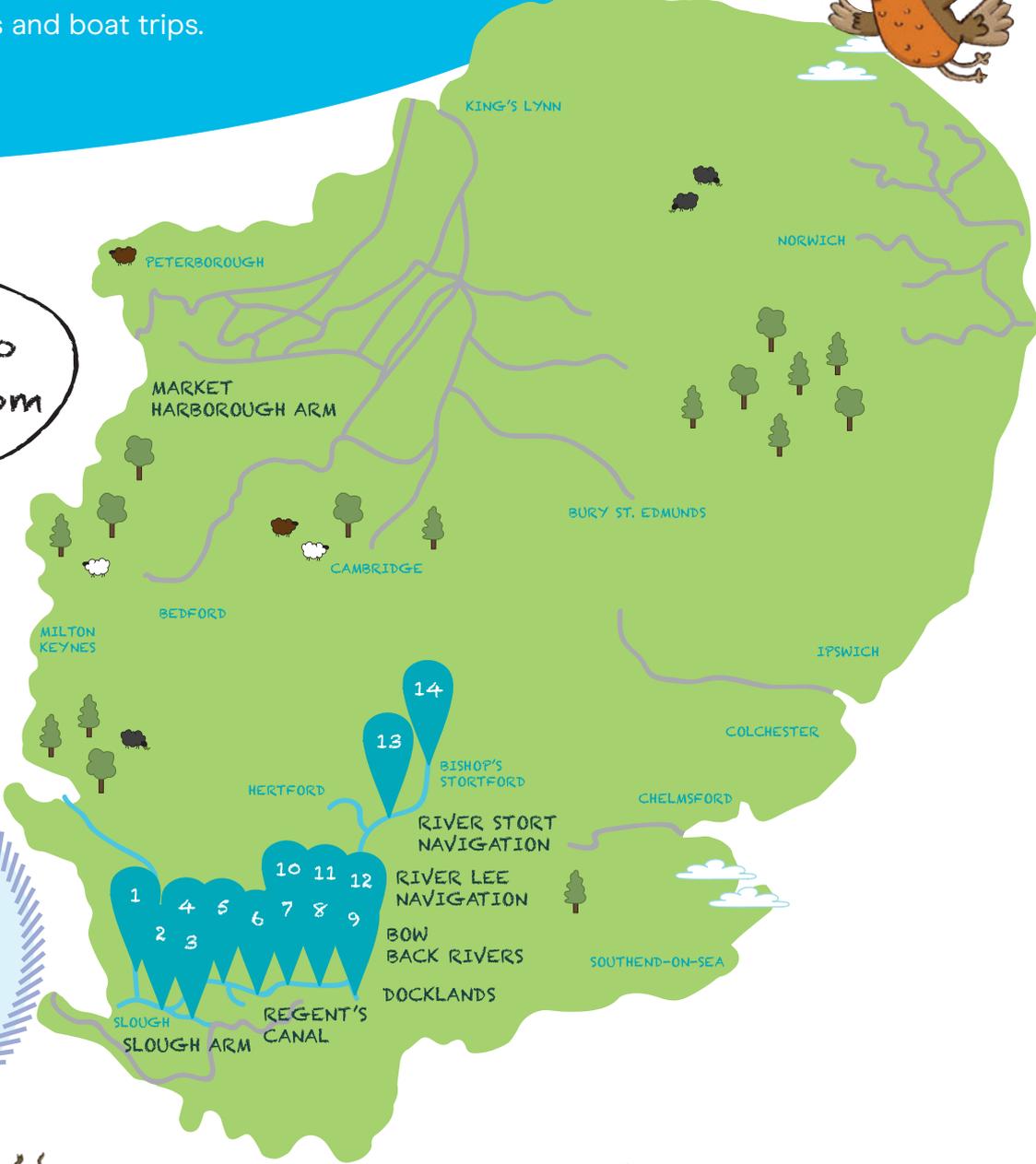


Are you looking for inspiring places to visit with the family? Then look no further than your local canal or river. This guide features a selection of our best waterside places to visit in London – whatever the weather! Each location includes a map, suggestions of fun-packed activities you can do and useful information on where to park, places to eat, toilets and boat trips.

Where will you explore today?



So many to choose from



Have a look on our map and find a little adventure on your doorstep!



Key

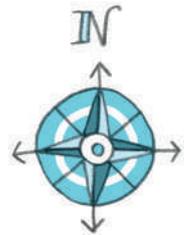
- | | | |
|------------------------|-------------------------------|------------------------------------------------|
| 1. Denham | 4. Brent Reservoir | 11. West India Docks |
| 2. Hanwell Lock Flight | 5. Little Venice | 12. Three Mills & Queen Elizabeth Olympic Park |
| 3. Brentford | 6. Camden Locks | 13. Harlow |
| | 7. King's Cross | 14. Bishops Stortford |
| | 8. Old Ford Lock & Bow Wharf | |
| | 9. Limehouse Basin | |
| | 10. Islington City Road Basin | *AINA Waterways — |

* This map shows waterways managed by members of the Association of Inland Navigation Authorities (AINA). We have not featured places to visit on waterways managed by these organisations. There are other inland waterways that have not been shown, the information on this map is for guidance only, for accurate information please visit our website.



Discover Denham Deep Lock

Not far from the M40 and urban life is Denham Deep Lock. Located on the Grand Union Canal that passes through Denham Country Park, it's a great place for a country walk.



Lock No 87 Denham Deep Lock
STAY SAFE: Stay Away From the Edge

A little bit of history

With a fall of almost 3.5 metres (11 feet), Denham Deep Lock holds the record for the deepest lock on the Grand Union Canal. Just above it is an aqueduct carrying the canal over Fray's River, an artificial loop in the River Colne, originally created to supply waterpower to six flourmills.



Best of all
it's FREE!*

Five things to do at Denham Deep Lock

- ❑ **Feed** the ducks and watch out for other water birds such as geese, swans coots and moorhens.
- ❑ **Help** boaters to open and close the lock gates as they pass through.
- ❑ **Take a break** in Fran's tearooms overlooking the lock. There's a garden to sit out in good weather.
- ❑ **Wear wellies**, go for a family winter walk along the canal – and find good puddles to splash in.
- ❑ **Visit** old Denham, a picturesque village (1 mile/1.6km).



Information

Denham Court Drive
Denham
Bucks UB9 5PG

-  Parking
-  Toilets
-  Café
-  Visitor Centre
-  Cycling
Path
-  Allow 1-2 hours
for this visit

* Don't forget:

Although the site is always open the facilities and boat trips may not be and some may be chargeable. Please check with local businesses before setting out.

Did you know?...



Coots have a **white spot** on the front of their head and moorhens have a **bright red beak tipped with yellow**, and a white stripe on their side.

Go to canalriverexplorers.org.uk to discover lots of fun things to do with the family.

A big thank you to all the volunteers who helped produce these.





Canal & River Trust

Making life better by water



Discover Hanwell Lock Flight

The Grand Union Canal was once a busy industrial waterway connecting London with the Midlands. Today, Hanwell Locks is a great place for a country walk.



STAY SAFE:
Stay Away From the Edge

Little adventures on your doorstep



A little bit of history

Framed by motorways, railways and busy London suburbs, Hanwell Lock Flight is an escape to the country. The six locks are well-used by boats so there's a good chance to see them in operation. And the good wide towpath makes a great cycle ride as the canal descends towards the Thames.

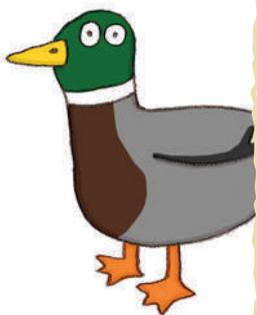
Best of all
it's FREE!*

Five things to do at Hanwell Lock Flight

- **Watch** the boats – it takes at least 1½ hours to pass through the locks built in 1794.
- **Spot** the filled-in arch in St Bernard's Hospital wall, the entrance to Asylum Dock. Coal for the hospital boilers was delivered here.
- **Check out** old canal features such as lock keeper's cottages, bollards made from tree trunks, and a ramp to help horses out of the canal when they fell in.
- **Look for** Three Bridges (Windmill Bridge) designed by Isambard Kingdom Brunel. It's actually two bridges, with road, canal and railway routes meeting on three different levels.
- **Look out for** birds such as heron, insects and small mammals.

Did you know?...

Our lock gates are handbuilt by skilled carpenters in our workshops in the West Midlands and Yorkshire, from FSC Green Oak. Each one is unique and can take up to a month to make. Once built they last for about 25 years.



Information

Hanwell Lock Flight,
Green Lane,
Ealing W7 2PJ

-  Parking (limited street)
-  Pub
-  Picnic
-  Cycling
-  Path
-  Allow 1-2 hours for this visit

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Canal & River Trust

Making life better by water



Discover Brentford Gauging Lock

Brentford Gauging Lock was once one of the busiest places on The Grand Union Canal. Today, Brentford Lock is a great place for a walk, cycle or jog.

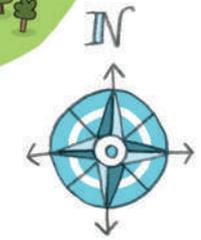
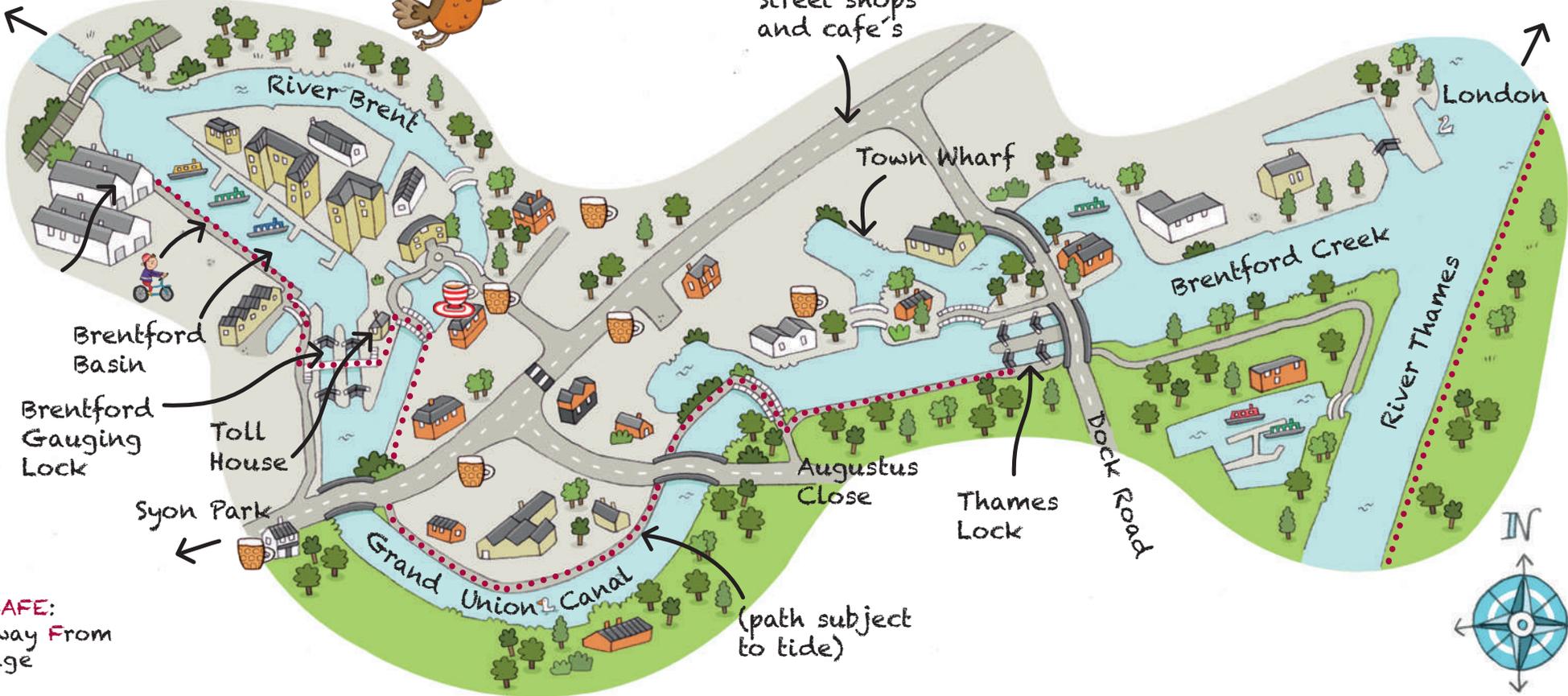
Little adventures on your doorstep



Grand Union Canal to Bulls Bridge, Osterley Park & Hanwell



Brentford High Street shops and cafe's



STAY SAFE:
Stay Away From the Edge

Map not to scale: covers approx 0.5 miles/0.8km

A little bit of history

Brentford Gauging Lock is so-called because here, the toll keeper checked how much cargo boats were carrying. He used a gauging rod to measure how high the boat sat out of the water and calculate the amount of cargo carried. From that, he could work out the toll to be paid to use the canal.



Best of all
it's FREE!*

Five things to do at Brentford Gauging Lock

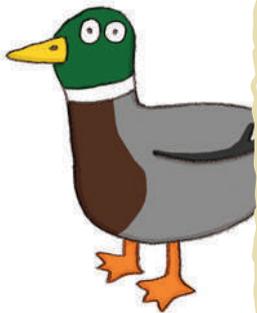
- Watch** the boats working the locks.
- Spot** the gauging lock and the nearby toll house where the toll keeper operated.
- In the early days** of canals, horses towed the boats. Find a ramp to help horses out of the canal when they fell in. Look for raised bricks so they didn't slip when going up or down a slope.
- Lots of water birds** are attracted to the canal. See how many you can spot and name in 5 minutes.
- Enjoy** water sports such as canoeing at weekends or school holidays.

Did you know?...

It's best to feed ducks tasty treats like:

- porridge oats
- rice
- peas
- chopped lettuce
- birdseed

Whilst they will gobble up white bread, crisps and chips its junk food for you and ducks!



Information

Brentford Gauging Lock
Brentford TW8 8HP

-  Parking (on street only)
-  Toilets
-  Café/restaurant
-  Pub
-  Cycling
-  Path
-  Allow 1-2 hours for this visit

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Canal & River Trust

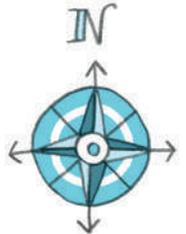
Making life better by water

Discover Brent Reservoir

Surrounded by buildings and fast roads, Brent Reservoir is an oasis of water, greenery and calm. It's a just the place to escape the bustle of urban life.



Little adventures on your doorstep



M1
Brent Cross Shopping Centre

STAY SAFE:
Stay Away From the Edge



Map not to scale: covers approx 0.5 miles/0.8km

A little bit of history

Brent Reservoir was built to supply water to the Paddington Arm of the Grand Union Canal. Popularly known as the Welsh Harp after the Old Welsh Harp Tavern which stood on the Edgware Road until the 1970s, it's now an important breeding ground for birds. 250 species of birds have been recorded there.

Best of all
it's FREE!*

Five things to do at Brent Reservoir

- Bird** spotting is a must! Take binoculars and look for uncommon water birds such as pochard, smew, shoveller, grebe, gadwall and tern.
- Count** the number of different birds you can spot in five minutes.
- The reservoir** is a good place to spot sailing boats.
- Have a picnic** beside the water.
- Walk** round the reservoir and see how many trees you can name.

Information

Aboyne Road
London
NW10 0EX

-  Parking
-  Café
-  Picnic spot
-  Path
-  Allow 1-2 hours for this visit

What to Spot

Explore the waterside together.
How many of these can you spot?

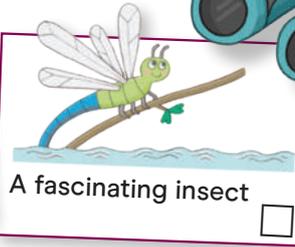
A duck quacking



166

The number of a bridge or lock

A fascinating insect



An interesting stone or brick



The names of two boats



A face or animal in the clouds



Sign up for our newsletter and get regular updates and offers from the Canal & River Trust.

Simply go online and search for 'canal newsletter'.

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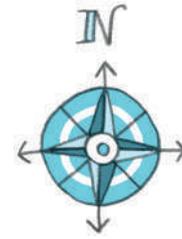


Canal & River Trust

Making life better by water

Discover Little Venice

Although not far from fast roads and Paddington Station, Little Venice is an oasis of tranquillity. It's thought to have been so-named by the poet, Robert Browning.



A little bit of history

Little Venice is located where the Regent's Canal joins the Grand Union Canal at Paddington. It once formed part of a vital trading route connecting the Midlands to the River Thames. Today it is famous for some of the finest early Victorian houses in London with gardens than run down to the canal.

Best of all
it's FREE!*

Five things to do at Little Venice

- Take** a boat trip from Little Venice to Camden Lock via the zoo. Keep an eye open for wild animals!
- Spot** the stop gates under Warwick Avenue Bridge built to prevent water passing from one canal to another.
- Look** for Browning's Pool named after Robert Browning. It was originally a holding area for boats as they waited to enter Paddington Basin.
- Have** a picnic on the banks of the canal in Rembrandt Park and watch the boats.
- Walk** along to Paddington Basin (about 20 minutes). Look for 'Standing Man' and 'Walking Man' sculptures by Sean Henry along the way.

Information

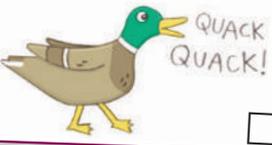
Blomfield Road
W9 2PF

-  Parking (limited street only)
-  Toilets
-  Café
-  Pub
-  Picnic
-  Boat trips
-  Footpath
-  Allow half a day for this visit

What to Spot

Explore the waterside together.
How many of these can you spot?

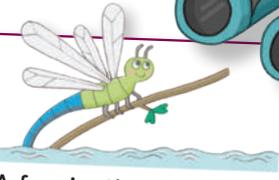
A duck quacking



The number of a bridge or lock



A fascinating insect



An interesting stone or brick



The names of two boats



A face or animal in the clouds



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Canal & River Trust

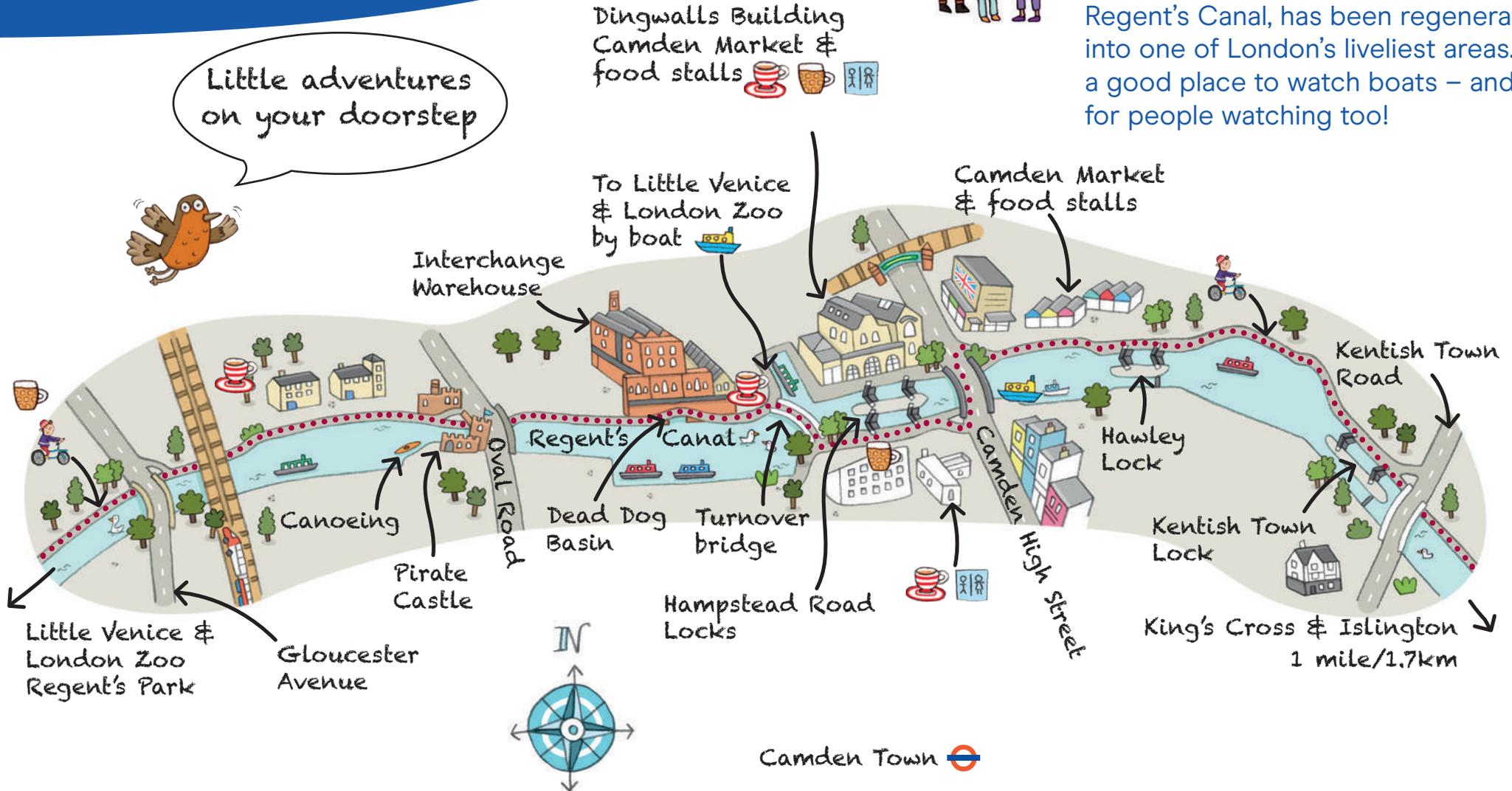
Making life better by water

Discover Camden Locks



Camden Locks, once a grimy part of Regent's Canal, has been regenerated into one of London's liveliest areas. It's a good place to watch boats – and for people watching too!

Little adventures on your doorstep



Map not to scale: covers approx 0.5 miles/0.8km

STAY SAFE:
Stay Away From the Edge

A little bit of history

Wharves and warehouses once surrounded Camden Locks. Close by were stables and farriers for the horses that towed the boats in the early days of canals. Some old canal buildings are still there, but today they house pubs, clubs and one of London's most popular craft markets.



Best of all
it's FREE!*

Five things to do at Camden

- **Take** a break in a lockside café, once the lock keeper's cottage. It's a good place to watch boats.
- **Visit** Camden's markets with art, craft and world food stalls in old canal warehouses and workshops.
- **Go** across Turnover Bridge designed so that horses didn't have to be unhitched when the towpath changed sides.
- **Walk** along the towpath and look out for Pirate Castle.
- **Spot** the locks, the only working double pair of gates remaining on the Regent's Canal.



Information

Camden Locks
London NW1 8AF



Toilets



Café



Pub



Cycling



Boat trips



Footpath

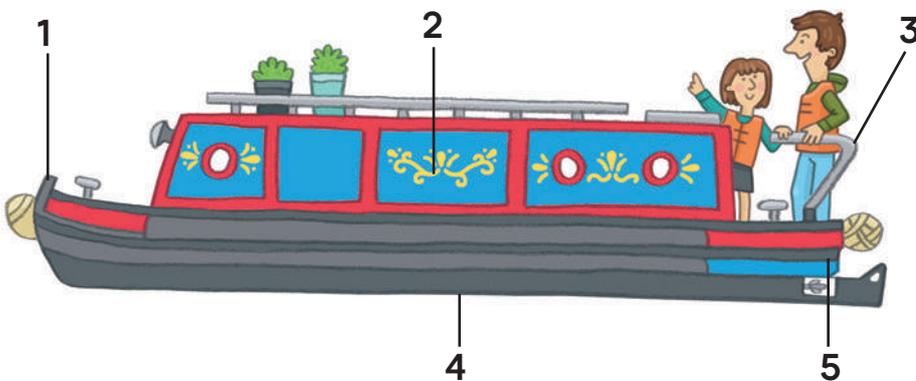


Allow a half
to full day for
this visit

* Don't forget:

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Can you name the different parts of a narrowboat?



Answers: 1 bow; 2 cabin; 3 tiller; 4 hull; 5 stern

Go to canalriverexplorers.org.uk to discover lots of fun things to do with the family.





Canal & River Trust

Making life better by water



Discover King's Cross

Sandwiched between King's Cross and St Pancras railway stations is the Regent's Canal. It's an unexpected oasis of calm and peace amid the hectic pace of long distance rail travel.

Little adventures on your doorstep



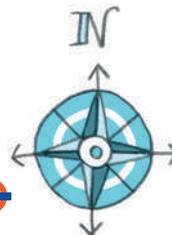
↑ Little Venice & Camden
1 mile/1.7km



STAY SAFE:
Stay Away From the Edge

St Pancras International

King's Cross



A little bit of history

King's Cross is undergoing massive redevelopment. It's a place where two ages of transport meet with canal boats chugging quietly alongside the Eurostar. Alongside old canal buildings given a 21st century makeover, you can still find stop gates and walk along the towpath where horses pulling boats, once plodded.

Best of all
it's FREE!*

Five things to do at King's Cross

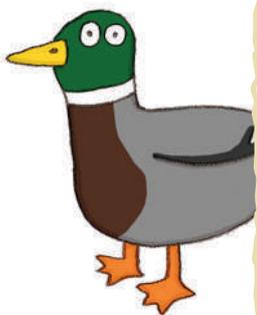
- **Stop** by Central St Martins where many world-famous fashion designers have trained. This building was once a grain warehouse built by Lewis Cubitt who also designed the station in 1852.
- **Visit** the London Canal Museum and find out about the families who lived aboard canal boats. This building was once an icehouse where ice-cream maker, Carlo Gatti, stored shipments of ice from Scandinavia.
- **Have** a picnic on the steps of St Martins.
- **Look** out for trains. The railway tracks from King's Cross pass under the canal. The tracks from St Pancras run above it.
- **Walk** to Islington Tunnel and look out for boats coming through.

Did you know?...

It's best to feed ducks tasty treats like:

- porridge oats
- rice
- peas
- chopped lettuce
- birdseed

Whilst they will gobble up white bread, crisps and chips its junk food for you and ducks!



Information

Central St Martins
NIC 4AA

-  Toilets
(in the station)
-  Café
-  Pub
-  Cycling
-  Footpath
-  Allow 1-2 hours
for this visit

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Canal & River Trust

Making life better by water



Discover Old Ford Lock & Bow Wharf

Old Ford Lock & Bow Wharf recall London's grimy industrial past. Now being regenerated, it remains a great place to spot historic canal features.

Little adventures on your doorstep



STAY SAFE:
Stay Away From the Edge



Map not to scale: covers approx 0.5 miles/0.8km

A little bit of history

Old Ford Lock is where the Regent's Canal meets the Hertford Union Canal. The lock and Bow Wharf are reminders of how these canals were once a link in the chain between the Port of London and the north. Today, regeneration means this area is a great place for family walks, bike rides and for spotting wildlife.

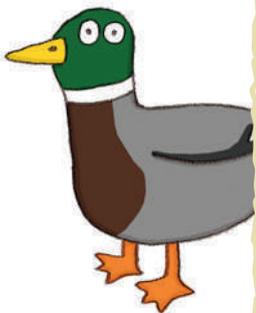
Best of all
it's FREE!*

Five things to do at Old Ford Lock & Bow Wharf

- **Spot** old canal buildings converted to new uses and canal boats moored along the canal.
- **Look** for ramps in the Regent's Canal. They were built to help horses get out when they fell in.
- **Count** how many water birds you can see in five minutes.
- **Check** out the Chinese Pagoda in Victoria Park, rebuilt in 2011. The original building was damaged in the Second World War.
- **Cycle** along the path to the Queen Elizabeth Olympic Park to the east, Camden to the west or Limehouse to the south.

Did you know?...

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Information

Bow Wharf
Wennington Road
E3 5SN



Toilets



Café



Pub



Play area



Cycling



Path



Allow 1-2 hours
for this visit

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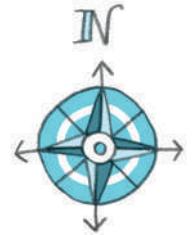


Canal & River Trust

Making life better by water

Visit Limehouse Basin

Limehouse is the gateway between the River Thames and over 2,000 miles of navigable canals. Once a dock, today it's a marina, home to narrowboats, yachts and visiting ocean-going pleasure craft.



Little adventures on your doorstep

STAY SAFE: Stay Away From the Edge

A little bit of history

From 1820 until it closed to commercial traffic in 1969, Limehouse Basin was the interchange between the sea and canals. Coal was delivered from the North of England and timber from Norway and Finland. Ice from Scandinavia was supplied to butchers, fishmongers and ice-cream makers in King's Cross.



Best of all
it's FREE!*

Five things to do at Limehouse Basin



- **Spot** the accumulator tower. It used to store water that provided hydraulic power for cranes, locks and swing bridges. Limehouse Basin was a pioneer in cargo-handling technology.
- **Find** The Grapes in historic Narrow Street. It's said to be the setting for Charles Dicken's *Our Mutual Friend*.
- **You** might spot luxury cruisers and yachts in Limehouse Basin.
- **Take** a cycle ride along the Thames Path and view the majestic Thames on its way to the North Sea.
- **Look** for tall ships. When they arrive or leave the basin, traffic in Narrow Street is stopped, barriers come down and the bridge swings open and the tidal sector gates let the boats in and out.

Information



Limehouse Basin
Horseferry Road
Limehouse E14 8DY

No parking. Use DLR to Limehouse

 Toilets

 Pub

 Cycling

 Path

 Allow 1-2 hours for this visit

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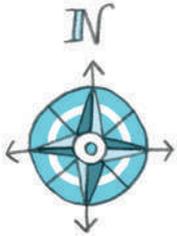




Canal & River Trust

Making life better by water

Little adventures on your doorstep



Discover Islington City Road Basin

Ten years ago City Road Basin was almost derelict. Now being regenerated with canal side houses, businesses and a landscaped park, it's a great place for a walk, cycle or jog.



Angel Islington

STAY SAFE:
Stay Away From
the Edge

Map not to scale: covers approx 0.5 miles/0.8km

A little bit of history

Built in 1819, City Road Basin was built to serve the City of London, less than a mile away. Originally it was surrounded by wharves for off-loading coal, flour, timber and building materials and privately owned. Now it's open to the public for the first time in its history, and is the base for the Islington Boat Club.

Best of all
it's FREE!*

Five things to do at Islington City Road Basin

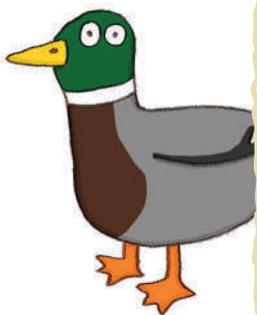
- Enjoy** water sports such as canoeing at weekends or in the school holidays.
- Cycle** along the towpath to Limehouse and the River Lee.
- Walk** along to the Islington Tunnel. No towpath was built through it, so barges had to be 'legged' through and the horses walked over the top.
- Take** a break in a canal side café and watch the boats working the lock.
- Spot** brightly painted narrowboats moored on the canal.

Did you know?...

It's best to feed ducks tasty treats like:

- porridge oats
- rice
- peas
- chopped lettuce
- birdseed

Whilst they will gobble up white bread, crisps and chips its junk food for you and ducks!



Information

Graham Street
Islington N1 8GJ

-  Parking (limited street only)
-  Toilets
-  Café
-  Pub
-  Cycling
-  Festival
-  Footpath
-  Allow 1-2 hours for this visit

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Canal & River Trust

Making life better by water

Little adventures on your doorstep



Explore West India Docks

West India Docks were the first purpose-built docks to be built in London. Closed in 1980, the old docks were regenerated as Canary Wharf, the capital's hi-tech business area.



Map not to scale: covers approx 0.5 miles/0.8km

A little bit of history

West India Docks were built in 1802. Here, for nearly 200 years, ships unloaded rum, sugar and coffee from the Caribbean. Cargo was loaded into warehouses, transferred on to barges and delivered all over the country via the canal system.

Best of all
it's FREE!*

Five things to do at West India Docks

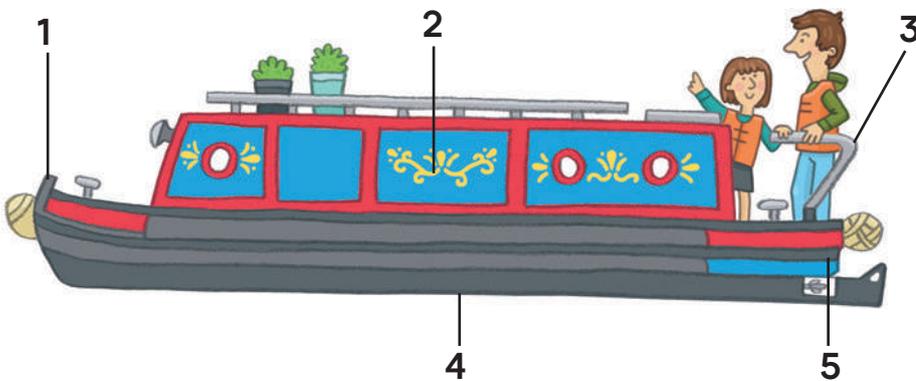
- **Spot** barges and leisure river craft moored in West India Docks.
- **Look** out for the Blue Bridge which lifts up in to West India Docks to allow huge ships to enter the lock.
- **Find** the old Victorian warehouses, now listed buildings, amongst the many cafés and restaurants.
- **Don't miss** One Canada Square 224 metres (800 feet high) and designed by Cesar Pelli.
- **Visit** the Museum of London Docklands and find out about the history of London's docks from Roman times until the present day – it's free!

Information

West India Docks
Lawn House Close
E14 9YQ

-  Parking
-  Toilets
-  Café/restuarant
-  Pub
-  Cycling
-  Thames Riverboats
-  Docklands Light Railway (DLR)
-  Footpath
-  Allow a half to full day for this visit

Can you name the different parts of a narrowboat?



Answers: 1 bow; 2 cabin; 3 tiller; 4 hull; 5 stern

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Walthamstow
Marshes
& Hackney
Wick

Queen Elizabeth
Olympic Park

Stratford



Three Mills
Wall River

Prescott Channel

Three Mills
Green

Three Mills
Lock

Three Mills
Island

Bow Church

Three Mill Lane

Supermarket

Little adventures
on your doorstep



Bromley-
by-Bow

Three Mills
Studios
(Clock Mill)

Discover Three Mills & the Olympic Park

Three Mills is one of London's best-kept secrets. Within cycling distance, it's possible to see both 300-year-old mills and great 21st century architecture in the Queen Elizabeth Olympic Park.

River Lee
Navigation

Gas works

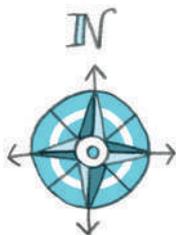
STAY SAFE:
Stay Away From
the Edge

Bow Creek

Twelvetrees Crescent

Bow Locks

Limehouse
Cut



Limehouse
Basin

River
Thames

A little bit of history

House Mill is a tidal mill on the River Lea. It trapped water at high tide to turn the water wheels on the ebb. The river played its part in the construction of the Olympic Park too, when huge barges used it to carry materials and refuse to and from the site.



Best of all
it's FREE!*

Five things to do at Three Mills and the Olympic Park

- **Spot** 3 Mills Studios (the Clock Mill) where films and television programmes are made. The ceremonies for the 2012 London Olympics were planned and rehearsed here.
- **Take** a tour of House Mill open on Sunday afternoons from May-October and the first Sunday in the month from November-April.
- **Pack** a picnic and check out the sculptures and play space in Three Mills Green.
- **Look** out for water taxis which leave from Three Mills.
- **Cycle** to the Olympic Park, home to iconic buildings such as the ArcelorMittal Orbit designed by Anish Kapoor and the Aquatic Centre designed by Zaha Hadid.



Information

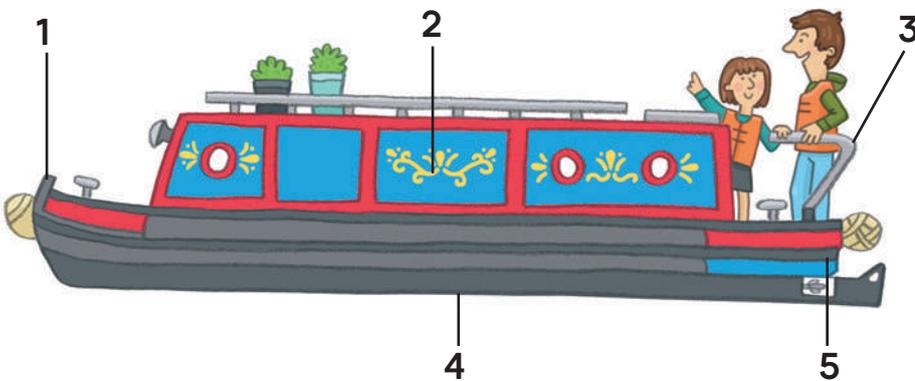
Three Mill Lane
London
E3 3DU

- Parking
- Toilets
- Café/
restaurant
- Picnic spot
- Play area
- Cycling
- Water taxis
- Path
- Allow 1-2 hours
for this visit

* Don't forget:

Although the site is always open the facilities and boat trips may not be and some may be chargeable. Please check with local businesses before setting out.

Can you name the different parts of a narrowboat?



Answers: 1 bow; 2 cabin; 3 tiller; 4 hull; 5 stern

Go to canalriverexplorers.org.uk
to discover lots of fun things to
do with the family.





Canal & River Trust

Making life better by water

Discover Harlow

Winding its way through Harlow, the River Stort Navigation was once a thriving commercial route for barges carrying grain to Bishop's Stortford. Today, it's a great route for country walks.



STAY SAFE:
Stay Away From
the Edge

Map not to scale: covers approx 0.5 miles/0.8km

A little bit of history

The River Stort Navigation is the canalised section of the River Stort, made to provide better transport for the malt trade to Bishop's Stortford. The return journey was made with 'dirty' cargo – mainly malt-dust and manure. Today, the towpath forms part of several scenic long-distance walks.

Best of all
it's FREE!*

Five things to do at Harlow

- Stop** by Moorhen Marina and look out for brightly-painted narrow boats and cruisers.
- Walk** to Parndon Mill, once the site of an old flour mill, and check out the modern sculptures.
- Walk** or bike along the towpath through beautiful woodland.
- Feed** the ducks and swans.
- Watch** boats pass through Burnt Mill Lock and chat to boaters.

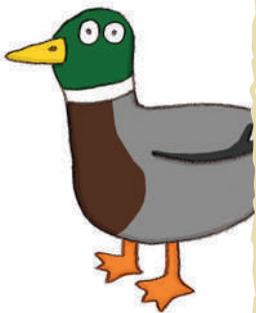
Information

Burnt Mill Lane
Harlow CM20 2QS

-  Parking
-  Toilets
-  Pub
-  Picnic
-  Boat trips
– Day hire
-  Path
-  Allow 1-2 hours
for this visit

Did you know?...

Our lock gates are handbuilt by skilled carpenters in our workshops in the West Midlands and Yorkshire, from FSC Green Oak. Each one is unique and can take up to a month to make. Once built they last for about 25 years.



Go to canalriverexplorers.org.uk to discover lots of fun things to do with the family.





Visit Bishop's Stortford

Winding its way through Bishop's Stortford, the Stort Navigation was once the main route for barges delivering grain to the malt mills. Today, it's a great route for country walks.



A little bit of history

The Stort Navigation is the canalised section of the River Stort, made to provide better transport for the malt trade in Bishop's Stortford. The return journey was made with 'dirty' cargo – mainly malt-dust and manure. Today, the towpath forms part of several scenic long-distance walks.



Best of all
it's FREE!*

Five things to do at Bishop's Stortford

- Picnic** on the banks of the canal and overlooking Waytemore Castle Mound, a Norman motte and bailey castle.
- Take** a fishing net and go canal dipping.
- Watch** the boats and feed the ducks.
- Cycle** down the towpath and take a break at a waterside café or pub.
- Explore** the historic town of Bishop's Stortford.



Information

Jackson Square
Car Park
Bishop's Stortford
CM23 3AH



Parking



Toilets



Café



Pub



Tourist
Information



Picnic Area



Play Area



Cycling Allowed



Path



Allow 1-2 hours
for this visit

* Don't forget:

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What to Spot

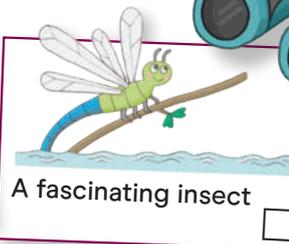
Explore the waterside together.
How many of these can you spot?

A duck quacking



166

The number of a
bridge or lock



A fascinating insect



An interesting
stone or brick



The names of
two boats



A face
or animal
in the
clouds



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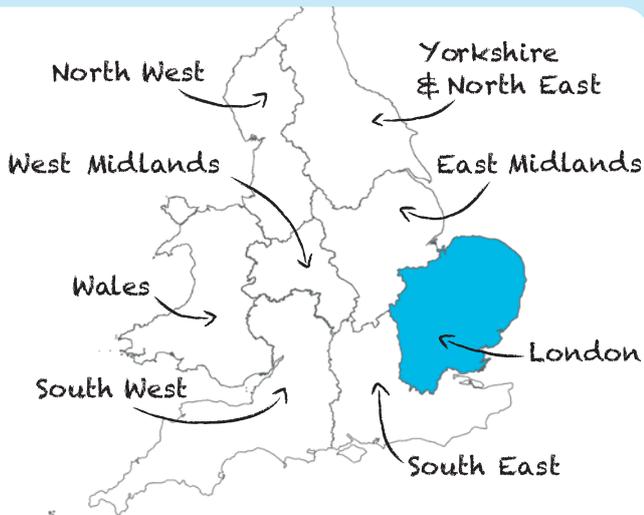
A big thank you to all the volunteers who helped produce these.



Canal & River Trust

Making life better by water

For more inspiring places to visit look out for our other guides.



A place to walk, somewhere to feed the ducks or a place to simply be. **Life by water is relaxing, friendly and healthy, it makes a difference to how we feel.**

At Canal & River Trust we believe life is better by water. We care for these waterways so they exist for you to enjoy, for free, every day.

Discover, explore, enjoy.



T: 0303 040 4040

 @CanalRiverTrust

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