

London Wellbeing Walk


Hertford Union to Olympic Park

walk time 35-40 minutes
distance 2km / 1¼ miles




The Walk - Step by Step

The water takes you in a straight line with Victoria Park remaining elegantly in your portside view. Also known as Duckett's Cut, the Hertford Union Canal was opened in 1830 by Sir George Duckett as a short link between the busy Regent's Canal and the Lee Navigation. History's short 'cut' is now used by today's busy commuting walkers and cyclists. Without twists or turns, this green-lined walk ambles ahead until the Queen Elizabeth Olympic Park announces itself through wafting aromas of food and flags and Olympic tales.

-  At the junction between the Regent's Canal and the Hertford Union Canal, the Hertford Union heads eastwards towards the Queen Elizabeth Olympic Park. The Grade II-listed Stop Lock Bridge takes the towpath up and over the entrance to the Hertford Union Canal.
- 1** Just beyond Old Ford Road Bridge, Old Ford Lock is right next to the southern edge of Victoria Park, the largest in East London. The Grade II-listed Lock Cottage and stable block once used to house and refresh the hardworking horses toiling day and night to pull the cargo-laden boats along the canal.
- 2** Back at the junction, go through the gap in the Stop Lock Bridge's railings and take the slope down to follow the towpath along the Hertford Union.
- 3** Boats are moored at Bow Wharf on the opposite side of the canal. The western end of the Hertford Union is in a Conservation Area and offers glimpses of its industrial past.
- 4** Trees and homes line the canal then from Skew Bridge 3, the towpath is fringed by the southern edge of Victoria Park. The Park slopes towards the towpath offering opportunities to sit, picnic or listen to the birds.
- 5** Gunmakers Lane or Three Colts Bridge is Grade II*-listed and dates from 1830 when the canal opened.

The cast-iron and brick bridge is so-named because of a former gun factory nearby.

- 6** One of the lock cottages next to Top Lock is now Grade II-listed. Top Lock, also Grade II-listed, is one of only three locks on the Hertford Union.
- 7** Between Top Lock and Middle Lock, the Park's trees peer to the canal over a wall covered in colourful graffiti.
- 8** The A12 road bridge feels more like a short tunnel, and is again covered in vibrant graffiti and artwork. Hertford Union Bottom Lock is often used as an urban film and photo shoot location for its bright graffiti mural.
- 9** At the end of the canal where it meets the Lee Navigation, dynamic views open up of the Olympic Stadium, built for the 2012 London Olympics, and the ArcelorMittal Orbit sculpture peeping from behind it.
-  The Walk ends at Carpenters Road Bridge, offering the perfect waterside refreshment stop. Relax on the grassy banks by the water, explore the Olympic Park, hop on a bus or train, or walk back to the Regent's Canal for a different viewpoint.

CANAL: Hertford Union Canal

START: Hertford Union Junction
OS Grid ref: TQ358832 Postcode: E3 5SH

FINISH: Carpenters Road Bridge
OS Grid ref: TQ373845 Postcode: E15 2HG

DISTANCE: 2km / 1¼ miles

APPROX TIME: 35-40 minutes

PUB/CAFÉ: Blu Ivy Café by Hertford Union Canal entrance, Crown at Grove Road Bridge 2, Pavilion & Hub Cafés in Park, White Post below Bottom Lock & plenty of choice in Queen Elizabeth Olympic Park

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

TRAIN/BUS: Nearest Overground & Underground stations – Bethnal Green, Cambridge Heath & Hackney Wick
National Rail Enquiries
Tel: 03457 484950 www.nationalrail.co.uk

Transport for London
Tel: 0343 222 1234 www.tfl.gov.uk

