



Santander Cycles Leisure Routes

Time and Tides Route



Every bike journey up to 30 minutes is included. If you hire a bike for longer than 30 minutes, it costs an additional £2 for every extra 30 minutes (or less) you hire the bike. Check the map for the nearest docking stations along the route.

4.9 miles Around 1.5-2 hours
Start: Island Gardens
End: St Katharine's Dock

Hire a Santander Cycles bike (using your promo code if you have one) from Saunders Ness Road docking station next to Island Gardens park.

With the sports ground on your right, cycle along the road and turn right down the footpath to Manchester Road. Cross at the traffic lights.

Take the path immediately to the right of Island Gardens DLR Station and follow the marked cycle route through Millwall Park (brick arches on your left) and up the ramp to East Ferry Road.

Turn right onto East Ferry Road and continue until the pedestrian crossing.

Turn left here, down the ramp and under the bridge.

Veer right up the ramp onto Millwall Dock, stay right following the path along the waterside until Pepper Street.

Turn left and cross Glengall bridge.

Turn left after the bridge and continue around the dockside path with its imposing cranes. **Keep right on the dockside path and watch out for unmarked steps.**

Millwall Dock

At the end of the dockside, dismount and use the ramp down to Westferry Road.

Turn right onto Westferry Road.

After a short distance, turn left into Arnhem Place.

At the end of Arnhem Place turn right onto the Thames Path and follow this for over 1 km, past Canary Wharf Pier.

Veer right on to the NCN 1 (National Cycle Network 1) cycle route, to join Three Colt Street.

Continue until you reach Narrow Street.

Narrow Street

Turn left along Narrow Street.

Then right into Ropemakers Fields park through the metal gates.

Follow the path, past the bandstand, then head left before the pedestrian bridge, keeping left onto the footpath next to Limehouse Basin. This path will bring you back onto Narrow Street.

Limehouse Basin

Turn right onto Narrow Street and continue straight ahead.

At the point where Narrow Street bends sharply to the right at Keeper Wharf, take the path straight ahead and follow it round the corner to re-join the Thames Path. Look out for the Waterman's Stairs.

Watermen's Stairs

Follow the Thames Path signs, through King Edward VII Memorial Park, until you reach Glamis Road.

Turn left here across the red 'rolling' bridge and continue along Wapping Wall, with the famous Prospect of Whitby pub on your left.

Prospect of Whitby

At the end of Wapping Wall turn left into Garnet Street.

Follow the road straight ahead which then becomes Wapping High Street.

Wapping

Take the next right into Hilliard's Court, an apparent dead-end.

Turn left, through the passageway, into Cinnamon Street.

Continue straight ahead to Brewhouse Lane.

Turn left into Bridewell Place.

Turn right onto Wapping High Street again, with its historic wharves, warehouses, walkways, colonnades and cobbled streets.

For a quick sightseeing detour, just past Waterside Gardens (on your left), turn right at Dundee Street.

Then left onto Green Bank.

Ten left again into Scandrett Street.

Turn right, back onto Wapping High Street yet again.

Continue straight ahead, past the Riverside Memorial Garden (stop for a great view of Tower Bridge).

Then turn left into St. Katharine's Way.

Return your bike at St. Katharine's Way docking station.

Continue on foot to St. Katharine's Dock where you can enjoy a drink or a bite to eat or take an MBNA Thames Clippers river bus from Tower Pier.

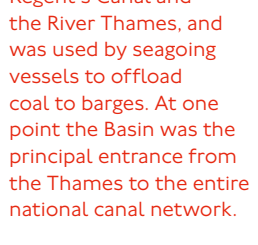
www.thamesclippers.com

Millwall Dock – The name originates from seven windmills that used to stand on the western side of the Isle of Dogs. They disappeared in the early 19th century with the arrival of steam engines.



Cranes, Millwall Dock

Narrow Street used to be much narrower still, with many buildings dating from the 18th century. Tides and currents made this area a natural landfill for ships, with the first wharf completed in 1348.



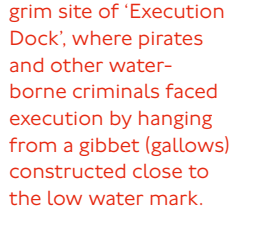
Frontdoor, Narrow Street

Limehouse Basin links Regent's Canal and the River Thames, and was used by seagoing vessels to offload coals to afloat. At one point the Basin was the principal entrance from the Thames to the entire national canal network.



Watermen's Stairs, Thames Path

The **Prospect of Whitby** (c1520) claims to be the oldest riverside tavern, and has a 400-year-old stone floor. Artists Turner and Whistler sketched views from the pub, and the writers Charles Dickens and Samuel Pepys are known to have visited. Look out for the Watermen's Stairs next to the pub.



Prospect of Whitby

Wapping was once the grim site of 'Execution Dock', where pirates and other water-borne criminals faced execution by hanging from a gibbet (gallows) constructed close to the low water mark.



St Katharine's Dock