

Hackney Legal Walk, 2023

30th September October 2023

Start – Princess of Wales pub, 146 Lea Bridge Road, E5 9RB

<https://www.princessofwalesclapton.co.uk/>



Buses 55 and 56 from Clapton

Parking at the pub (£2 for three hours – refundable if you spend money at the pub. You can also pay again if you stay longer and be refunded).

Free parking at **Lea Valley Waterworks Centre** – Lammas Road, off Lea Bridge Road (about 400 metres further up Lea Bridge Road)

Registration – 10.00 - 11.00 am in the pub garden

Finish – back at the **Princess of Wales pub** – where you can use your voucher to get a drink.

Walk Directions

(Letters refer to photos below; numbers to the map).

From the Princess of Wales, walk south east, away from Lea Bridge Road, along the canal towpath. Cross the bridge and after about 100 metres, enter the **Middlesex Filter Beds (A)** on your left. Turn right to walk through the filter beds and at the end turn right and follow the path to the exit onto Hackney Marshes. Turn left and follow the path to the red-sided **Friends Bridge (B)** which crosses the River Lea.

Do not cross the bridge but continue, bearing right, on the tarmacked path with the river on your left. After around four hundred metres **[1]**, take the dirt track to the left with a bench at the start **(C)**. The path winds between the trees closer to the river **[2]** (if muddy you can continue on the tarmacked path).

The two paths meet near the **Marshes Centre** at a footbridge with a metal sculpture in front of it **(D)** (*toilets at the Marshes Centre, continue straight on and turn right– about 200 metres*). Cross the bridge over the river into East Marsh, continue straight on then up the sloping path to the left. At the top bear left and cross the red bridge over East Way (A106) **[3]** then bear right to cross the bridge over the A12 and into the Olympic Park towards the **velodrome**.

Bear right and after you pass the velodrome on your left, turn right at Alfred Gate (signposted to Here East). Pass the Olympic Rings on your left **(E)**, cross the bridge over the River Lea and then immediately go down the steps to your left to the river. Turn right, walking south with the river on your left. You will see the Arcelor Mittal in the distance ahead. Immediately after walking under the third bridge (where the path stops), climb the stairs to your right and turn left **[4]**.

**For toilets – don't turn right at Alfred Gate but continue on the same path for around 200 metres to reach Timber Lodge on your left. Then turn right at the next path, cross the river and turn left, then cross Westfield Road.*

Continue on this level towards the **West Ham Stadium**, bearing right and then, at **Manderville Place**, turn left at the signpost to **Arcelor Mittal Orbit** and **Aquatics Centre**. Cross the river above **Carpenters Road Lock** and then onto the Tessa Jowell Boulevard. Continue with the Waterworks River and Aquatic Centre on your left and the Arcelor Mittal on your right.

Pass the bar and café labelled WHU Fans Matchday Venue **[5]**. (*Toilets next to the bar entrance*). Immediately after this building, turn right into Thornton Street, passing the Arcelor Mittal on your right, towards the entrance to the stadium. Take the stairs to the left of the stadium entrance towards the City Mill River **(F)**. Turn right and follow the riverside path to Carpenter's Road Lock where the City Mill River joins the River Lea. Take the narrow pale blue footbridge across the Lea signposted to Old Forde Lock **(G)**.

Follow the path ahead with the river on your right and the stadium on your left **[6]** towards Old Forde Lock, where the River Lea joins the River Lea Navigation. Take the narrow footbridge to your right **(H)** across the River Lea, pass Old Forde Lock on your left and follow the Capital Ring path northwards **[7]** with the River Lea Navigation on your left. After approx. 1,000 metres, you will reach the Here East building, set back about 40meters from the river with a row of bars/cafes and *toilets*.

Continue northwards along the tow path, passing under the A12 and A106 (note the decorations on the pillars of the bridge!) and then after 250 metres, Homerton Road **[8]**. Continue north along the riverside path. As the path bends to the right, you can **either** continue along the tow path all the way to the pub; **or** turn onto Hackey Marshes at a path to your right **(I)**, turning left after the row of bushes to cross the marshes and joining the path between the filter beds and the Friends Bridge taken earlier. Return via the filter beds and re-join the tow path **[9]**, continuing north to cross the bridge and return to the Princess of Wales. (NB the tow path is heavily used by cyclists: use the path closer to the river).



From top row, left to right

- The Middlesex Filter Beds (A)
- The Friends Bridge (B)
- The start of the muddy path beside the River Lea (C)
- The Sign beside the bridge into the East Marsh (D)
- The Olympic Rings (E)
- The steps down to the City Mill river beside the Stadium (F)
- The bridge over the River Lea towards Old Forde lock (G)
- The bridge at Old Forde lock (H)
- The path off the tow path onto Hackney Marshes