

### Crouch End & District U3A Middle Way Walkers Group

<b>Walk number/title</b>	MW 19 : Leamouth
<b>Date</b>	18 and 23 August 2021
<b>Distance</b>	c. 8 miles / 13 km
<b>Timings</b>	Walk 3.5-4 hours including lunch stop
<b>Travel</b>	<ul style="list-style-type: none"> <li>• Walk starts from Hackney Wick at 10.30 a.m.</li> <li>• Return from Island Gardens Station</li> </ul>
<b>Route</b>	<ul style="list-style-type: none"> <li>• <b>From Hackney Wick Station to Island Gardens Station</b></li> <li>• River Lee Navigation to the Greenway via Old Ford Locks</li> <li>• Greenway to Abbey Mills Pumping Station</li> <li>• Abbey Mills to Three Mills Island along Channelsea River</li> <li>• Three Mills to Leamouth South Bridge</li> <li>• Leamouth South path to Cody Dock via gas holders and Memorial Park</li> <li>• Cody Dock to Trinity Buoy Wharf via an industrial estate, roads with scrapyards, Bow Creek Ecology Park and City Island</li> <li>• Trinity Buoy Wharf to East India Dock Basin</li> <li>• East India Dock Basin to Island Gardens via riverside walks wherever possible (detours along residential streets)</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Packed lunch required / Lunch break at Bow Creek Ecology Park</li> </ul>
<b>Dropping out</b>	<ul style="list-style-type: none"> <li>• Star Lane DLR Station</li> <li>• East India Dock DLR Station</li> </ul>
<b>Facilities</b>	<ul style="list-style-type: none"> <li>• Toilets at Three Mills Tesco, Cody Dock, Trinity Buoy Wharf</li> <li>• Coffee stops at Cody Dock, Trinity Buoy and one or two other places along the route</li> </ul>
<b>Suitability</b>	<ul style="list-style-type: none"> <li>• Suitable for any reasonably fit walker.</li> <li>• Mainly hard surfaces, one path which could be muddy</li> <li>• Walking shoes and appropriate rainwear if needed</li> <li>• Check weather forecast for likely weather condition</li> </ul>
<b>Leader/contact</b>	<ul style="list-style-type: none"> <li>• Julian Osley on Wednesday 18 August and Jane Saunders on Monday 23 August</li> </ul>