



# Canal & River Trust

Making life better by water



Walthamstow Marshes & Hackney Wick

Bow Church

Queen Elizabeth Olympic Park

Stratford

Three Mills Wall River

Sugar House Lane

Prescott Channel

Three Mills Green

Three Mills Lock

Three Mills Island

Three Mill Lane

Supermarket

House Mill

Three Mills Studios (Clock Mill)

Gas works

Bromley-by-Bow

River Lee Navigation

Bow Creek

## 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.

**STAY SAFE:**  
Stay Away From the Edge

Twelvetees Crescent

Bow Locks

Limehouse Cut

Limehouse Basin

River Thames

Map not to scale: covers approx 1.4 miles/2.4km

## 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

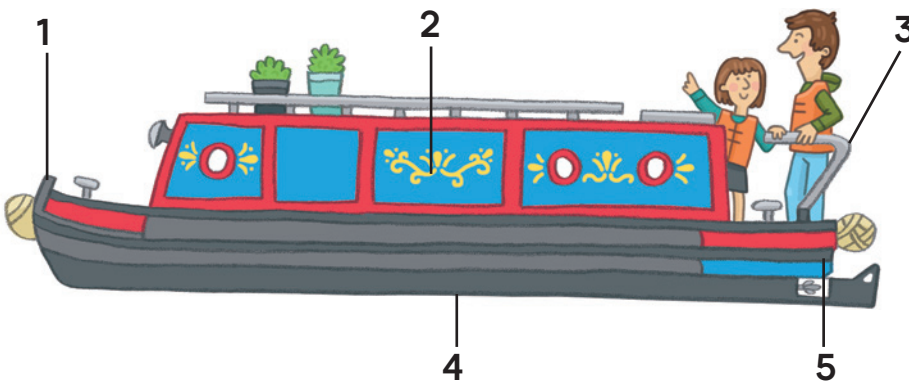
Three Mill Lane  
London  
E3 3DU

- 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](http://canalriverexplorers.org.uk)  
to discover lots of fun things to  
do with the family.

