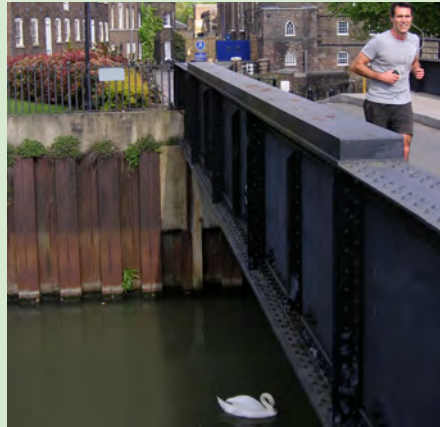


Top tips and healthy hints

Re-discover your local area on foot

Even if you have lived in Bow for years, going for a walk can give you a fresh view of the local area. When travelling by bus or car, it's easy to miss many of the interesting landmarks and sights that are on your doorstep. But by exploring on foot, you can stop and take a closer look at historic buildings, street art, waterways and parks. And as you re-discover the neighbourhood, you'll be getting some exercise too.

To download East End Life's 'Walk of the Month', visit www.towerhamlets.gov.uk/walking



"We shall not cease from exploration
And the end of all our exploring
Will be to arrive at where we first started
And know the place for the first time."

From *Little Gidding* by poet, T S Eliot

Step-by-Step



Weekly Walks

St. Stephen's
Health Centre

The Step-by-Step programme is a 10-week walking action plan designed in conjunction with St Stephen's Health Centre in William Place, just off Roman Road. As you walk, you'll be taking steps towards actively managing your health and wellbeing. And you'll discover more about your local area too.

For more information, contact Zahra Aden at St Stephen's on zahra.aden@nhs.net or 020 8980 1760.



Step-by-Step



Weekly Walks

St. Stephen's
Health Centre

Take a walk through historic Bromley-by-Bow

This walk takes in some historic landmarks, including the former Bryant & May match factory, Bow Church, Bromley-by-Bow Centre and Kingsley Hall. Our destination is Three Mills Island, an atmospheric cluster of Georgian industrial buildings beside the Lee Navigation. And you might just spot a star or two by Three Mills Studios – London’s largest film and television studios.



- 1 Leaving St Stephen’s Health Centre, head to Roman Road. Turn right and walk on – beside market stalls and shops – to the wide metal arch at the far end. Cross Parnell Road at the crossing, and continue ahead to the two giant red anemones in Lefevre Park.
- 2 Turn right and head through the park. At the end, keep on the pavement ahead as you weave between blocks to join Pancras Way. Curve around to the right to reach Tredegar Road.
- 3 Cross Tredegar Road with care, and continue along Fairfield Road. Pass Bow Quarter and walk under the railway bridge. After Bow bus garage, turn left into Wrexham Road, then first right into Jebb Street. At the end, turn left to walk through Grove Hall Park.
- 4 Leave the park by the pathway beside the Memorial Garden, between two tall warehouses, to emerge onto Bow Road. Cross to the Gladstone statue and then again to reach Bromley High Street. Follow it as it curves to the left.

(continued on page 7)

- 5 When you reach the Blackwall Tunnel Northern Approach, turn left. Just before the roundabout and flyover, cross over in two parts – take care, it’s a very busy road. On the far side, turn right then first left down a service road to the Lee Navigation.
- 6 Follow the canal right, as far as Three Mills Island – a cluster of Georgian mill buildings. After exploring, cross back over the canal and head beside Tesco. At the main road, turn left and by the bus stop cross to the foot subway.
- 7 At the far end of the subway, turn right up the slope. At the top, take the alleyway left and follow Washington Close to arrive at the Bromley-by-Bow Centre.
- 8 Cross and walk through the metal gate into Bob’s Park and wind through on the main path. Exit via the left-hand gate to arrive onto Grace Street. Turn right and walk around the front of Kingsley Hall.
- 9 At Bruce Road, walk left and then right through the wide Stroudley Walk shopping precinct. By the Post Office head left along Rainhill Road. Opposite St Agnes RC Primary School, cut through the gardens of Tower Hamlets Register Office.
- 10 Cross Bow Road, and follow it left, over Kit Kat Terrace and under the railway bridge. At the next corner turn right, and follow Addington Road straight to the end, initially beside the roadway and then on a pavement between blocks.
- 11 Head under the railway line through Tom Thumb’s Arch and continue straight ahead along Mostyn Grove. When you reach Tredegar Road, cross and turn left. Take the cobbled turning right into Vernon Road.
- 12 Walk behind the playcentre and follow the fencing and diagonal path through the green towards the tower block. Continue behind Brodick House, and you’ll soon reach the back of St Stephen’s Health Centre.

Look out for these...



Peer under the House Mill – built in 1776 – to see the millstream flowing underneath.



Stroll through the Northumberland House archway, now at the Bromley-by-Bow Centre.



Potter around the circular gardens and explore the sculptures in Bob's Park.



Spot the Kingsley Hall plaque to Gandhi, political and spiritual leader during India's independence.



Nip through the gardens by Tower Hamlets Register Office, previously Bromley Public Hall.



Look up to the decorative mosaics and murals on the former Poplar Town Hall.

Along the way...



Shop for a bargain at the market stalls on Roman Road.



Stroll by these colossal red metal flowers, standing proud in Lefevre Park.



Peer between railings to the old Bryant & May match factory, now Bow Quarter.



Pause for a moment in the memorial garden, adjacent to Grove Hall Park.



Meet Gladstone, four times Liberal Prime Minister, by St Mary's Church.



Feed the swans, geese and ducks on the Lee Navigation.

WALK
5

Bromley-by-Bow and Three Mills Island

Starts: St Stephen's Health Centre
Ends: St Stephen's Health Centre
Distance: approx 3 miles
Allow: 75 minutes



Take a look inside the House Mill

There are guided tours of the House Mill from 1–4 pm every Sunday afternoon from May to October, and the first Sunday during most other months (£3.00/£1.50 concessions). To check details, visit www.housemill.org.uk or call 020 8980 4626.

For a slightly longer, waterside walk to Three Mills Island – around 3.4 miles in total – use the route marked with a green dotted line ■■■■■■■■ for the outbound or homebound section.

