

Waterway walks you can bank on

TAKE A STROLL ALONG THE CAPITAL'S TOWPATHS AND RIVER BANKS

WHAT better way to make use of the remaining summer days and balmy evenings than these riverside and canal walks?

KING'S CROSS TO CAMDEN 1.2 miles

Join the Regent's Canal where it runs beneath York Way, or at Granary Square. Both locations are about a five-minute walk from King's Cross St Pancras Tube station.



Reservoir with a view: London's riverside and canal walks offer plenty to see and do PICTURE WALTHAMSTOW WETLANDS

Walk on the towpath on the northern side of the canal and head west, passing

St Pancras Lock and the historic King's Cross gas cylinders. This quiet route will take you to vibrant Camden Lock in about 25 minutes. It's perfect for weekends, when Camden market is at its busiest.

WOOLWICH TO TOWER BRIDGE 11 miles

Catch the River Bus, which docks on the south bank of the Thames, to Woolwich (Royal Arsenal). You can follow the signposted Thames Path as it passes the Thames Barrier and goes around the Greenwich Peninsula, before heading on past the Cutty Sark, Deptford and Rotherhithe, with amazing views of Canary Wharf. The walk takes about three hours.

For detailed maps of the Thames Path and the sights you'll encounter, visit tfl.gov.uk/walking

LIMEHOUSE BASIN TO VICTORIA PARK 2 miles

Join the Regent's Canal at Limehouse Basin, near Limehouse DLR station. Bus routes 15, 115, 135 and D3 also stop by the slipway to the towpath.

Follow the path north through the East End, passing Mile End Park and Wrentham Green, before reaching Victoria Park. The walk takes around 35 minutes.

For a longer walk, take a right before Victoria Park and follow the Hertford Union Canal to the Queen Elizabeth Olympic Park in Stratford.

MORDEN TO WANDSWORTH 2 miles

The 12-mile Wandle Trail follows the route of the River Wandle from Croydon to Wandsworth where it joins the Thames. If that distance is a little ambitious, it can be broken down into chunks.

Take the Northern line to Morden or the tram to Phipps Bridge. The stations lie on either side of Morden Hall Park, where you can join the trail. Following the path north takes you past Deer City Farm, Merton Abbey Mills, through South Wimbledon and on to Wandle Meadow Nature Park (a distance of approximately 2 miles).

If you want to go further, the river continues through Garratt Park, King George's Park and beneath Wandsworth High Street, before it reaches the Thames.

WALTHAMSTOW WETLANDS AND RIVER LEE

Various distances
Walthamstow Wetlands nature reserve offers a range of walks around the local reservoirs and waterways.

Bus routes 123 and 230 stop outside the main entrance, and Tottenham Hale (Victoria line) and Blackhorse Road stations (Victoria line and London Overground) are a five-to-ten-minute walk away.

Also near to Tottenham Hale station is the towpath of the River Lee Navigation canal. Join it at Tottenham Lock and head north.

For more information and to plan your journey, visit tfl.gov.uk



Our growing fleet of greener buses now includes 95 electric and 3,000 hybrids

This is part of the commitment by the Mayor, Sadiq Khan, and TfL to help Londoners breathe cleaner air.

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Carry water with you

AS the hot weather looks set to continue, TfL is reminding customers to carry water with them at all times when travelling in London. This can help you stay hydrated as you make your way around the capital, especially on the Tube. Passengers are also advised to:

- Not board a train or bus when feeling unwell
- Avoid pulling the alarm between stations. If you feel unwell, get off at the next stop and seek help from staff. It is easier for them to give assistance on the platform
- Remember to look up and offer your seat to anyone who may need it more than you

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