

Distance:	4 miles
Starting point:	Bromley-by-Bow Tube Station, Blackwall Tunnel Northern Approach, London E3 3JJ
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
Terrain:	Surfaced paths including roadside pavements and some cobbles, steps and road to cross

Directions

- 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
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Toilets

- Millers House, Three Mills Island
- Tesco

Refreshments

- Millers House Café, Three Mills Island
- Tesco

Things to note

- Public transport links:
 - The closest station is Bromley-by-Bow
 - Buses run along throughout the area
 - Plan your journey with [Transport for London](#)