



Thames Path North Bank Section 4

Walk the Thames Path extension from the Isle of Dogs to London's only salt marsh in Blackwall.

Distance 4 kilometers / 2.5 miles

Duration 1 hour and 30 minutes



Wildlife



Water feature



Great views



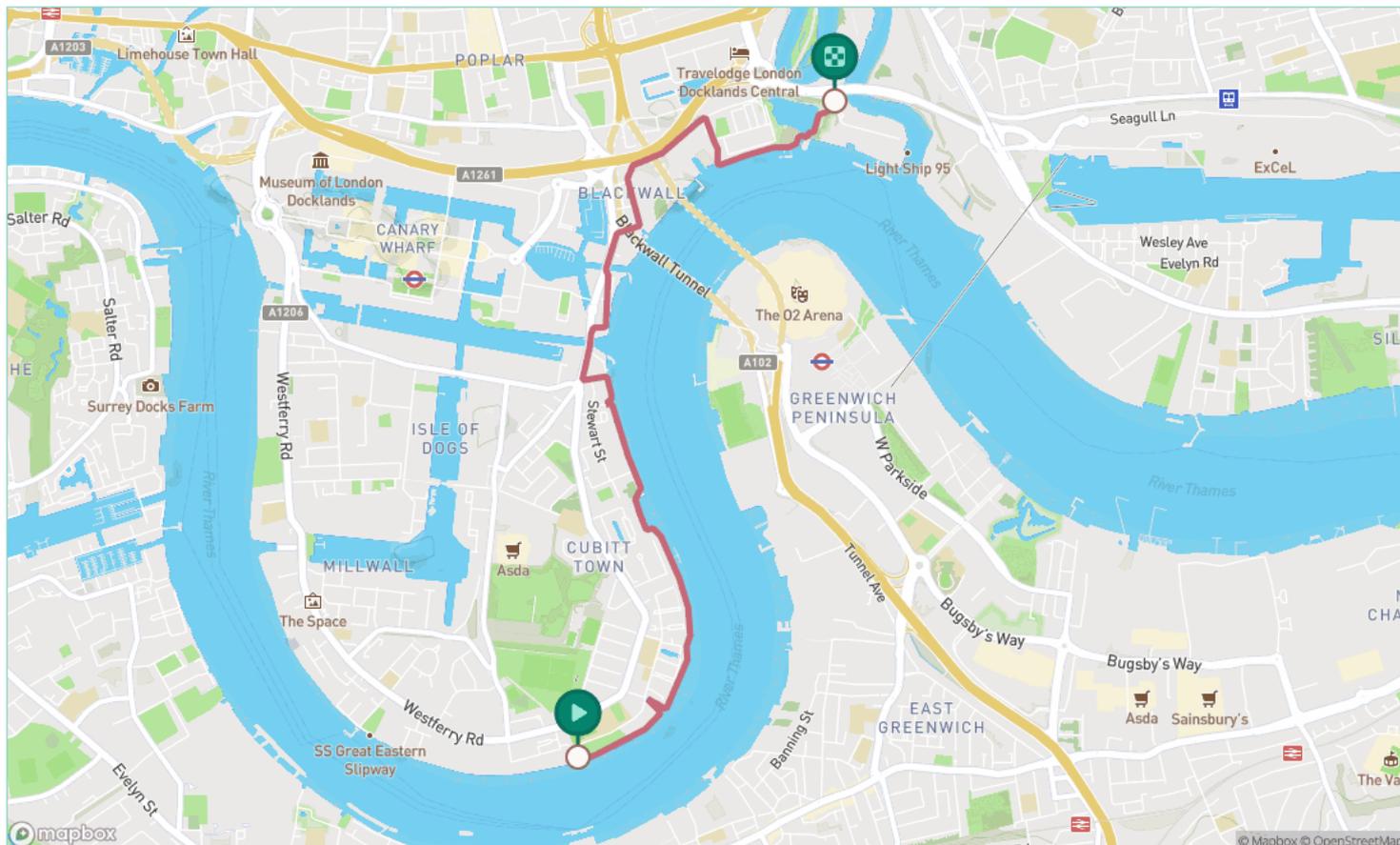
Refreshments

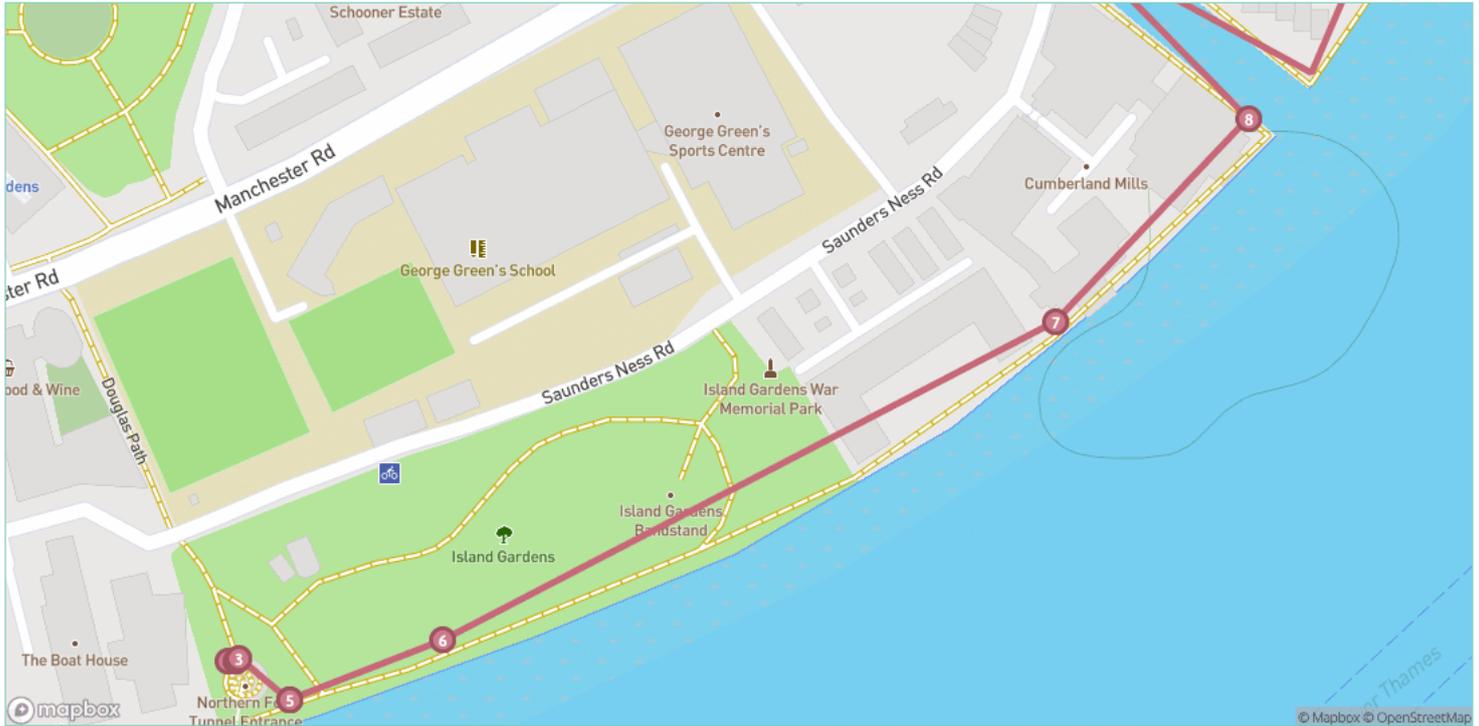


Public transport



History





Step 1: Welcome to the Thames Path! This walk follows the North Bank of the iconic Thames Path National Trail, from Greenwich to East India Docks.

Step 2: The nearest station to the start of this walk is Island Gardens DLR station. Bus 135 stops outside Island Gardens station if you're getting public transport to the start of this walk.

Step 3: This walk starts at the entrance to the Greenwich Foot Tunnel in Island Gardens.

Step 4: If you take the path down to the riverside you can see the south entrance across the Thames with the masts of the Cutty Sark behind.

Step 5: You can see many of Greenwich's sights including the Old Naval College.

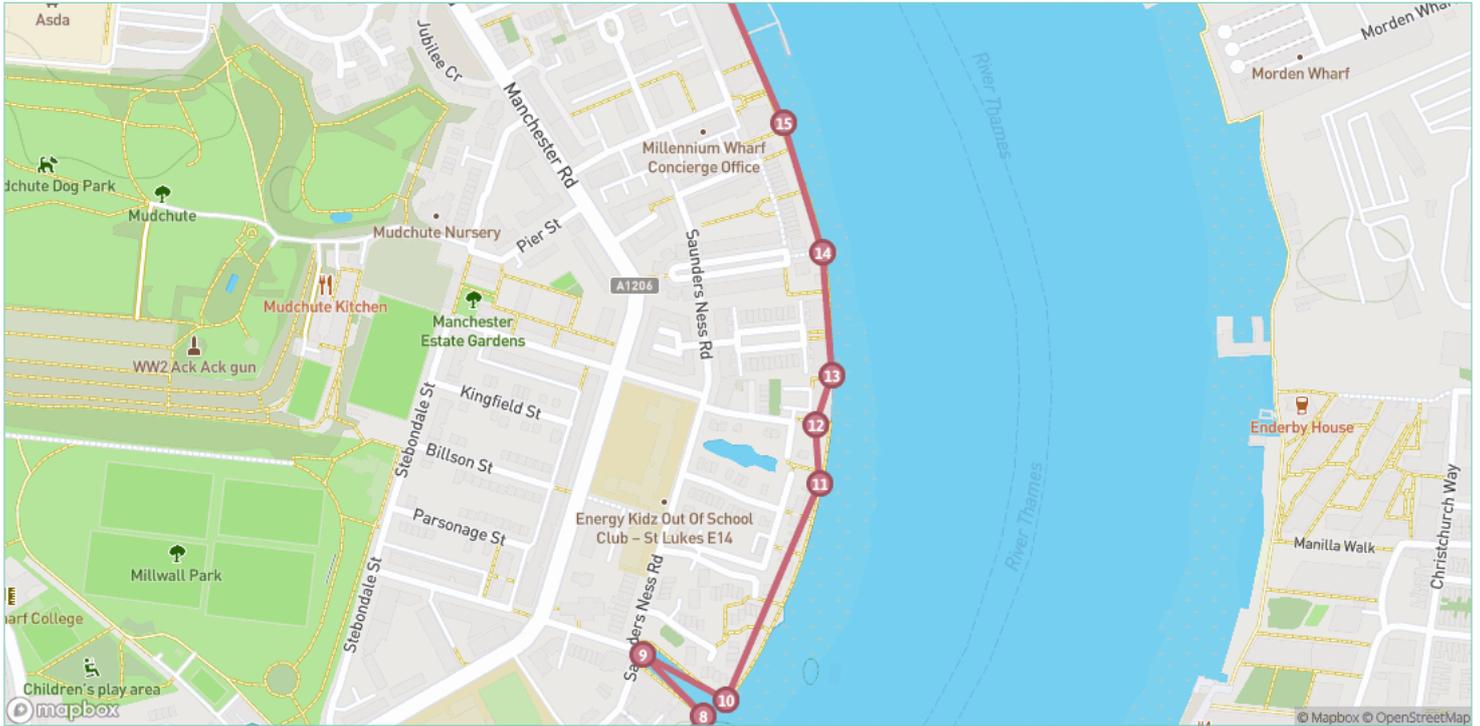
Step 6: Walk on the riverside path with the Thames on your right.

Did you know?

The huge plane trees here were planted to hide the industrial dock buildings on this side from the Naval College in Greenwich.

Step 7: Exit the gardens and stick to the path as you pass riverside apartments.

Step 8: Turn left to follow the path inland around Newcastle Draw Dock.



Step 9: Loop back towards the river on the other side of the dock. This area was rebuilt after bombings during World War II.

Step 10: Turn left when you reach the Thames again and continue.

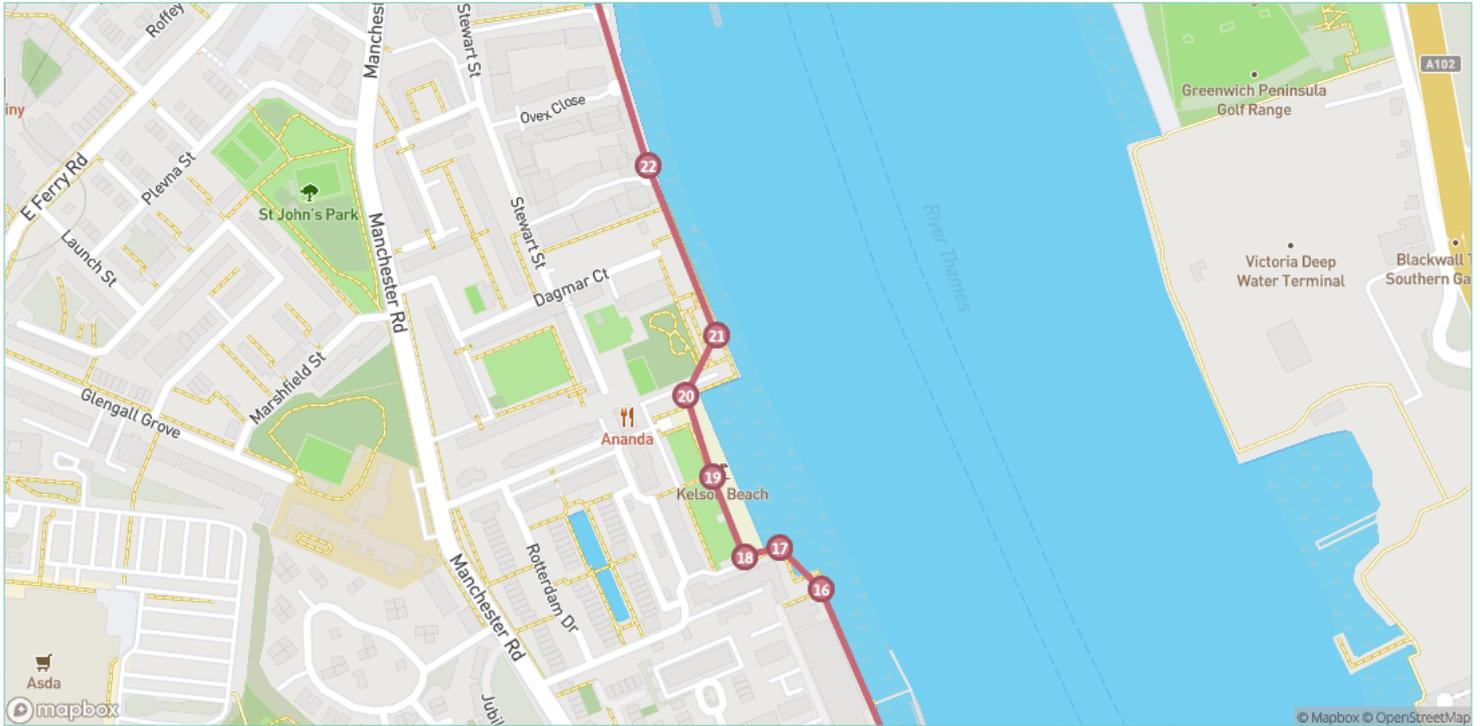
Step 11: As you follow the meander in the river here, you'll start to get great views across to Greenwich Peninsula.

Step 12: A former industrial warehouse, now apartments, takes you inland here. Walk around the back of building to walk through the car park behind.

Step 13: Return back to river after you've passed the former industrial building known as Cubitt Wharf.

Step 14: Continue on and walk past the Dudgeon's Firefighter's Memorial to commemorate 5 who lost their lives here in 1969.

Step 15: Continue past the apartments to enjoy wider views of the Thames's meanders.



Step 16: Head through the barrier and continue.

Step 17: Follow the path as it turns left at Folly Beach.

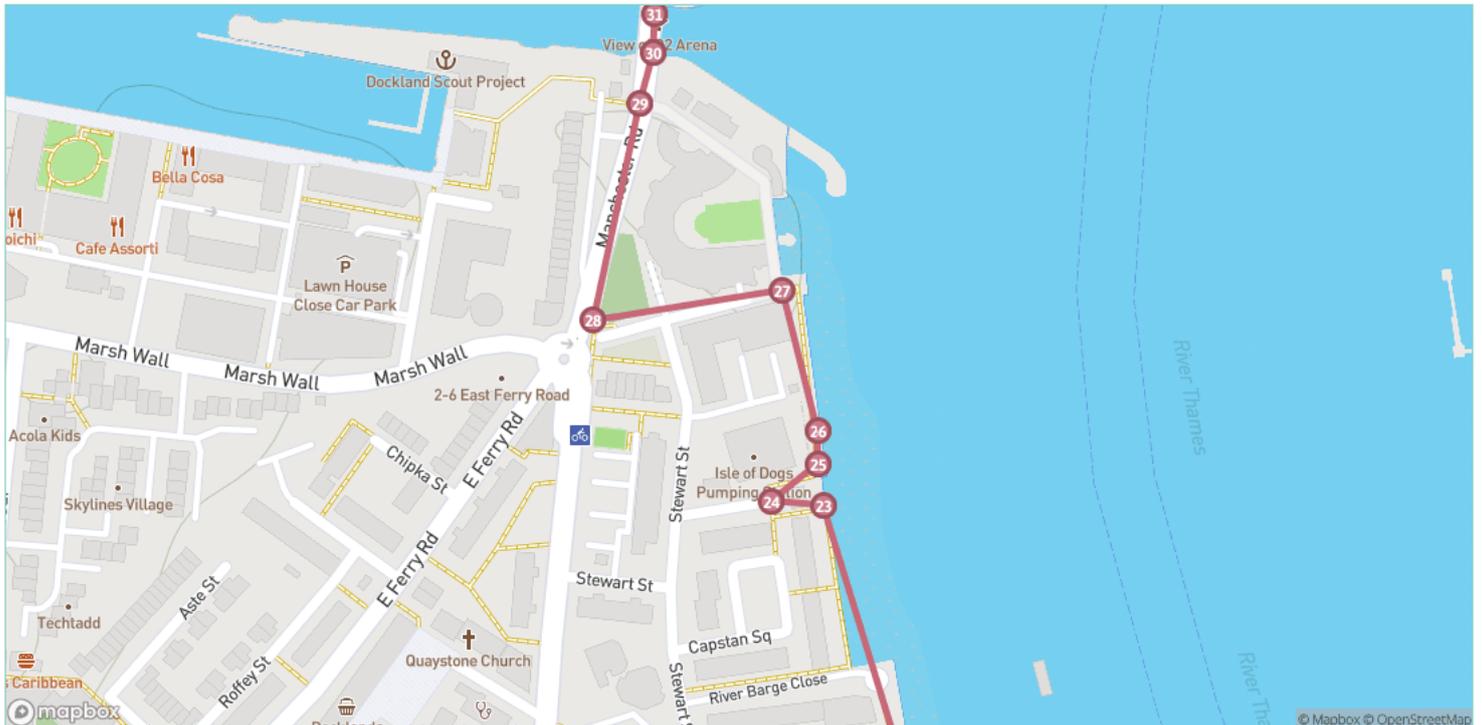
Step 18: Follow the path at the back of the beach. Kelso House tower block is ahead of you.

Step 19: It's a nice spot for a water break. There's an Indian restaurant here also.

Step 20: At the end of the beach, head right to follow the path back to the river. There's a playground to your left here.

Step 21: Continue on the wide paved footpath here in front of the apartment buildings.

Step 22: Unto the Sea is an art piece by artist Nicky Hurst. A stanza of a poem by a 19th century resident is sandblasted into the wall here.



Step 23: After the row of houses, turn left to go around the house and gardens at the end of Folly Wall.

Step 24: Cross the cul-de-sac and rejoin the path on the other side and head back to the river.

Step 25: The colourful shapes of the Isle of Dogs Pumping Station greet you here.

Step 26: Continue ahead with views of the towers of Blackwell in the distance.

Step 27: Turn left onto Pierhead Lock to follow the diversion.

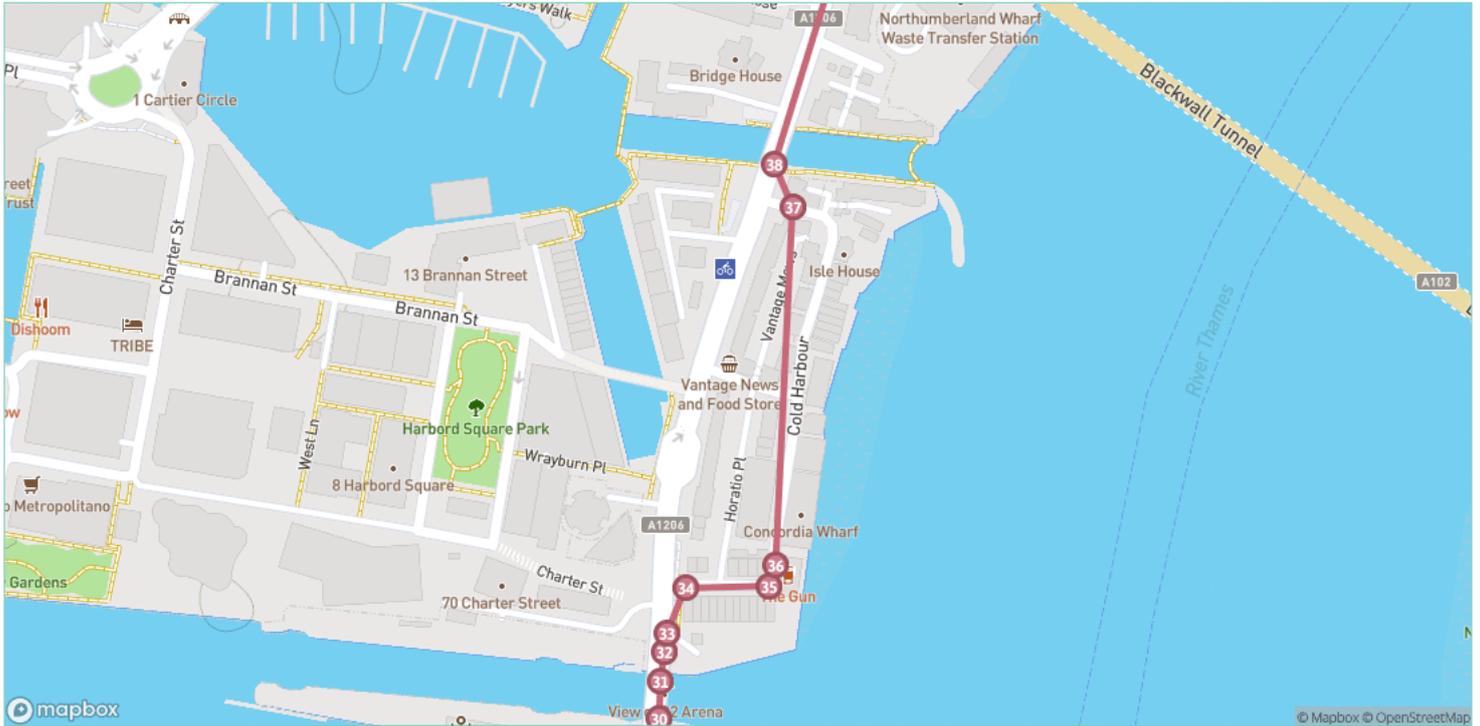
Step 28: Then right when you reach Manchester Road.

Step 29: Head up onto the Blue Bridge, the entrance to West India Docks.

Did you know?

The West India Docks was a vast group of docks. They closed to commercial traffic in 1980 and Canary Wharf is built on much of the old site.

Step 30: The vast group of docks here were closed to commercial traffic in 1980 and the finance centre is built on kick of the old site.



Step 31: There are many reminders London's past as one of the busiest ports in the world.

Step 32: If you look across the river to your left, there's a great view of the O2 arena, formerly known as the Millenium Dome.

Step 33: On the other side of the bridge, turn right down the ramp onto Coldharbour.

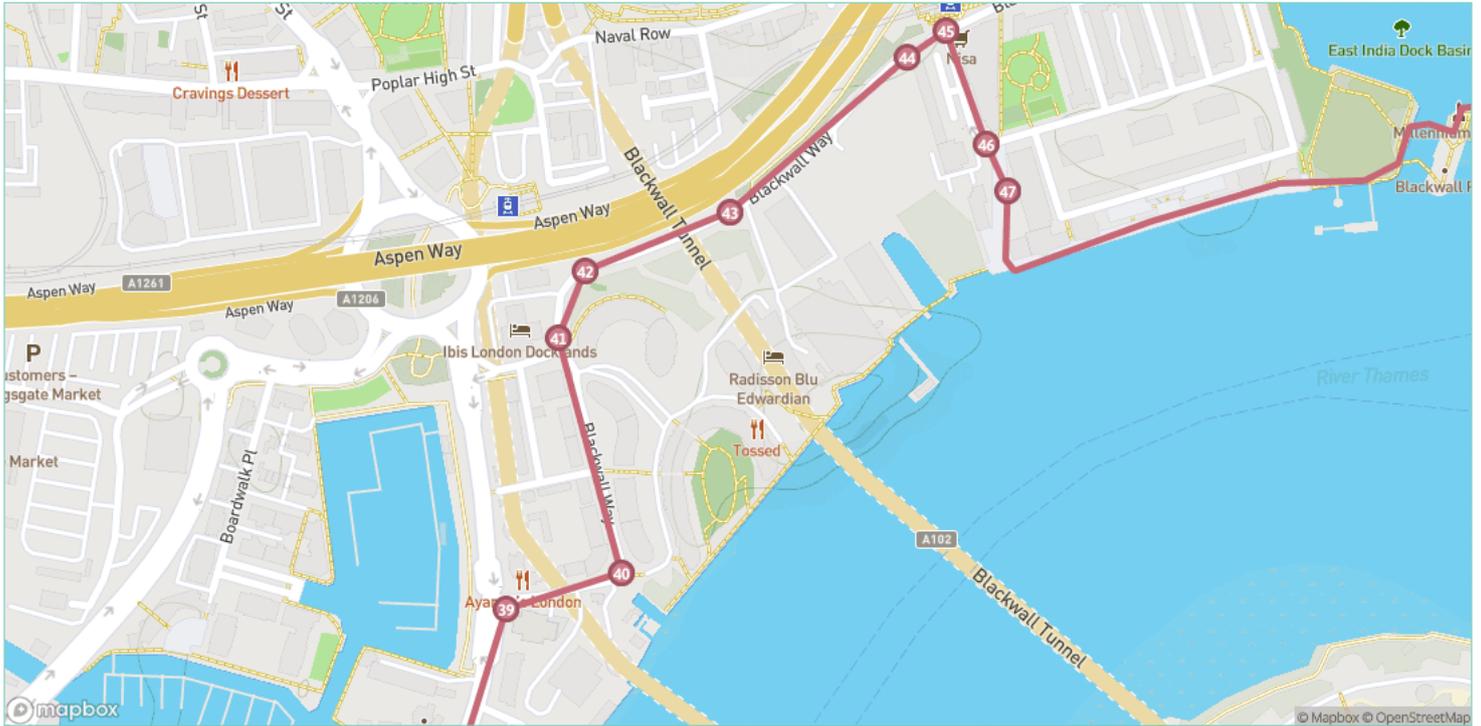
Step 34: Head straight towards the pub.

Step 35: The Gun is a historic pub, said to be where Nelson used to meet Lady Hamilton.

Step 36: Follow the cobbled street as it bends to the left.

Step 37: Turn right to rejoin Preston Road.

Step 38: Cross the opening to Blackwell Basin, green with algae when we visited.



Step 39: Turn right into Yabsley Street.

Step 40: Then left into Blackwall Way.

Step 41: Continue past Baffin Way and other side roads.

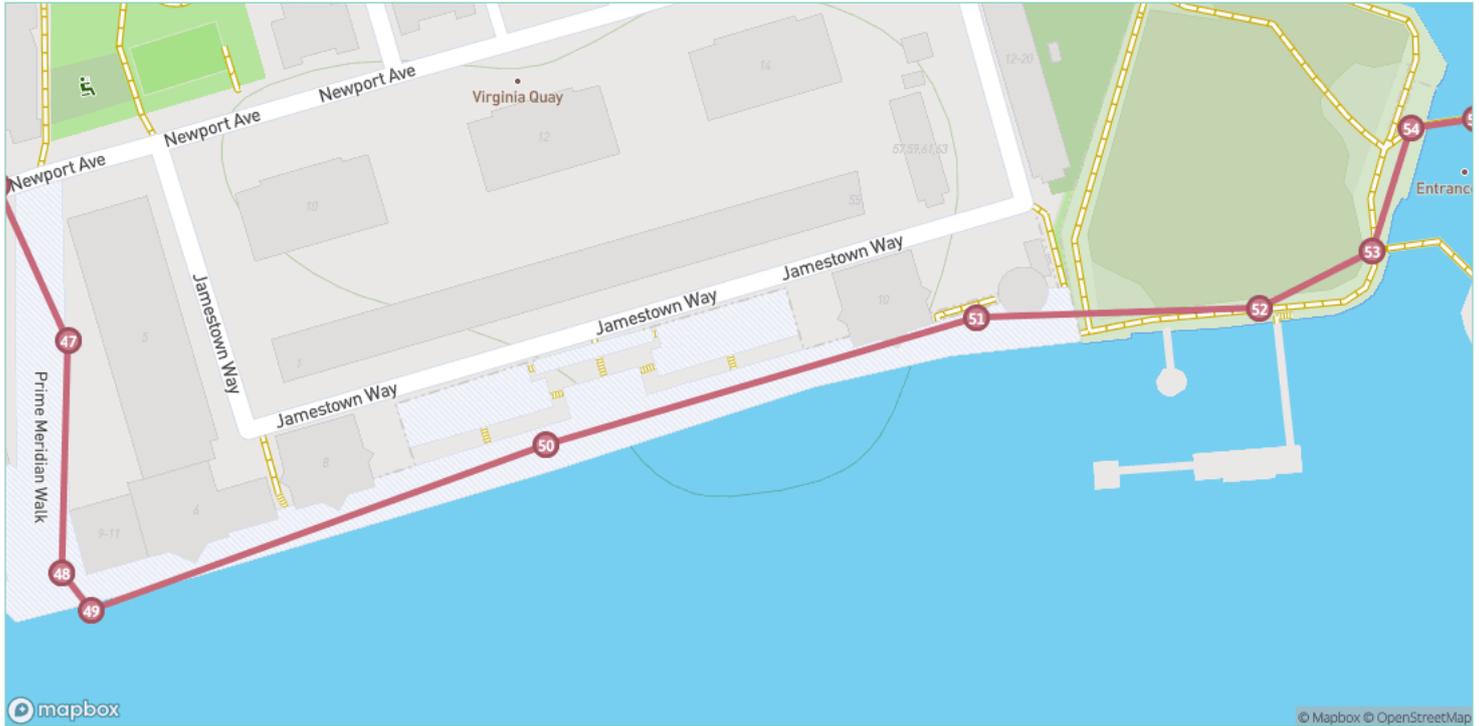
Step 42: Continue on Blackwall Way as it runs parallel to the A road and DLR.

Step 43: To your right you can see one of the vents from the Blackwall Tunnel which connects the north and south of the Thames here.

Step 44: Approach East India DLR station.

Step 45: Turn right at the crossing next to the station and then head down Newport Avenue.

Step 46: As the road bends to the left, carry straight on along the footpath next to the apartments.



Step 47: Continue through the trees to the riverside.

Step 48: Find your bearings on the floor compass as you look almost directly south. Then head left.

Step 49: You can see the cable car that crosses the Thames from here.

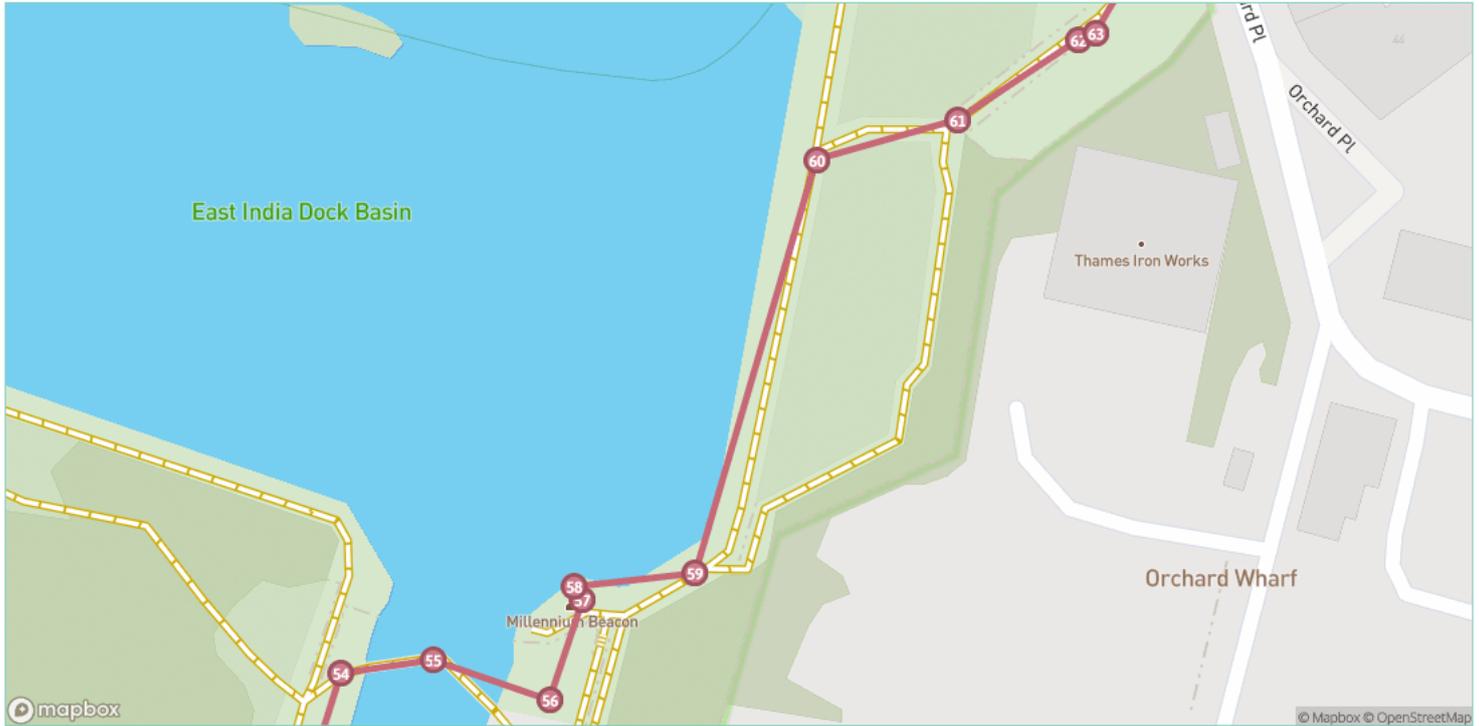
Step 50: Pass the Virginia Quay Monument which marks the embarkation spot of the first English settlers of North America.

Step 51: Head through the gate ahead.

Step 52: Enjoy views across to the Greenwich Peninsula here.

Step 53: Follow the path to London's only salt marsh, the old East India Dock.

Step 54: Turn right to follow the bridging over the dock inlet.



Step 55: Look out for herons and other wildfowl enjoying the habitat.

Step 56: Once over the bridge, head left towards the steps.

Step 57: This is a Millennium Beacon, one of a chain of 1400 that were lit across the UK to mark the year 2000.

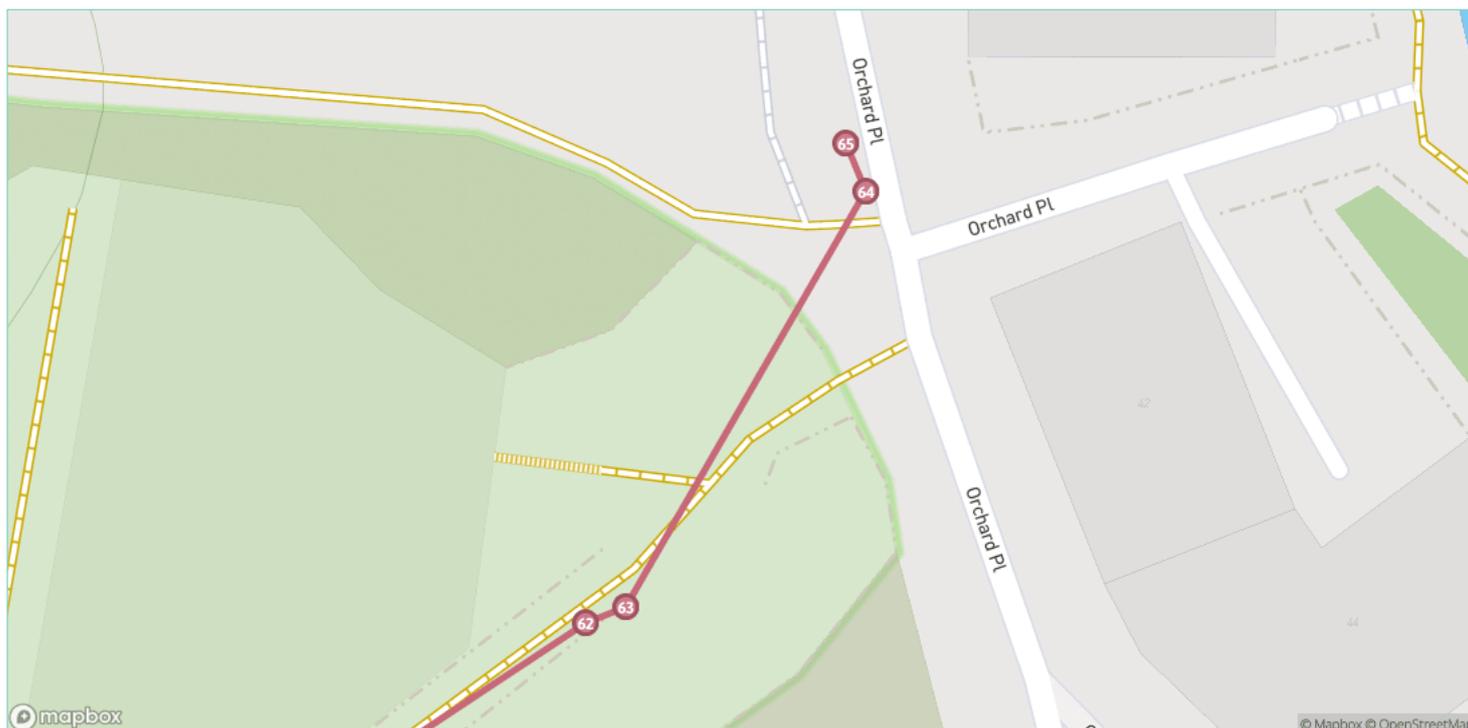
Step 58: The habitat here is managed by the Lea Valley Regional Park.

Step 59: Continue on the paved path, pass the steps.

Step 60: Head right across the track towards the road.

Step 61: The grassy track becomes a tarmac ramp. Follow it down to Orchard Place.

Step 62: Pass the Iron Works on your right.



Step 63: Then through the gates to exit onto Orchard Place.

Step 64: Well done for completing section 4! You can retrace your steps to East India DLR or join the Lea Valley Walk to reach Canning Town Station.

Step 65: You've now completed this section of the Thames Path! How about moving on to another Walk London route available in-app?
