**3Mills & 3Waterways Walk, December 2023**

Wow! We made it! 5 of us walked 7 miles from 3 Mills Island to Victoria Park and on to Hackney Wick via 3 Waterways. We continued the canal towpath exploration SW along the Lea Navigation to the Limehouse Cut, then North along the Regents Canal to the Hertford Union and East to hit the Lea Navigation near our starting point. So that was nearly a circular triangle.

Three Mills Island, now has only 2 mills : House & Clock which we reached on our last walk. So this time, after a brief photo call we set off between the Lea and Bow Creek, past Bow Lock and over a footbridge to a floating towpath passing under the Blackwall Tunnel approach. Industrial buildings on the other side of the canal and tall residential apartments on our side, leaving one feeling a bit penned in, particularly with the added hazards of runners and cyclists. However, there was an attractive wall mosaic *en route.* Shortly we hit the Limehouse Basin. The Limehouse area is named after the lime kilns near the Thames. This marked the end of the Lea Navigation walk (section 5).

A short detour was necessitated to navigate our way onto the Regents Canal, since part of the towpath was closed due to gas repairs. However we were soon back on track and passing the Ragged School Museum. Offers of a coffee-stop were turned down, in order to push on for a better lunch venue. I promised it was only about 45 minutes away & 2miles further !

Turning into the Hertford Union canal, which is only a mile long, and which was made as a short cut for narrow boats, avoiding having to go around via Limehouse. Us walkers were struggling a bit by now. When we reached a gap in the railings we cut over the grass to the Inn in the Park (Victoria). After our usual pub lunch, we passed near the Burdett-Coutts fountain (visited on another walk) and the bandstand to hit the Hertford Canal again with a short stretch to the White Building at Hackney Wick and back home.