

This map has been produced by Sustrans with the support of the Lee Valley Regional Park Authority and London Borough of Haringey.



Lee Valley Regional Park

From the River Thames at East India Dock Basin to Ware in Hertfordshire, the Lee Valley Regional Park provides leisure activities to suit all ages and tastes. Stretching 26 miles along the banks of the River Lea, this 10,000-acre park has been shaped to provide a mosaic of countryside areas, urban green spaces, country parks, nature reserves and lakeside and riverside trails. There are even sports and leisure centres sprinkled around the park.

British Waterways

BW is responsible for over 2000 miles of British canals, navigable rivers and 90 feeder reservoirs. It manages the canals for the millions that use them for recreation every year, conserves their historic buildings, structures and landscapes and protects the valuable wildlife habitats.

Sustrans

Sustrans - the sustainable transport charity - works on practical projects to encourage people to walk, cycle and use public transport in order to reduce motor traffic and its adverse effects.

As well as the National Cycle Network, Sustrans is working on Safe Routes to Schools, Home Zones and other practical responses to the transport and environment challenges we face. Sustrans' work relies on the generous donations and monthly standing orders of nearly 40,000 Supporters, and the support of charitable trusts, companies and the National Lottery and local authority programmes.

This route is a partnership between

- Lee Valley Regional Park Authority
- British Waterways
- London Borough of Tower Hamlets
- London Borough of Hackney
- London Borough of Haringey
- London Borough of Waltham Forest
- Sustrans



The National Cycle Network is a comprehensive network of safe and attractive routes to cycle throughout the UK. 10,000 miles are due for completion by 2005, one third of which will be on traffic-free paths, the rest will follow quiet lanes or traffic-calmed roads. It is delivered through the policies and programmes of over 450 local authorities and other partners, and is co-ordinated by the charity Sustrans.

www.nationalcyclenetwork.org.uk

For more information on routes in your area:

Sustrans 0845 113 0065

or visit the interactive mapping on our web site.

Part of the National
Cycle Network
in London



London Docklands and Lea Valley



Westferry Riverside, Canary Wharf

A 13 mile
mainly
traffic-free
route with
safe
crossings
for cyclists
and
walkers

Attractions along the route

Greenwich Foot Tunnel: The ride starts at the Greenwich Maritime World Heritage site. Take a lift down to the foot tunnel and walk under the Thames.

The Isle of Dogs and London Docklands: On the north side you arrive on the Isle of Dogs, formerly the thriving London dock area and now home to Canary Wharf tower and the largest urban farm in Europe - Mudchute Park and Farm.

Mile End Park and Green Bridge: Crossing East India Dock Road you join the Regents Canal towpath and then enter the exciting redeveloped Mile End Park. There is a green bridge over the busy Mile End Road where you can enjoy views of Canary Wharf.

Victoria Park: Leaving the canal after passing under Old Ford Road (see detail A) you enter Victoria Park - of the oldest municipal parks in the world that was opened to the public in 1900.

Hackney Marshes are the largest collection of football fields in Europe, where you can see 100 football matches being played in one place on one day.

Walthamstow Marsh Nature Reserve is one of the last remaining marshes along the River Lea, a Site of Special Scientific Interest and home to over 300 species of plants.

Springfield Park is an attractive park looking over the River Lea and Springfield Marina. It was built on the grounds of three 19th century houses (one of which still stands and has a nice café). There is also a small riverside café next to the rowing club.

Tottenham Marshes' wide open grassland areas are popular with walkers whilst fishermen can often be found on the towpath. Close to Stonebridge Lock a number of artworks add to the interest whilst the planned new toilet block will be most welcomed!

Contacts for further information

Lee Valley Park Information Service

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Watham Abbey
Essex
EN9 2EG

Tel 01992 702200
Info@leevalleypark.org.uk
www.leevalleypark.org.uk

Sustrans Information line
0845 113 0065
www.sustrans.org.uk

British Waterways London

The Toll House
Delamere Terrace
Little Venice
London
W2 6ND
www.britishwaterways.org.uk

Transport for London Journey Planner

To plan your journey to or from the route try using the Transport for London **Journey Planner**. This can give you detailed information on how to walk or cycle or travel by bus, train or tube anywhere in Greater London
www.tfl.gov.uk



Transport for London Cycle Guides

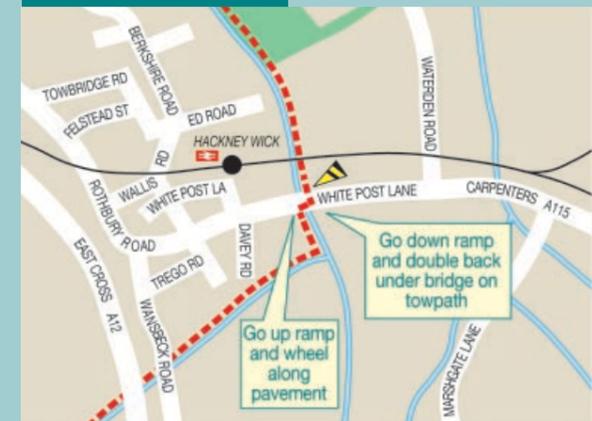
There are 19 free cycle guides available covering the whole of London. All the routes shown have been recommended by cyclists. You can get them from:
www.tfl.gov.uk/cycling or from tube or mainline stations.

Junction detail A



Hackney Marshes

Junction detail B



London Docklands and Lea Valley

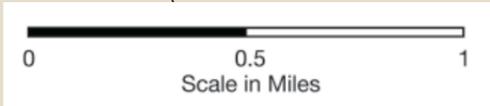


Tottenham Marshes



Springfield Park

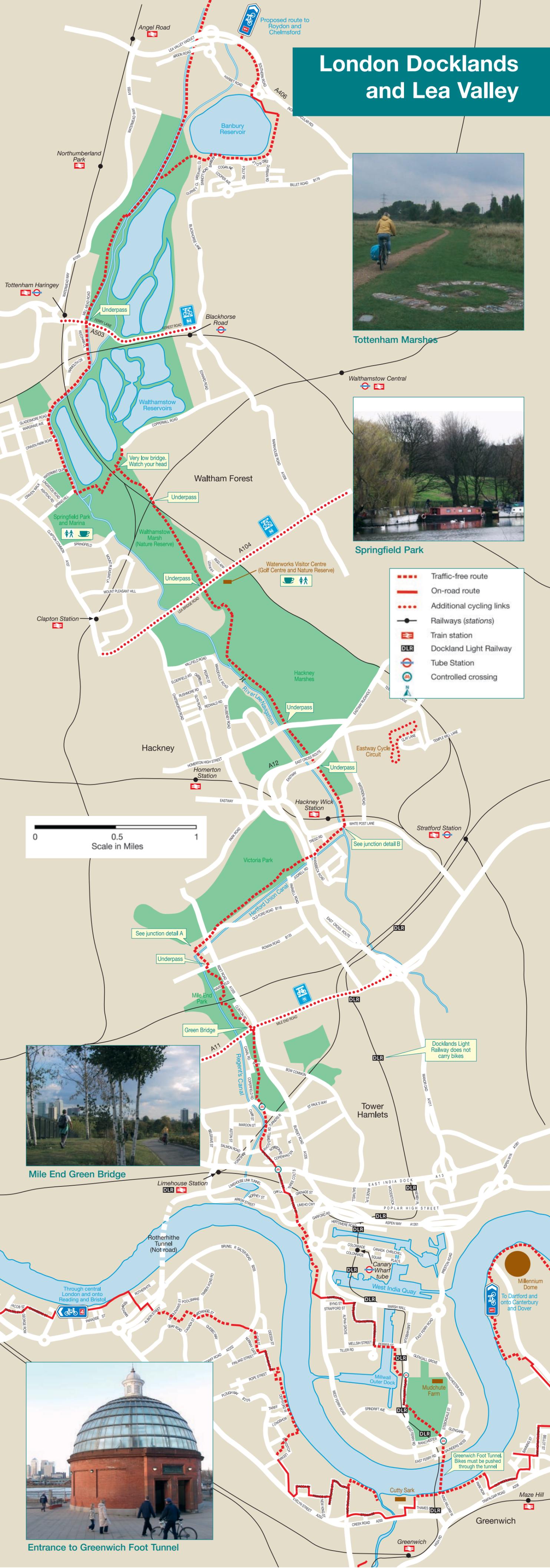
- - - Traffic-free route
- On-road route
- . . - Additional cycling links
- Railways (stations)
- Train station
- Dockland Light Railway
- Tube Station
- Controlled crossing



Mile End Green Bridge



Entrance to Greenwich Foot Tunnel



Docklands Light Railway does not carry bikes

Greenwich Foot Tunnel. Bikes must be pushed through the tunnel

See junction detail B

See junction detail A

Underpass

Underpass

Very low bridge. Watch your head

Underpass

Underpass

Underpass

Underpass

Underpass

Green Bridge

Maze Hill

Greenwich

Cutty Sark

Greenwich

Greenwich