

## Top tips and healthy hints

### Make walking an adventure

Walking is a good way for you, your family and friends to discover the local area. The East End is packed with green spaces, interesting buildings and hidden corners.

If you have children or grandchildren, then why not turn this walk into an adventure for them? Tell stories along the way and ask them to look out for interesting wildlife or sights. Tower Hamlets Cemetery is the perfect place for an adventure – a biodiverse habitat full of butterflies, birds, beetles, spiders and fungi.



"Children need paths to explore... paths down the garden, the way to school, corridors through the bracken or long grass."

**Bruce Chatwin, travel writer**

## Step-by-Step



Weekly Walks

**St. Stephen's  
Health Centre**

The Step-by-Step programme is a 10-week walking action plan designed in conjunction with St Stephen's Health Centre in William Place, just off Roman Road. As you walk, you'll be taking steps towards actively managing your health and wellbeing. And you'll discover more about your local area too.

For more information, contact Zahra Aden at St Stephen's on [zahra.aden@nhs.net](mailto:zahra.aden@nhs.net) or 020 8980 1760.

## A stroll to Tower Hamlets Cemetery Park

**WALK  
4**



## Step-by-Step



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## Take a walk on the wild side

Tower Hamlets Cemetery Park is a secret woodland in the East End. Opened in 1841 as one of the 'magnificent seven' London cemeteries, it was closed to burials in 1966. Since then it has evolved as a local nature reserve, with its woodlands, ponds and meadows providing a habitat for bats, woodpeckers and wild flowers. Its mossy Victorian gravestones give a fascinating insight into East End history.



- 1 Walk around the back of St Stephen's Health Centre and head left of the tall tower block. Behind Brodick House, take the diagonal path through the green and follow the fencing along. At the playgroup, turn left to join Vernon Road and go right, over cobbles, to reach Tredegar Road.
- 2 Turn left on Tredgar Road, over Cardigan Road and then cross at the pedestrian crossing. Walk past the convenience store and take the next right into Lacey Mews. Head to the park at the end.
- 3 At the running man statue, turn right to join Mostyn Grove. There, turn left and slope down under the railway through Tom Thumb's Arch. Head straight on, past a single blue bollard. The paved path soon opens out into Addington Road.
- 4 At the bottom of Addington Road you come to Bow Road. Turn right, past the police station. Just before Alfred Street, cross at the two-part crossing to Bow Road tube station. Turn right, then first left into Wellington Way.

(continued on page 7)

- 5 Facing the first corner of Archibald Open Space, cross and walk down Hamlets Way – an alleyway with two tower blocks on your right. A short way along, head into the Cemetery through the first side gate.
- 6 Once inside the Cemetery, turn left and loop around on the wide path. You'll pass the grave of Will Crooks MP and the Poplar War Memorial. Your path curves slowly to the right, with the railway appearing to your left.
- 7 Keep on the main path – ignoring the exit gate to your left. At the crossroads with grey metal Millennium Trail marker No. 14 (pointing ahead) turn right. Your path slopes down and then up, and after the next crossroads you come to a map board.
- 8 Keep left of the map board and snake on with the path, past impressive tall gravestones, until you reach the Soane Centre and lodge. Leave the Cemetery by the main gate, and walk right, to the end of Southern Grove.
- 9 At Bow Road, turn left and just before Mile End tube station cross over on the two-part pedestrian crossing. On the far pavement, turn right and take the second turning left into Tredegar Square.
- 10 As you emerge into the square itself, turn right alongside the railings and go through the gate into the gardens. At the far gate, turn right along Morgan Street. By the Morgan Arms cross and head left under the Coborn Road railway bridge.
- 11 Turn right into Tredegar Road. Go over the zebra crossing and head up St Stephen's Road. Just after Clayhall Court, turn right to follow the slabbed pathway back to St. Stephen's Health Centre.



## Look out for these...



Spot interesting gravestones, including Cutty Sark builder John Willis and politician Will Crooks.



Listen to the lively birdsong and enjoy the wild flowers in the Cemetery.



Pop into the Soane Centre to find out about bat walks, nature walks and historical tours.



Stand in the centre of Tredegar Square to get the best view of all four terraces.



Post a letter in the early Victorian pillar-box in Tredegar Square.



Find the old boundary stone for Mile End Old Town at 20 Morgan Street.

## Along the way...



Catch a glimpse of the old Bryant & May match factory from Mostyn Grove gardens.



Duck as you head through Tom Thumb's Arch, under the Great Eastern Railway.



Look out for the horse stables behind Bow Road police station, built in 1903.



Spot the memorial clock to suffragette Minnie Lansbury.

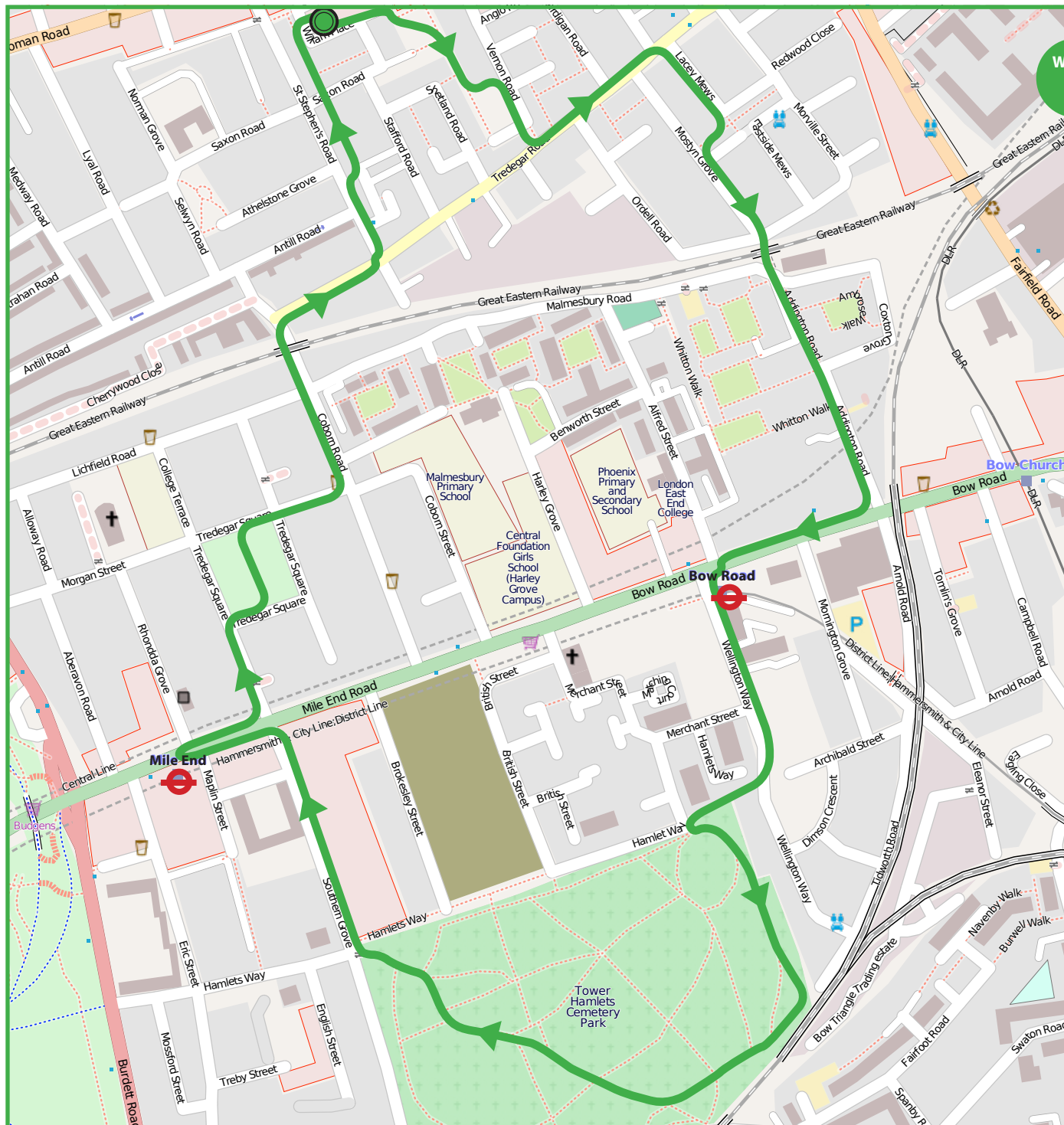


Use this as a route to reach Bow Road tube station.



Stroll along Hamlets Way, a green walkway beside the Cemetery.





**WALK  
4**

## A stroll to Tower Hamlets Cemetery Park

**Starts:** St Stephen's Health Centre  
**Ends:** St Stephen's Health Centre  
**Distance:** approx 2.3 miles  
**Allow:** 60 minutes



The Friends of Tower Hamlets Cemetery Park organises a varied programme of guided walks, open days and children's clubs. Find out about some well-known people buried here, go on a bat-hunting walk at dusk or take children along to search for wildlife at the Bow Beasties Club.

For more information, visit [www.towerhamletscemetery.org](http://www.towerhamletscemetery.org) or call Kenneth Greenway on 07904 186 981.