

The Regent's Canal, Paddington, Little Venice, Camden Locks & King's Cross



YOUR LOCAL CANAL

It's  
time  
well spent



British  
Waterways  
London

*Yours to enjoy anytime*

Find your nearest canal at [waterscape.com](http://waterscape.com)



**YOUR LOCAL CANAL**

# It's the great outdoors

It's that great feeling of freedom away from the hustle and bustle of everyday life. Open skies, fresh air and a wildlife haven all right on your door step. Your local canal – a surprising place to enjoy the great outdoors.



YOUR LOCAL CANAL

# It's commuter heaven

Want to enjoy getting to work? Then try taking the towpath to the office. Cutting through the heart of the city, the canal's a quiet traffic-free route that will set you up for the day.

YOUR LOCAL CANAL

# It's a chat room

Water is good for you. You only have to stroll, sit, eat, drink or just chat beside a canal and you can feel yourself unwind, let go of the stresses of life and generally enjoy yourself more. Try life in the slow lane by your canal.

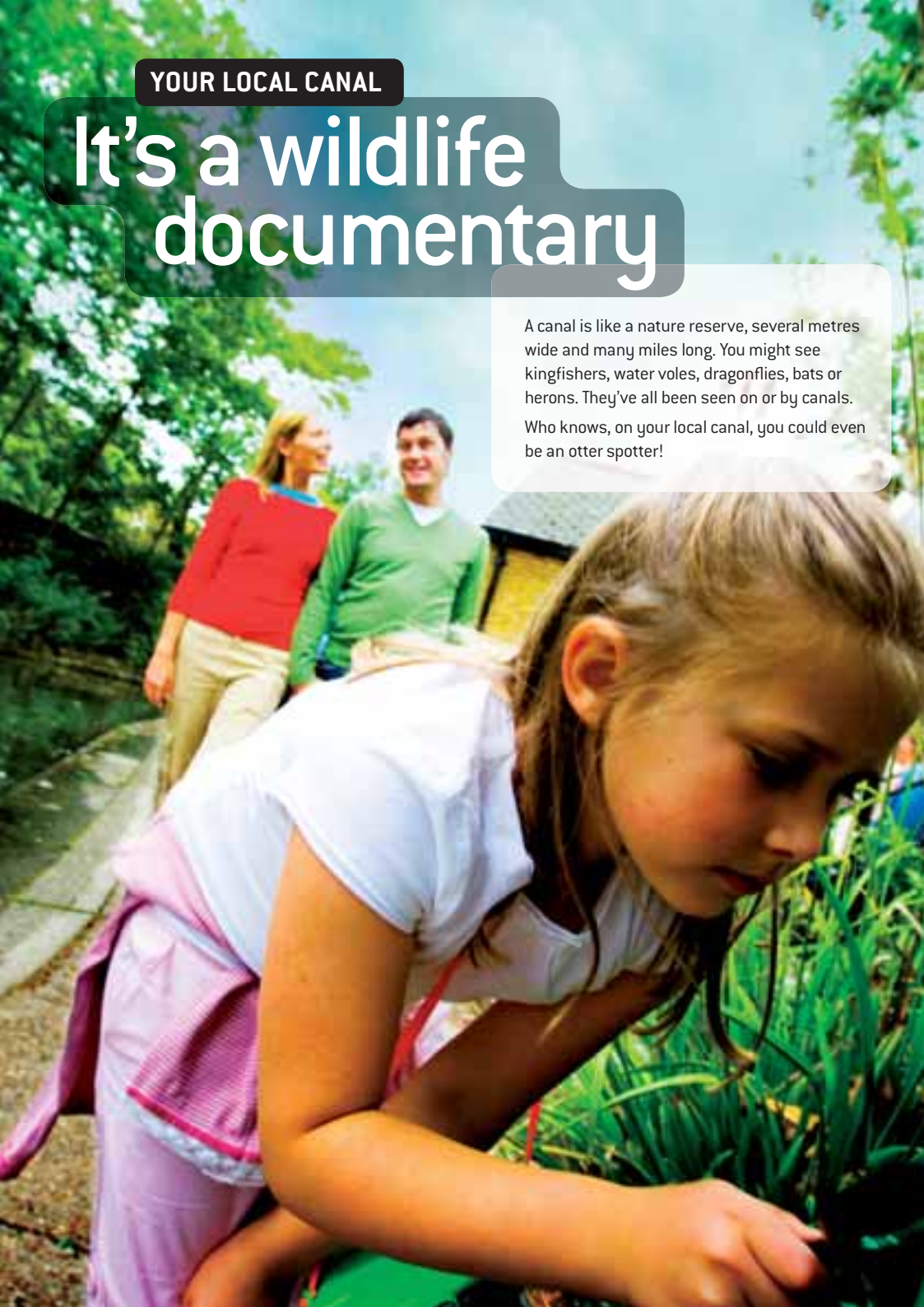


YOUR LOCAL CANAL

# It's a wildlife documentary

A canal is like a nature reserve, several metres wide and many miles long. You might see kingfishers, water voles, dragonflies, bats or herons. They've all been seen on or by canals.

Who knows, on your local canal, you could even be an otter spotter!



## Regent's Canal

The eight-mile Regent's Canal takes its name from the man who commissioned it in 1812: The Prince Regent, who became King George IV. Designed to link the Grand Union Canal with the River Thames at Limehouse, its first stretch – from Paddington to Camden – opened in 1816. At Regent's Canal Dock, renamed Limehouse Basin, cargo which had come by sea – such as ice, timber, coal, building materials, food and gunpowder – was unloaded onto canal boats to continue its journey into England.

## Key canal sites

### Little Venice

A half-hour walk from Camden along the towpath, or five minutes from both Paddington Station and Warwick Avenue Underground Station, Little Venice is the junction between the Regent's Canal and the Grand Union Canal (Paddington Branch). This picturesque area boasts a waterside café, boat trips, two theatres and various waterside pubs. *Little Venice, London W2 6ND*

### Sheldon Square/Paddington Basin

This is the fresh face of canals with many new developments. To find out more visit the Paddington Information Boat 'Jena' moored here. There are also plenty of places to eat, drink and shop around the square. *www.inpaddington.co.uk*

### 1 Blow Up Bridge

Officially called Macclesfield Bridge, this gained notoriety and its nickname in 1874 after a barge carrying gunpowder blew up beneath it. Although the bridge was destroyed, its supporting columns were saved, and repositioned in the 'wrong' way round, so that the rope grooves worn by the horses' towropes can be seen on both the canal and towpath sides. *Macclesfield Bridge, London NW8*

### 2 London Canal Museum

In a waterside former ice warehouse, the museum tells the story of London's canals and their people, boats and horses, as well as the cool cargo for which this fascinating building was built. *12/13 New Wharf Road, London N1 9RT Tel: 020 7713 0836 www.canalmuseum.org.uk*

### 3 Camden Lock Market

Famous for its culture, clothing, comedy, clubs, live music, food and fashion this is one of the must-see stops along the Regent's Canal. The market that surrounds the canal lock is the epicentre of this vibrant London village and well worth a visit. *Camden Lock Place, Chalk Farm Road, London NW1 8AF. Tel: 020 7485 7963 www.camdenlockmarket.com*

### 4 Rembrandt Gardens

Giving a great view of Little Venice from a peaceful setting, Rembrandt Gardens have recently been refurbished to create a real haven away from the busy Westminster streets. *Warwick Avenue, London W9*

### 5 Puppet Theatre Barge

Magical and imaginative shows for children and adults, staged in the unique setting of a barge at Little Venice, by the Movingstage Marionette Company. Open November to July. Children and concessions £8.50. Adults £10.00. *Little Venice, Blomfield Road, London W9 2PF Tel: 020 7243 6876 Mob: 07836 202 745 Email: puppet@movingstage.co.uk www.puppetbarge.com*

## Just off the towpath

### 6 Canal Café Theatre

One of London's leading fringe theatre venues with an award-winning reputation for comedy and new writing. Premier Winners such as The League of Gentlemen, Daniel Kitson and The Consultants have all had residencies here. *Delamere Terrace, Little Venice, London W2 6ND Tel: 020 7289 6056. www.canalcafe theatre.com*

### 7 London Zoo

The canal actually passes through the zoo in Regent's Park giving you a view of the famous Snowdon Ankyri. Opened in 1828 as the world's first scientific zoo, it wasn't until 1847 that the public were allowed to visit. *Outer Circle, Regent's Park, London NW1 4RY Tel: 020 7722 3333 www.zsl.org/zsl-london-zoo*

### 8 Regent's Park

One of the largest and most spectacular open spaces in London, the park is just 10 minutes walk from Camden along the Regent's Canal towpath or 20 minutes from Little Venice. The unique space was designed and built as part of the same historic project as the Regent's Canal in 1811. Today, while retaining its impressive regency character, it is also home to sport, theatre, music and dance, award-winning gardens, a range of cafés, elegant fountains, three playgrounds, a variety of lakes, the famous London Zoo, an open air theatre and some of the best bird watching in London. The Regent's Canal provides a scenic route along the north edge of the park and also borders the open grass of Primrose Hill which has spectacular views over London. *www.royalparks.org.uk*

### 9 Camley Street Natural Park

Now open seven days a week, this serene canal-side space is a Mecca for those seeking engaging, ecology-focused activities for children and young people and feels a million miles away from its central London location. *12 Camley Street, London NW1 0PW Tel: 020 7833 2311. www.wildlondon.org.uk*

### 10 King's Place

The designers of this, the first purpose-built concert space constructed in London for over 20 years, took much of their inspiration from its canal-side location which over-looks the colourful Battlebridge Basin on the Regent's Canal. The building's contemporary wavy glass design reflects its watery setting and the sleek, smooth lines and wide open spaces of its interior provide the ideal home for its two concert halls, exhibition space, café and restaurant. *King's Place, 90 York Way, London N1 9AG Tel: 020 7841 4860/1. www.kingsplace.co.uk*

## The way forward for walkers

Wake up to the joy of walking in the capital with a range of routes around central London's waterways. With nine British Waterways London walks to choose from, and three focusing on the Regent's Canal, you'll be spoilt for choice. Find these and many more walking resources at [www.waterscape.com/londonwalks](http://www.waterscape.com/londonwalks). *Tel: 020 7985 7200*



### Guided Walks

Free your feet with technology on the towpath. Download the London Canal Museum's guided towpath walk to your MP3 player or WAP phone to get all the interesting information as you stroll along the route between Camden and King's Cross. If you'd rather gambol along with a group, the museum volunteers lead regular walks in the warmer months.

Find out more at [www.canalmuseum.org.uk](http://www.canalmuseum.org.uk) *Tel: 020 7713 0836*

With guided walks, walking events, maps, routes and much more [www.walklondon.org.uk](http://www.walklondon.org.uk) is an excellent website with which to explore London on foot, whatever your walking experience or stamina. Find out more at [www.walklondon.org.uk](http://www.walklondon.org.uk) *Tel: 0870 240 6094*

## Find out more

### 1 The Paddington Information Boat – Jena

If you've got a question or need more information come aboard the British Waterways London boat, moored below the Harrow Road Bridge at Sheldon Square near Little Venice. *Jena, The Regent's Canal, next to the Harrow Road Bridge, London W2 6EP Tel: 020 7985 7200 Email: enquiries.london@britishwaterways.co.uk www.waterscape.com*

### 2 Camden Information Centre

Pop in to pick up more British Waterways London guides like this one and find out where the canals and rivers of London came to be so spectacular while sipping on your Starbucks. *Starbucks Coffee Co., 289 Camden High Street, London NW1 7BX. Tel: 020 7485 1986*

### 3 London Canal Museum

Local information, guides to the network and historical resources can be found at this popular museum. Find out more from their listing in the key canal sites section of this guide.

## Where to eat and drink

### 11 The Waterway

Bar and restaurant with outdoor waterside seating. *54-56 Formosa St, Little Venice, London W9 2JU Tel: 020 7266 3557. www.thewaterway.co.uk*

### 12 Boat House

Stylish waterside restaurant. *Opp. 60 Blomfield Road, Little Venice, London W9 2PD. Tel: 020 7286 6752 www.boathouselondon.co.uk*

### 13 The Bridge House Pub

Pub which is also home to the Canal Café Theatre with nightly performances. *13 Westbourne Terrace Road, Little Venice, London W2 6NG. Tel: 020 7432 1361 www.thebridgehouseatlittlevenice.co.uk*

### 14 Waterside Café

Picturesque café on a barge in the Pool of Little Venice. *Warwick Crescent, Little Venice, London W2 6NE Tel: 020 7266 1066. www.floatingboater.co.uk*

### 15 Zizzi Restaurant

Italian restaurant. *17 Sheldon Square, Paddington Central, London W2 6EP. Tel: 020 7286 4770 www.zizzi.co.uk*

### 16 Core

Restaurant specialising in fresh, organic, seasonal, local food. *12 West End Quay, 1 South Wharf Road, Paddington, London W2 1JB Tel: 020 7724 4945. www.coregrill.co.uk*

### 17 Café Laville

Restaurant overlooking the waterway from above Maida Hill Tunnel. *453 Edgware Road, London W2 1TH Tel: 020 7706 2620 www.restaurant-laville.co.uk*

### 18 Feng Shang Chinese Restaurant

Floating restaurant serving Chinese food. *Cumberland Basin, Prince Albert Road, London NW1 7SS. Tel: 020 7485 8137 www.chinesebot.co.uk*

### 19 Sardo Canale

Waterside restaurant specialising in Sardinian cuisine. *42 Gloucester Ave, Primrose Hill, London NW1 8JD Tel: 020 7722 2800 www.sardocanale.com*

### 10 The Engineer Pub

The oldest pub on this stretch of canal. The Engineer was built between 1845 and 1850. *65 Gloucester Avenue, Camden, London NW1 8JH Tel: 020 7722 0950 www.the-engineer.com*

### 11 Lock 17

Bar and music venue. *38 East Yard, Camden, London NW1 8AF Tel: 020 7428 5929*

### 12 Lockside Lounge

Bar serving food overlooking Camden Lock. *75-83 West Yard, Camden, London NW1 8AF Tel: 020 7284 0007*

### 13 Jongleurs

Comedy club serving food. *111 East Yard, Camden Lock, London NW1 8AB Tel: 0870 787 0707. www.jongleurs.com*

### 14 Green & Fortune Café in King's Place

Café in King's Place concert and exhibition space overlooking Battlebridge Basin. *King's Place, 90 York Way, London N1 9AG Tel: 020 7014 2840. www.kingsplace.co.uk*

### 15 Canal 125


Pub serving food with a terrace overlooking the canal. *125 Caledonian Road, London N1 9RG Tel: 0207 837 1924. www.canal125.co.uk*




## Take to the water

There are several boat trip operators on the Regent's Canal who'll offer you a warm welcome onboard.

 **11 London Waterbus Company**  
Runs trips boarding at Camden and Little Venice, and is the only operator stopping at London Zoo. *58 Camden Lock Place, Camden, London NW1 8AF*  
*Tel: 020 7482 2550. [www.londonwaterbus.com](http://www.londonwaterbus.com)*

 **12 Jason's Trip**  
Trips between Camden and Little Venice, featuring live commentary plus some cruises available for private hire. Located in the pool of Little Venice. *Opposite 60 Blomfield Road, Little Venice London W9 2PD*  
*Tel: 020 7286 3428. [www.jasons.co.uk](http://www.jasons.co.uk)*

 **13 Walker's Quay**  
Regular guided boat trips and Sunday lunch and dinner cruises which go through Camden Lock on the journey to Little Venice. *250 Camden High Street, Camden, London NW1 8QS*  
*Tel: 020 7485 4433. [www.walkersquay.com](http://www.walkersquay.com)*

 **14 The Floating Boater**  
Luxury boats available for private hire for parties and meetings. *Waterside, Little Venice, Warwick Crescent London W2 6NE*  
*Tel: 020 7266 1066*  
*[www.floatingboater.co.uk](http://www.floatingboater.co.uk)*

 **15 Beauchamp, the electric barge**  
A unique and flexible space in which to host your event with catering available.  
*Email: [info@beauchamplodge.co.uk](mailto:info@beauchamplodge.co.uk)*  
*Tel: 020 7266 8247. [www.beauchamplodge.co.uk](http://www.beauchamplodge.co.uk)*

### London Canal Cruises

Long-distance private hire canal cruises through London, beginning at City Road Basin, cruising to the North Circular Aqueduct, then back to Camden.  
*Tel: 020 8440 8962. [www.londoncanalcruises.com](http://www.londoncanalcruises.com)*  
*(not shown on the map)*



### Access for all

Towpaths around Little Venice and Paddington Basin have been improved and visitors in wheelchairs can now access the canal side at Little Venice, travel to Paddington Basin and back. Little Venice to Camden is inaccessible by wheelchair due to steep ramps and steps.

Access to the Regent's Canal towpath to see the Nash designed houses and London Zoo Aviary is best from Gloucester Avenue. From here, with the help of an able-bodied companion, wheelchair users can also reach Camden Lock, though there are cobbles and slopes.

## Activities

### Cycling with consideration

Saddling up and setting off on the towpath by bike is an increasingly popular pursuit in central London. It's important that cyclists travel with caution and consideration for other users alongside canals and rivers. British Waterways London's Two Tings campaign identifies a code of conduct for everyone to adhere to. So make sure you review the rules before you set off at a stately speed. Find the Two Tings code of conduct at [www.waterscape.com/twotings](http://www.waterscape.com/twotings)



### 16 Activities on the water

Get your hearts racing in the heart of London with water sports on the Regent's Canal at the Pirate Castle. This charity offers canoeing, kayaking and narrowboat trips with a particular focus on community projects for the young. They also have an impressive venue space and catering facilities are available for events.  
*The Pirate Castle*  
*Tel: 020 7267 6605. [www.thepiratecastle.org](http://www.thepiratecastle.org)*

## Wildlife around the waterway

The Regent's Canal runs alongside Regent's Park and London Zoo and offers plenty of opportunities for wildlife spotting. The most commonly seen creatures are swans, geese, mallards, coots, moorhens, cormorants and tufted ducks.

At dusk and dawn you may see Daubenton and Pipistrelle bats, particularly near London Zoo which provides bat boxes in trees alongside the canal.

You may also catch glimpses of the zoo's inhabitants, such as African red river hogs, warthogs, African hunting dogs and exotic birds in the Snowdon Aviary.



## Educational Entertainment

WOW stands for 'Wild Over Waterways'.

The wow4water website is an educational resource full of fun activities for children that help them to learn more about the history and wildlife of canals and rivers and water safety. It also gives advice to teachers and youth leaders planning a visit to the canal.

[www.wow4water.net/kids](http://www.wow4water.net/kids)



## Canalside Events

★ 17

### The Canalway Cavalcade

See the calm serenity of the pool of Little Venice transformed as the carnival character of the Cavalcade covers it with over 100 colourful boats and bunting. There are contests for boat handlers and best dressed craft, stalls offering a wide range of wares, children's activities as well as food, drink, music and dance.

**Where:** Pool of Little Venice W2 6NE

**When:** First May Bank Holiday of the year

*Find out more at [www.waterways.org.uk](http://www.waterways.org.uk)*

★ 9

### Camley Street Natural Park

From wild food foraging and environmentally friendly eating to seasonal celebrations and arts and crafts, Camley Street's series of events across the year have something for everyone. Take to the towpath from their waterside site on the trail of bats as they swoop and dodge over the canal, on one of their summer evening walks.

**When:** March – November

**Where:** Camley Street Natural Park,  
12 Camley Street, London NW1 0PW

*Tel: 020 7833 2311*

*Find out more at [www.wildlondon.org.uk](http://www.wildlondon.org.uk)*

★ 7

### ZSL London Zoo

A busy programme of amazing events showcases the world-renowned work of this fascinating organisation and gives you the chance to see another side of this waterside zoo's inhabitants.

**When:** Regular events all year round

**Where:** London Zoo, Outer Circle, London NW1 4RY

*Tel: 020 7722 3333*

*Find out more at [www.zsl.org](http://www.zsl.org)*

### The Angel Canal Festival

This unique community-focused event has been bringing colour and charm to City Road Basin for over 20 years. Local people, visitors and boating enthusiasts come together to enjoy stalls, boat trips, live music, street performance, dance and children's activities in celebration of both the canal and its role within the community.

**When:** Sunday in early September

**Where:** City Road Lock and Basin and along the towpath to Packington Square N1

*Find out more at [www.angelcanalfestival.org](http://www.angelcanalfestival.org)  
(not shown on map)*

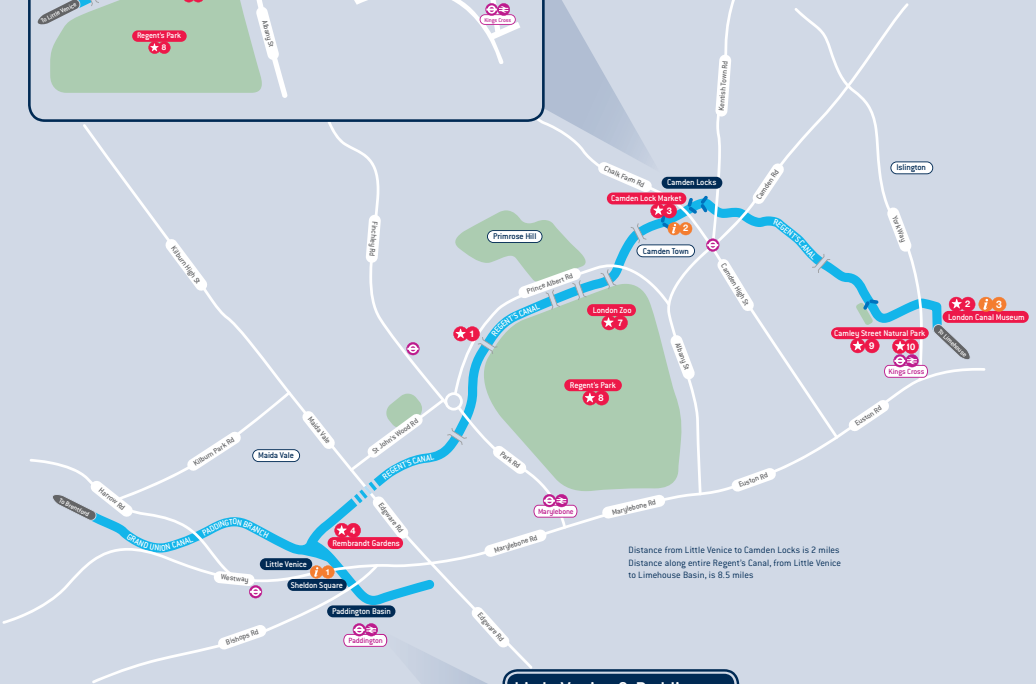
For events going on around the London network throughout the year, visit [www.waterscape.com/events](http://www.waterscape.com/events)



# REGENT'S CANAL

## Paddington, Little Venice, Camden Locks & King's Cross

### Regent's Park, Camden & King's Cross



Distance from Little Venice to Camden Locks is 2 miles  
Distance along entire Regent's Canal, from Little Venice to Limehouse Basin, is 8.5 miles

### Little Venice & Paddington



#### Key

- Canal
- Lock
- Bridge
- Tunnels
- Toppaths
- Information
- Railway Station
- Tube Station
- Pub, Restaurant or Café
- Place of interest
- Theatre
- Boat Trip & Hire
- Water Activities

Find street level canal maps at  
[www.waterscape.com](http://www.waterscape.com)  
just click on the interactive map

For further information please contact  
British Waterways, 1 Sheldon Square,  
Paddington, London W2 6TT. Tel: 020 7995 7200  
Email: [enquiries.london@britishwaterways.co.uk](mailto:enquiries.london@britishwaterways.co.uk)  
British Waterways Customer Service Centre  
Tel: 01923 201120





**YOUR LOCAL CANAL**

# It's free gym membership

Leave the monthly fees, machines and MTV behind and get fit for free. Your local canal is your chance to get out of the gym onto the towpath and remind yourself that getting fit is about fun, fresh air and freedom.



**British  
Waterways  
London**

*Yours to enjoy anytime*

Find your nearest canal at [waterscape.com](http://waterscape.com)