



### Walk Routes

Enjoy your walk and discover Newham!

- Stratford Walk 2.3 miles / 1½ 2 hours
  Start / Finish: Stratford Station. Circular walk easy.
  Points of interest: Stratford Cultural Quarter, Stratford
  Park, Market, The Old Dispensary, shops.
- Stratford to Three Mills Green 1.2 miles / 45 mins Start: Stratford Station. Finish: Three Mills Green.
  Linear Walk easy, some steps, varied, some off-road.
  Points of interest: Abbey Mills pumping station, Three Mills Green.
- Olympic Park Walk 3.5 miles / 2 2½ hours Start / Finish: Stratford Station.
  Circular Walk moderate, can be muddy, some steps. Points of interest: The River Lea, The Greenway, 3 Mills Studio, Olympic Park View Tube visit www. leasideregeneration.com/the-view-tube
- Three Mills Walk 1.4 miles / 1 hour
  Start: Bromley-by-Bow Station. Finish: West Ham Station.
  Linear walk easy.
  Points of interest: Three Mills Island, Bow back rivers,
  See Britain's oldest surviving tidal mill, Three Mills Green,
  The Meridian Sundial, Bazalgette's Cathedral of Sewage
- Stratford to Green Street 2.6 miles / 1½ hours
  Start: Stratford Station. Finish: West Ham FC stadium.
  Linear walk easy.
  Points of interest: Parks, shopping and Asian culture,
  West Ham FC stadium.

Green Street Walk 2.7 miles / 1½ hours
Start / Finish: Upton Park Station.
Linear walk - easy, can be crowded.

and the Channelsea River.

- Points of interest: Barclay Hall, Priory Park, Champions Statue, West Ham United FC, Queens Market, Asian culture. See herbs, spices, Asian food and fashion, Jewellery and mosaic pavements.

  Little Ilford Park to Wanstead Flats
- Little Ilford Park to Wanstead Flats
  2.2 miles / 1½ hours.
  Start: Little Ilford Park. Finish: Wanstead Flats.
  Picturesque walk to Wanstead Flats and lake suitable for dog walkers, uneven terrain.
- 8 Central Park to ASDA (Beckton) 3.4 miles / 2 hours Start: Central Park. Finish: ASDA.
  Linear Walk easy, some steps, paved route.
  Points of interest: Formal gardens, shopping, parks and Newham City Farm. Takes in Capital Ring Walks 14 & 15.
- Woolwich Foot Tunnel to ExCel 4.2 miles / 2½ hours Start: Woolwich Foot Tunnel. Finish: ExCel Centre Points of interest: 19th Century steam hammer from a smithy in Royal Albert Dock, three riverside parks, London City Airport, North Woolwich Station Railway Museum, Thames Barrier Park, ExCel Centre.
- Royal Docks Walk 2.8 miles / 1½ 2 hours
  Start: Custom House DLR. Finish: London City Airport DLR
  Points of interest: ExCel Centre, Thames Barrier Park,
  London City Airport. Audio guide available visit www.
  newham.com/walks for details.
- Royal Docks Circular Walk (optional route to Gallions Reach Shopping Park)
  Start / Finish route at any point.
  Easy, mostly flat, some steps.
  Take in some of Newham wartime history, regeneration, beautiful parks, optional shopping.
- The River Area North Walk 4.4 miles / 2 2½ hours Start: Canning Town Station. Finish: Cyprus Station. Linear Walk easy, some steps, watch traffic on route. Points of interest: The O2, Royal Docks, Millennium Mills, Beckton Park.
- Capital Ring Walk 4.5 miles / 2 2½ hours
  Start: Royal Albert. Finish: Woolwich Foot Tunnel.
  Linear Walk easy, some roads to cross.
  Points of interest: Parks, Park Gardens, UEL, Marina,
  Sir Steve Redgrave Bridge.
- Capital Ring Route 5 miles / 2½ 3 hours
  Start: Carpenters Road. Finish: Beckton District Park.
  Linear Walk easy, some steps, some roads to cross.
  Points of interest: Old Ford Lock, Greenway,
  Memorial Park.



## Active Newham

It is recommended children aged 5 to 19 should take part in at least 60 minutes of moderate intensity physical activity every day. Adults aged 19 to 65 and over should aim to be active daily for a minimum of 30 minutes per day on at least 5 days a week. This can also be achieved by participating in 3 sessions of 10 minutes per day, and will help to improve fitness and health.

Throughout Newham there are hundreds of opportunities to participate in physical activity and sport. There is something for everyone.



#### Walking and Cycling in Newham

Newham is an ideal place to walk and cycle. Being outdoors can improve mood, reduce stress and help control certain medical conditions. Evidence suggests being active on a regular basis can help reduce or prevent more than 20 health and medical conditions. An active lifestyle maintains health, strength and coordination and can be fun for the whole family!

The Jubilee Greenway offers a traffic-free West to East and East to West route across the borough from Beckton to Victoria Park in neighbouring Hackney. This shared use path can be used to cycle or walk for leisure or a gentle route to travel without the hustle and bustle of public transport.

There are bicycle parking facilities across the borough. These are located at places such as railway and DLR stations, shopping centres, and other popular sites. Please note, cycling is not permitted in Newham's parks except North Beckton Park and Memorial Park which have cycle routes.

There are a number of safe local walks and cycling routes, varying in length throughout the borough. Transport for London has 12 superhighway cycle routes from outer London into

For information about cycle training, email: cycle.training@ newham.gov.uk



For more information regarding sports cycling such as mountain biking, BMX biking and cycle speedway racing, call 020 3373 0664 or email: getactive@newham.gov.uk

For information on walking for health or Nordic Walking email: getactive@newham.gov.uk

hire at: www.cyclejourneyplanner.tfl.gov.uk/cycle

Walk journey planners can be found at: www.tfl.gov.uk

For sports, clubs and physical activities visit: twitter.com/ NewhamLeisure or www.newham.gov.uk For activities in your postcode area visit: www.getbackinto.co.uk

Note: Consult your GP for a health check prior to commencing physical or sports activity if you have concerns about physical or medical conditions, if you are aged 40 and over, have been inactive over an extended period of time or have pre-existing medical conditions.

For health benefits, we recommend you follow a structured exercise programme

#### **Newham Parks**

Newham's parks are among the best in the country, East Ham's Central Park holds a prestigious Green Flag Award in recognition of excellence in management and maintenance. The council manages 22 parks, 45 open spaces and 7 allotment

If you want to go for a walk, a picnic, read a book, play sport, enjoy an event or just relax, Newham's parks offer a clean, safe and green environment with something for everyone. They are free and open every day from dawn till dusk.

For activities and events in parks such as outdoor gym locations, community gardens, growing projects or gardening clubs, visit: www.newham.gov.uk/entertainmentandleisure or email: parks@newham.gov.uk

For City of London owned parks and activities in Newham such as nature trails, school activities, tennis, health walks and multi sports programmes visit: www.cityoflondon.gov.uk or email: parks.gardens@cityoflondon.gov.uk

#### **West Ham Park**

**Community Centres** 

activities take place such as:

chair based exercise

Afterschool clubs

Dressmaking

Flower arranging

Volunteering

something back to your community.

Owned and maintained by the City of London since 1874, It is the largest park in Newham. It provides a wide range of facilities, and is a pleasant and relaxing environment for all visitors. Visit: www.cityoflondon.gov.uk/westhampark



There are more than 28 council owned community centres in the borough. From large multi-purpose buildings to smaller single

halls, the centres are a hive of activity throughout the year. Many

Physical activity sessions including dance, aerobics, yoga and

Adult education classes including language and ICT classes

The centres are available for hire to community groups and

activities, in addition to private functions. For further information

call 020 3373 0625, e-mail: getactive@newham.gov.uk or visit: www.newham.gov.uk/yourcommunity/communitycentres

There are lots of volunteering opportunities that you can take

neighbourhood. Get involved with fantastic events, gain new

skills, meet new people, achieve lifetime experiences and give

part in to make a difference in helping others improve your

Volunteering is a fantastic way to get involved with your

place in Newham and surrounding boroughs.

yourcommunity/volunteering/volunteering.htm

community including discovering events and projects taking

To become a Newham Volunteer visit: www.newham.gov.uk/



#### Neighbourhood Sports Programme

The Neighbourhood Sports Programme provides a variety of activities throughout the year for young people in Newham, aged 8 to 24. Sessions include coaching, tournaments and leagues in a range of sports. All are delivered by National Governing Body (NGB) qualified coaches and open to people of all abilities.

Some of the different sports that are available include athletics, basketball, cricket, football, handball, hockey, rugby, multisports, non-contact boxing, cardio tennis, volleyball and ultimate

For more information see: www.newham.gov.uk/nsp or email: getactive@newham.gov.uk

#### Us Girls - Female Sports & Activities Initiative

As part of the Active Women Campaign to tackle the gender gap in sport, the Sports & Activities team deliver a variety of sport and physical activity sessions for women aged 16 to 25 to improve health and confidence. The sessions are led by StreetGames and funded by National Lottery investment.

Contact: getactive@newham.gov.uk



#### **Active Centres**

Newham's Active Centres are great places to get active and make new friends. There are more than 30 centres that are free\* to attend and provide excellent opportunities to improve your health while taking part in fun and social activities. The centres run a range of free\* sessions including:

- New age kurling
- Wii league Healthy eating and nutrition
- Tea dances Aerobics
- Salsa

Bingo

To be active is to be involved in life, to make friends and try new activities - Newham Council provides all of these for free at the Active Centres - so come along and try something new. They are available to Newham residents aged 50 and over. For further information please call 020 3373 0625, e-mail: getactive@ newham.gov.uk or visit: www.newham.gov.uk/activecentres

\* A small charge may apply for some activities



#### The London 2012 Olympic and Paralympic

London previously hosted the Olympic Games in 1908 and 1948. The Games return to London on July 27 until August 12 with the Paralympics taking place on August 29 to September 9.

The Olympic Village is located in Stratford City and is where the Olympians and Paralympians will live during the Games. After the Games the Village will be transformed into 2,800 new

Westfield Stratford City is the largest retail mixed-use urban regeneration project ever undertaken in the UK and is adjacent to the Olympic site.

The Olympic Torch representing peace, unity and friendship will be carried by 8,000 inspirational torchbearers over 70 days through more than 1,000 cities, towns and villages in the UK from May 19 to July 27. The Olympic Torch will reach Newham on July 21 for the Mayor's Town Show at Central Park, East Ham. To track its journey visit: www.london2012.com/ paralympic-torch-relay

#### **Outdoors in the City**

The Brede Arkless Outdoors in the City Centre in Canning Town offers the thrills, challenges and excitement of the great outdoors in inner city Newham. It has a huge range of outdoor activities including abseiling zip wires, archery, bush craft, high rope courses, orienteering, powerfan, wall climbing and more. A team of qualified instructors cater for every kind of group and individual to deliver an experience that is both fun and empowering.

For further information, visit: www.outdoorsinthecity.co.uk



# Active Marketive Newham

#### Guide to facilities in Newham

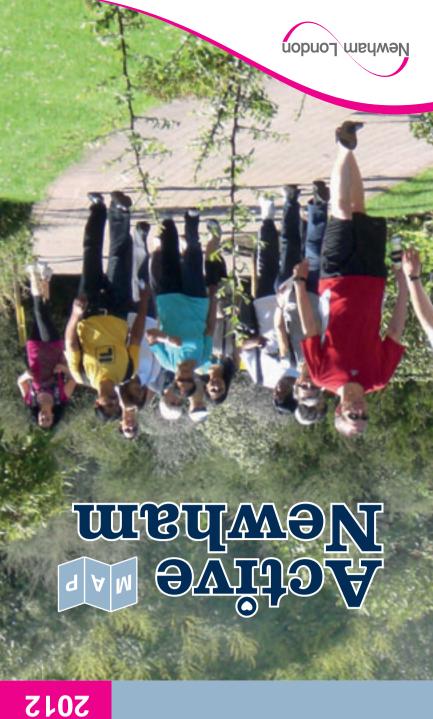
Calab to facilities in Howham								
Мар	Location	How to get there wheelchair access હ	Steps guide	Facilities				
D3	Atherton Leisure Centre 189 Romford Road, Stratford E15	Bus: 25, 86 Tube/DLR/Rail: Stratford	-	Sports facilities				
D6	Balaam Leisure Centre 14 Balaam Street, Plaistow E13	Bus: 5, 15, 115, 241 Tube: Plaistow / Canning Town	-	Sports facilities & swimming				
G5	East Ham Leisure Centre 324 Barking Road, East Ham E6	Bus: 5, 58, 101, 104, 238, 474 Tube: East Ham	-	Sports facilities & swimming				
E7	Newham Leisure Centre 281 Prince Regent Lane, Plaistow E13	Bus: 147, 262, 300, 376, 473 Tube/DLR: Plaistow / Prince Regent	-	Sports facilities & swimming				
H4	Barking Road Recreation Ground Barking Road, East Ham E6	Bus: 5, 238, 300, 325 Tube: East Ham 1.2km	901					
F7	Beckton District Park North Tollgate Road, Beckton E6	Bus: 262, 300, 376, 147, 473 DLR: Royal Albert / Beckton Park 1.6km	1556	Orienteering				
F8	Beckton District Park South Stansfeld Road, Beckton E6	Bus: 262, 300, 376, 147, 473 DLR: Beckton Park 800m	2178	* Orienteering				
F6	Brampton Park Masterman Road, East Ham E6	Bus: 104, 101, 300, 58, 115 Tube: East Ham / Upton Park 2.4km	1239	₩ 🖈 🔝 🚨				
E7	Canning Town Recreation Ground Prince Regent Lane, Custom House E16	Bus: 147, 325, 473, 271, 241, 300 Tube/DLR: Plaistow / Prince Regent 800m	1696	<b>♥</b> ★ <b>№</b>				
G5	Central Park High Street South, East Ham E6	Bus: 5, 15, 58, 101, 104, 147, 300, 115 Tube: East Ham 800m	1740					
E8	Cundy Park Victoria Park Road, Custom House E16	Bus: 147, 325, 473, 241 DLR: Prince Regent / Custom House 400m	1011					
G5	Flanders Playing Field Melbourne Road, East Ham E6	Bus: 58, 308, 330 Tube: East Ham 800m	993					
D2	Forest Lane Park Magpie Close, Forest Gate E7	Bus: 58, 308, 330 Rail: Forest Gate 500m	1161	<b>△</b> ► • •				
Н6	Gooseley Playing Field St Albans Avenue, East Ham E6	Bus: 101, 104, 173, 300 DLR: Beckton 1.2km	1327					
C6	Hermit Road Recreation Ground Hermit Road, Plaistow E13	Bus: 5, 15, 69, 241, 276, 330, 300, 474 Tube/DLR: Plaistow / Canning Town 800m	1040	* Arc in the Park				
<b>D7</b>	Keir Hardie Recreation Ground Tarling Road, Canning Town E16	Bus: 147, 241. DLR: Canning Town / Royal Victoria 600m	849	<b>ৣ ৴</b> □				
F7	King George V Park King George Avenue, Custom House E16	Bus: 473, 147, 300 DLR: Prince Regent 1.2km * wheelchair access backs onto City Farm	1586					
D5	Lister Gardens Upper Road, Plaistow E13	Bus: 69, 241, 262, 473 Tube: Plaistow 400m	284					
H2	Little Ilford Park Church Road, Manor Park E12	Bus: 25, 86, 551, 147 Tube: East Ham 1.3km	3643					
D9	Lyle Park Bradfield Road, Silvertown E16	Bus: 69, 474 DLR: West Silvertown 400m * wheelchair access limited to parts of park	1000					
<b>C5</b>	Memorial Park Memorial Avenue, West Ham E15	Bus: 69, 276 Tube/Rail: West Ham 1.2km	à 2472					
<b>G8</b>	New Beckton Park Savage Gardens, Beckton E6	Bus: 101, 300, 678, 366, 474, 376, 173 DLR: Beckton / Cyprus 1.2km	1539					
D5	Plaistow Park Greengate Street, Plaistow E13	Bus: 5, 15, 147, 156, 241, 262, 276, 325, 330, 274, 473. Tube: Plaistow 800m	1507					
F3	Plashet Park Plashet Grove, East Ham E7	Bus: 101, 104, 147, 238, 300, 325 Tube: East Ham 500m	1388	* cricket entst				
F4	Priory Park Grangewood Street, nr Green Street E6	Bus: 5, 58, 104, 115, 147, 330, 376 Tube: Upton Park 400m	1411	<u> </u>				
Н9	Royal Victoria Gardens Pier Road, North Woolwich E16	Bus: 101, 474, 473 DLR: King George V 400m	1299					
C4	Stratford Park West Ham Lane, Stratford E15	Bus: 69, 104, 238, 241, 262, 276, 473 Tube/DLR/Rail: Stratford 800m	994					
C6	Star Park Star Lane, West Ham E16	Bus: 69, 115, 276, 323 Tube/DLR: Canning Town 400m	1369					
G6	East Ham Nature Reserve & St Mary Magdalene Church Norman Road, East Ham E6 Tel: 020 8470 4525	Bus: 101, 104, 173, 300 DLR: Beckton		Further info: Churchyard is largest in London - 9 acres foxes, owls, kestrels and butterflies. Caters for wheelchair users. Church is Norman - constructed in 12th Century, the Tower is 16th Century.				
F7	Newham City Farm	Bus: 300, 147, 473		Further info: See, hear and handle farm				

77	Newham City Farm Stansfeld Road, Beckton E16 Tel: 020 7474 4960 (Closed Mondays except Bank holidays. Partial access for the disabled. Toilet for disabled available)	Bus: 300, 147, 473 DLR: Royal Albert 失		Further info: See, hear an animals. Small cafe, picning garden. Horse and cart ricarrangement. Regular chil special animal displays. Viclassroom, study areas ar arrangement. Honey, jams available to buy.				
The following parks are managed by authorities other than London Borough of Newham.								
7	Bow Creek Ecology Park Bidder Street, Canning Town, E16 managed by: Lee Valley Regional Park Authority www.leevalleypark.org.uk	Bus: 5, 69, 115, 147, 241, 276, 300, 309, 330, 474, N15, N550, N551 Tube/DLR: Canning Town	-	Further info: East of the B Open daily 8 to dusk. Obs and seating. Small stream meadow and birds.				
9	Thames Barrier Park Barrier Point Road, Silvertown, E16 managed by: London Development Agency www.thamesbarrierpark.org.uk	Bus: 474, 69, 161, 472 DLR: Pontoon Dock 失		The first riverside park bu green trench running throu a reminder of the site's do Great views of the Thame Opens daily from 7am.				
35	Three Mills Green Three Mills Lane, E3 managed by: Lee Valley Regional Park Authority www.leevalleypark.org.uk	Bus: S2, 323, D8, 8, 25 Tube/DLR: Bromley-by-Bow, Pudding Mill Lane	-	The largest of the 4 remai Open to visitors Sunday a by the Olympic Park Legar				
1	Wanstead Flats Playing Fields Managed by the City of London, Epping Forest www.cityoflondon.gov.uk/ wansteadflatsplayingfields Tel: 020 8532 1010	Bus: 58, 101, 308, 328, 330, W19 Rail: Wanstead Park, Forest Gate, Manor Park		Further info: Provides 60 r adult football pitches along jogging and horse ride roumonths, a 400m grass ath available. At Harrow Road accessible changing pavility room is available by arran Flats is in the southern me Forest, with acres of fores				
04	West Ham Park Upton Lane, Forest Gate E7 9PU Managed by the City of London www.cityoflondon.gov.uk/westhampark	Bus: 238, 325, 25, 330, 86, 104, 238 Tube/Rail: Plaistow / Forest Gate / Stratford	-	Further info: Facilities var season with several all-we available - please enquire walk and trail guides are a				

Disclaimer: All information on this map is as accurate as possible but as it has been gathered from different sources, it cannot be guaranteed to be fully accurate. Although we have tried to ensure that the information within this leaflet is valid and correct, unforeseen errors or changes may occur. Newham Council and its employees cannot be held responsible for damage or delay as a result of using this map or the information contained within it. The steps,

email: parks.gardens@0 Tel: 020 8472 3584

time logged and distances in this map are guidelines and estimates only.



#### Making the most of the MA



This map provides opportunities to explore your local area, and landmarks in addition to activities and facilities that are available within the borough. Use the map to get to your destination or to see a friend; it is the ideal way to fit activity into your daily life.

There has never been a better time to discover what Newham has to offer.





servation points n, ponds, wildflower









For free translation phone للترجمة المجانية الرجاء الاتصال هاتفيا 欲索取免費譯本,請致電。 Pour une traduction gratuite, téléphonez मुक्त अनुवाद के लिए फोन कीजिए സൗജന്വമായ തർജ്ജിമയ്ക്കായി ബന്ധപ്പെടുക Turjubaan lacag la'aan ah ka soo wac telefoonka. Para uma tradução grátis, telefone. বিনাখরচে অনুবাদের জন্য টেলিফোন করুন મફત ભાષાંતર માટે કોન કરો. ਮੁੱਡਰ ਅਨੁਵਾਦ ਲਈ ਫ਼ੋਨ ਕਰੋ منت ت ك التي الله ال المحقد Za besplatne prevode pozovite

Para obtener una traducción telefónica gratuita llame al: Перевод – бесплатно. Звоните. Për një përkthim falas telefononi. இவன் மொழிபோற்புக்கு தோவையேசி செய்வும். Για δωρεάν μετάφραση, τηλεφωνήστε. Ücretsiz çeviri için telefon edin. Điện thoại để được thông dịch miễn phí. يۇ وەرگىران رتەرجومەكرىن بە خۇراپى، تەلەقۇن بكە.

Del nemokamo vertimo skambinkinte Po bezplatne tłumaczenia prosimy dzwonic For large print or braille phone

 Newham Language Shop 020 8430 6291