Walking Tour: East End Eras

This route offers an insight into the old and new of East London. Wander through and soak up the unique character of its neighbourhoods.

Start ➔ Bethnal Green
Distance 3.6 miles
Duration 2½ hours

1 The Old Ford Road area was bombed during WWII, and tower blocks were subsequently erected on the bomb sites.

2 On beautifully preserved Cyprus Street you’ll get a taste of what Victorian Bethnal Green would have looked like.

3 Just over Regent’s Canal lies Victoria Park. Take the left path along the lake to the Dogs of Alcibiades howling on plinths.

4 Head to the eastern section of the park and see the Burdett-Coutts Memorial drinking fountain (1862). Then, pass East Lake and exit at the park’s eastern tip.

5 Cross Cadogan Tce and pick up the much-graffitied canal path; this area is artistic Hackney Wick.

6 Cross the canal at the hooped footbridge, follow Roach Rd, then turn left to cross the bridge and enter Queen Elizabeth Olympic Park.

7 Keep the main stadium on your right, cross the River Lea and walk through the playground towards the ArcelorMittal Orbit (designed by Anish Kapoor and Cecil Balmond).

Take a Break...
Formans smokes fish on its premises and serves it in a stunning, panoramic dining room.