



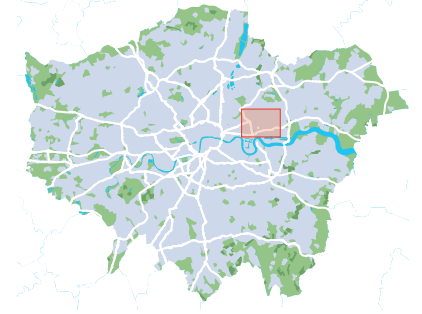
## Capital Ring

Section 14 of 15

Hackney Wick to Beckton District Park



- Section start:** Hackney Wick
- Nearest stations to start:** Hackney Wick
- Section finish:** Beckton District Park (Stansfeld Road)
- Nearest station to finish:** Royal Albert
- Section distance:** 5.2 miles (8.3 kilometres)



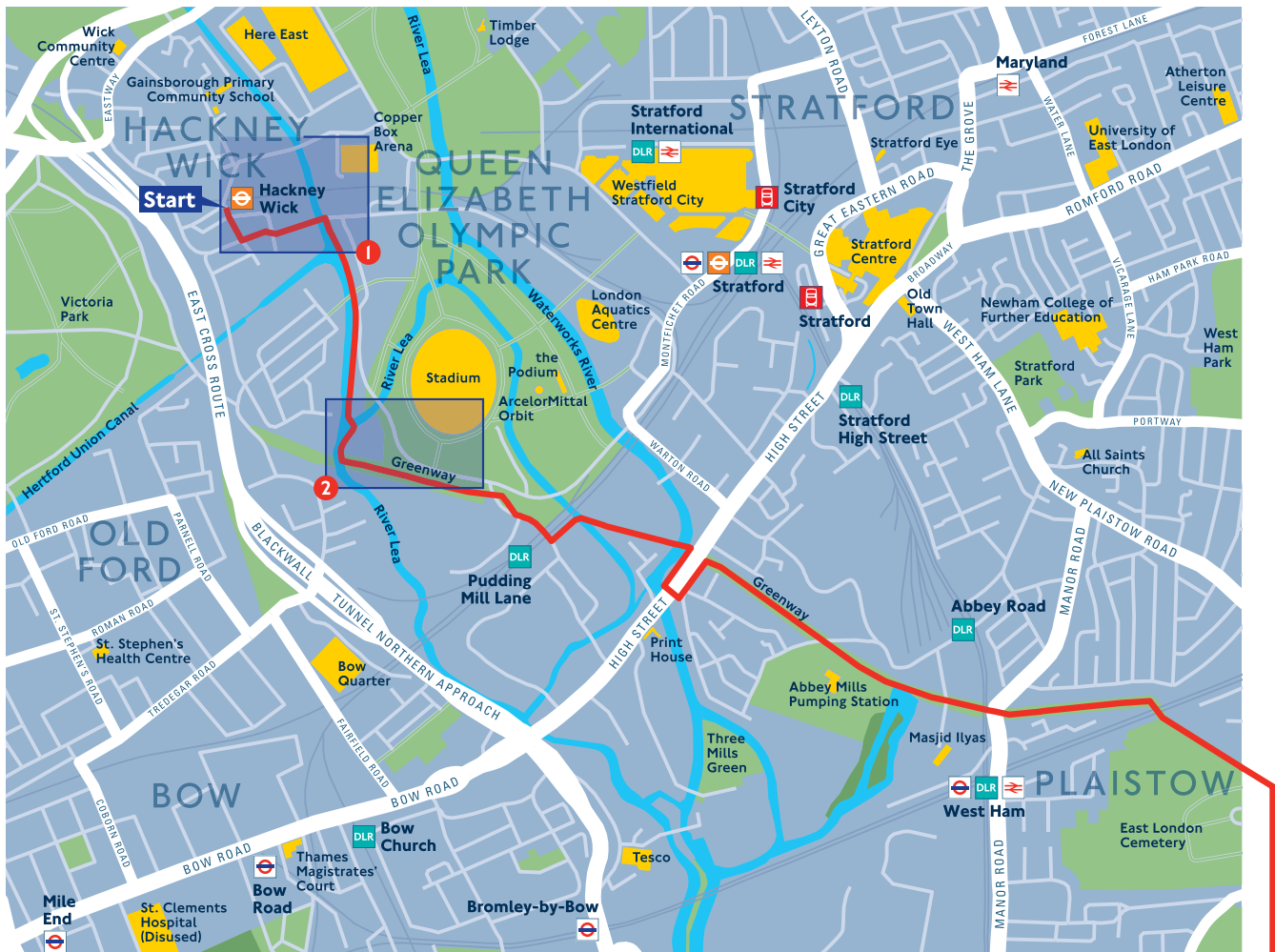
### Introduction

This is a surprisingly green, easy walk. The route passes the Queen Elizabeth Olympic Park, so at times there may be diversions. Much of the route is on a traffic-free, firm level path which, uniquely, is on top of some of London's sewers. There are some gentle slopes and some steps, often with adjacent ramps. The walk goes alongside Lee Navigation to Old Ford Lock, onto the Greenway, past the wonderful Abbey Mills Pumping Station and ends in Beckton District Park.

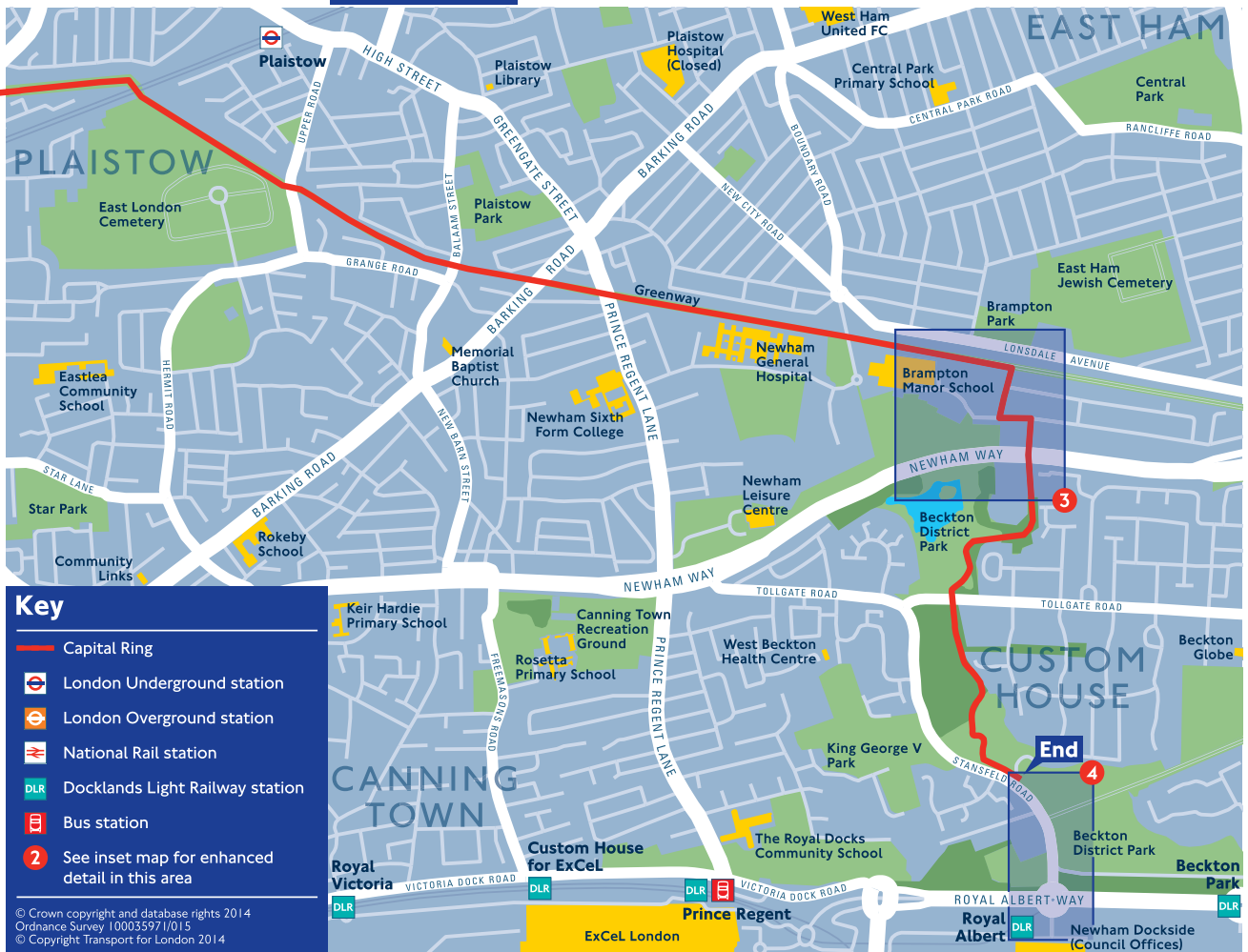
Pubs and cafes can be found at Hackney Wick, Plaistow and Beckton District Park.

Trains and tubes are available along this section and there are many buses along the way. There is a link to the start of the walk from Hackney Wick Station, which is served by National Rail.












◀ Continues



**Key**

-  Capital Ring
-  London Underground station
-  London Overground station
-  National Rail station
-  Docklands Light Railway station
-  Bus station
-  See inset map for enhanced detail in this area

## Directions

**1** On leaving Hackney Wick station look out for the Capital Ring signs and follow them to the left along Hepscott Road to the main road. Turn left along Rothbury Road and cross over the canal bridge. Then turn right down the steep cobbled ramp onto the Lee Navigation towpath.

Keep straight ahead on the towpath, going over the cobbled bases for the cranes that loaded and unloaded the boats.

Carry on to Old Ford Lock where you cross over the River Lea which joins the Navigation here.



### Did you know?

The route passes a red brick house with a large garden which was originally the Lock Keeper's Cottage but more recently was used for the Big Breakfast Show until it came to end in 2002. Some of the sets used in the show are still in the garden.

**2** Go past the lock and follow the towpath under a bridge, left through a barrier and up a ramp to the Greenway. Turn right here with the former Olympic Stadium on your left - now being transformed into the home of West Ham Football Club.



### Did you know?

The Greenway is on top of the Northern Outfall Sewage Embankment. It runs for nearly 6 miles (9.6 kilometres) from Hackney to Beckton where the sewage is treated before discharge into the River Thames. It forms part of London's extensive sewage system put in place by Joseph Bazalgette in the 1860s and much of it is still in use today. The Capital Ring follows this elevated pathway for nearly 3 miles (4.8 kilometres) with great views of the Olympic Park.

The route crosses several tidal rivers known collectively as the Bow Back Rivers. The route briefly leaves the Greenway to pass under the railway bridge and then returns to the upper path. As it rejoins the Greenway you will see the welcoming blue metal banner with typical figures of people from the area.

Shortly after crossing Stratford High Street, you will go over the Meridian Line, also encountered on section three at Downham.

### Did you know?

The route now passes the star of the Greenway, the Abbey Mills Pumping Station, a palatial structure also built by Bazalgette in 1868. As the new sewers operated by gravity, by the time sewage had reached the East End, it was over 13 metres underground. So, to get the waste back up to the surface, steam-powered pumping stations were built, like Abbey Mills, which was in use until 1996, when it was replaced by the shining silver building nearby. However, the old pumping station is still used during heavy storms and its historic pumps, now electric, are used around 30 days a year.

With its ornamental Gothic architecture, the old pumping station is used as a location for TV and film, featuring in episodes of 'The Bill', 'Londons Burning', 'Hogfather' and 'Batman Begins'.




The route passes handsome Victorian school buildings on the left and on the right, the Memorial Recreation Ground and then the East London Cemetery.

### Did you know?

A notable burial here is the World War I spy, Carl Hans Lody, one of the last people to be executed at the Tower of London in 1914.

West Ham station is a short walk off The Greenway immediately after crossing the railway lines.

The next part of the route goes past Plaistow, where there are cafes and pubs, and over several roads including Boundary Lane (just past Newham University Hospital on your right) with its giant concrete cannonballs. Ahead, on the right, you can see Barking Creek Flood Barrier, 3 miles (4.8 kilometres) long and completed in 1982.

 **3** You will soon leave the Greenway, taking a footpath to the right after two schools. The path leads to Stokes Road, turn left at the end and then right onto Noel Road. From here look out for the footbridge over the A13, Newham Way.

Follow the route via Viking Gardens to Beckton District Park. The route through the park twists along part of a tree trail with unusual species from around the world.

Cross Tollgate Road and continue into the southern part of the park. At the Will Thorne Pavilion (on the left) this section finishes.

 **4** To continue, on Section 15, turn left down a wide, leafy path.

Otherwise follow the signs to get to Royal Albert Docklands Light Railway station.

