

Walk Routes

Enjoy your walk and discover Newham!

Key to facilities

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|--|---|--|---|
| | Ball Cage | | Multi Sports Location |
| | Basketball Court | | MUGA (Multi-Use Games Area) |
| | BMX | | Neighbourhood Sports Programme |
| | Bowling Green | | Olympic Park Entrance |
| | Boxing Club | | Paid Parking |
| | Cafeteria | | Play Area |
| | Changing Room | | Play, Sow and Grow Project |
| | Community Centre | | Rugby Pitch |
| | Cricket Pitch/Nets | | Sensory Garden |
| | Disability Club | | Sports Facility |
| | Fencing | | Summer Programme (Children and Young People Services) |
| | Fishing | | Synthetic Turf Pitch |
| | Food Growing Project | | Table Tennis |
| | Food | | Tennis Court |
| | Football Pitch | | Toilets - may be a charge except at Clements Road, Stratford Bus Station, West Ham Park and Westfield |
| | Gardening Club | | Trim Trail / Outdoor Gym - Jog trail with exercise equipment |
| | GP Surgery / Health Centre | | Water Sports Centre |
| | Handball | | Water/Sand Play, Paddling Pool |
| | Ticket holders Games time led walks | | Youth Centre |
| | Leisure Centre - Sports Facilities & Swimming | | |

- Recommended cycle route on-road
- Recommended cycle route off-road
- One-way street
- Contraflow system



- 1** **Stratford Walk** 2.3 miles / 1 1/2 - 2 hours
Start / Finish: Stratford Station. Circular walk - easy.
Points of interest: Stratford Cultural Quarter, Stratford Park, Market, The Old Dispensary, shops.
- 2** **Stratford to Three Mills Green** 1.2 miles / 45 mins
Linear Walk - easy, some steps, varied, some off-road.
Points of interest: Abbey Mills pumping station, Three Mills Green.
- 3** **Olympic Park Walk** 3.5 miles / 2 - 2 1/2 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
- 4** **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 and the Channelsea River.
- 5** **Stratford to Green Street** 2.6 miles / 1 1/2 hours
Start: Stratford Station. Finish: West Ham FC stadium.
Linear walk - easy.
Points of interest: Parks, shopping and Asian culture, West Ham FC stadium.
- 6** **Green Street Walk** 2.7 miles / 1 1/2 hours
Start / Finish: Upton Park Station.
Linear walk - easy, can be crowded.
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.
- 7** **Little Ilford Park to Wanstead Flats** 2.2 miles / 1 1/2 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
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.
- 9** **Woolwich Foot Tunnel to ExCel** 4.2 miles / 2 1/2 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.
- 10** **Royal Docks Walk** 2.8 miles / 1 1/2 - 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.
- 11** **Royal Docks Circular Walk (optional route to Gallions Reach Shopping Park)**
Start / Finish: Start at any point.
Linear Walk - easy, some steps, watch traffic on route.
Easy, mostly flat, some steps.
Take in some of Newham wartime history, regeneration, beautiful parks, optional shopping.
- 12** **The River Area North Walk** 4.4 miles / 2 - 2 1/2 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.
- 13** **Capital Ring Walk** 4.5 miles / 2 - 2 1/2 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.
- 14** **Capital Ring Route** 5 miles / 2 1/2 - 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.



