

Crouch End & District U3A Middle Way Walks Group

Walk number/ title	Middle Way Walkers, Grand Union Canal 1, Bromley-by-Bow to Kings Cross
Date	Monday, 1 November 2021 and Wednesday, 10 November 2021
Distance	8.5 miles/13.7 km
Timings	Walk 4 hours plus refreshment stops = 4.5 to 5 hours approximately
Travel	<ul style="list-style-type: none"> ● Walk starts at Bromley-by-Bow Underground Station (District and Hammersmith & City Lines) ● Return from Kings Cross-St Pancras Underground and Thameslink
Route	<ul style="list-style-type: none"> ● From station, head southeast to arrive at River Lea ● Head southwest alongside Limehouse Cut Canal to arrive at Limehouse Basin, which opens into the River Thames ● Head north alongside the beginning of the Regent's Canal, passing Mile End Park ● Continue Northwest along Regent's Canal to Victoria Park for lunch stop ● Continue west along Regent's Canal, stopping briefly at Broadway Market area for possible refreshment ● Continue west along canal, passing through Islington where canal enters a short tunnel ● Turn south down York Way to reach Kings Cross Station
Lunch/ refreshments	<ul style="list-style-type: none"> ● Lunch in Victoria Park ● Possible refreshment at Broadway Market Area
Dropping out	Route lends itself to dropping out almost anywhere
Facilities	<ul style="list-style-type: none"> ● Toilets at Mile End Park, Victoria Park and at pubs/coffee shops at Broadway Market
Suitability	<p>Suitable for any reasonably fit walker. Entirely along well-maintained canal towpaths. Basically flat Comfortable waterproof walking shoes/boots & waterproof jacket (see equipment list on web-site.) Check weather forecast for likely weather conditions.</p>
Maps/Sources	<ul style="list-style-type: none"> ● OS Explorer 173 and 174
Leader/contact	<ul style="list-style-type: none"> ● Jane Sanders ● jmoster80@gmail.com ● Gill Shiel ● gillshiel@yahoo.co.uk
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