

Route Summary: This circular route explores London through time offering a taste of the old and the new. The route follows the paths around Three Mills Island linking to the Greenway and the River Lee returning back to Three Mills.

Distance: 4 miles

Terrain: Surfaced paths including roadside pavements and some cobbles, steps and road to cross.



Starting Point: Bromley-by-Bow Tube Station

- From Bromley-by-Bow Tube Station proceed to the pedestrian subway underneath the main road (A12).
- At the top of the stairs, turn right and walk down the hill.
- Turn right at Tesco into Three Mill Lane and proceed over the bridge across the **River Lee Navigation, Riverside Green** is located on the right.
- Proceed along the cobbled street, bearing to the left passing the **Millers House** on the left and **Three Mills**.
- Continue on Three Mills Green through the walk-around gate and proceed north along the surfaced pathway across the Green.
- Pass the **sculpture** and continue through the walk-around gate.
- Bear to the left onto the pathway and follow the river north to the main road (A11).
- Turn right along the pavement and right again onto Abbey Lane.
- Turn left into Abbey Lane Park, following the path on the right.
- Proceed up the steps / ramp onto the 'The Greenway' (**Abbey Mills Pumping Station** is a short diversion from the route – turn right and continue on the path to the next junction) and turn left.
- Proceed along the path to the main road (A11) and continue via the pedestrian crossing to the left along the Greenway through a walk-around gate, passing the **Yardley box factory** on the right.
- Follow the pathway to the railway line, turning left down the steps and proceed through the alley.
- Continue on the next section of the Greenway to the main road, crossing the bridge over the River Lee Navigation.
- At the end of the Greenway, turn right and proceed down the steps onto **Dace Road**.
- Turn right along the road, bearing to the right towards **Old Ford Lock**.
- Cross the lock over the River Lee Navigation, bearing to the right and cross the bridge over the **Old River Lea**.
- Turn right onto the towpath, heading south, passing under the Greenway and railway bridges.
- Continue to the main road and proceed up the ramp.
- Turn right along the pavement and cross over at the roundabout and continue straight ahead.
- Turn left down the slip road to the river, turning right onto the towpath.
- Continue along the towpath, following the river on the left.
- At the bridge, proceed up the ramp to Tesco and retrace the route to Bromley-by-Bow station.

Toilets

- Millers House, Three Mills Island
- Tesco

Refreshments

- Millers House Cafe, Three Mills Island
- Tesco