



ISLINGTON u3a
AMBLERS GROUP

WALK 39 DETAILS: Tower Hamlets Cemetery Park, Limehouse Cut and 3 Mills circular walk from Bow Road Station.

- Date: Tuesday 17th November 2026
- Length: Approx 4 mile walk from Bow Road Station.
- Meet: 9.50am at Highbury and Islington or meet at Bow Road Station 10.30.
Please let me know if meeting at Bow Road in case of delay.
- Timing: Approx. 2 hours plus coffee stop & travel.
- Getting there: Mildmay Overground to Stratford, then DLR (platform 4) to Bow Church Station and a short walk to Bow Road Station. Alternatively underground to Bow Road Station (District and Hammersmith and City lines).
- Route: From Bow Road Station we head into Tower Hamlets Cemetery Park via Wellington Way. We leave the park at Cantrell Road and follow Bow Common Lane to the canal (Limehouse Cut). At the next bridge we briefly leave the canal on to Violet Road for a coffee stop at Saffi. Afterwards we return to the canal by Spatt's Patent Limited and proceed along the tow path to Bow Locks, there is a steep ramp where it meets the River Lea. We approach 3 Mills historic area passing through the old mills to 3 Mills Green. A gravel path leads to 3 Mills locks and a view of the Abbey Mills Pumping Station, we then follow the river along a narrow tow path back to the 3 Mills. Next we pass by Tesco's and take a subway under the Blackwall Tunnel Approach Road, turning left at Washington Close to Bromley Recreation Ground (Artfix café). In the park we turn right before the rattle snake exiting onto Bruce Road. Following the road down some steps to Rainhill Way and the Drapers Hall Alms houses. We then return to Bow Road.
- Interest: Views, TH Cemetery Park, Bow locks, historic buildings.
- Coffee stop: Saffi Cafe.
- Toilets: Stratford Station, Coffee stop, Tesco, Bromley Recreation Ground (Artfix café).
There are no toilets at Bow Road and Bow Church Stations.
- Clothing: Comfortable walking shoes and layers depending on weather.
- Hazards: Bikes on the Tow Paths, mainly on paths, a steep ramp and steps, maybe wet and muddy if recently rained.
- Breaking the journey: There are buses on Violets Road (coffee stop).
- Getting back: Returning from Bow Road or Bow Church Station.
Possible coffee/lunch at Grounded next to Bow Church Station.
- Leader: Carol Taylor 07811713079.

<https://lookup.london/history-three-mills/>

<https://www.londonmuseum.org.uk/collections/london-stories/tower-hamlets-cemetery/>

PLEASE READ THESE GUIDELINES BEFORE SETTING OFF!