

THE ROUTE

Although this path is paved, it is unfriendly to wheelchairs and heavy buggies due to steep slopes and some steps.

From the bus stop outside Sainsbury's car park, enter the open air bus station.

Turn right into the covered walkway which leads to the Sainsbury's store.

Keeping the store on your left and Starbucks on your right, turn left on reaching the Grand Union Canal.

The path goes over a steep humped back bridge (with a hand rail), where special care needs to be taken in wet or icy conditions.

From the summit of the bridge, there is a good view across the canal to the two cemeteries - St. Mary's and Kensal Green.

On the curve of the canal, notice two 'horse escapes'.

At various points along the route, brightly painted narrow boats are moored both sides of the canal.

Passing by Kensal Green gasworks continue along the path to the Canal Gasworks Nature Conservation Area.

There is an optional detour with picnic tables and a bench at the top.

The walk continues to Mitre Bridge where there are access steps to Scrubs Lane and buses.

The next feature along the path is the Old Oak Common Sidings Nature Area which can be accessed by two sets of descending timber steps. The picnic area is located within a group of silver birch trees.

Further along, there is a narrow footbridge leading to the Gateway Industrial Estate.

Continue to Old Oak Lane bridge where there is an option to leave the route or retrace your steps

LOOK OUT FOR THESE

1 **THE INSET HORSE ESCAPES** provided a ridged slope for horses which had fallen into the canal to scramble back on to the towpath.

2 **THE TWO CEMETERIES** across the other side of the canal are St. Mary's Roman Catholic and Kensal Green Cemetery where many famous people are buried. These include Isambard Kingdom Brunel (Kensal), architect of the Great Western Railway and Mary Seacole (St. Mary's), the notable Jamaican nurse who served in the Crimean War.

3 **THE MITRE BRIDGE** is one of the last examples of iron girder construction before the common use of reinforced concrete

DID YOU KNOW?

THE GRAND UNION CANAL was part of a countryside heavy goods transport system prior to the development of the railways. These days its primary use is for leisure and recreation.

THE TOWPATH is so-called because originally horses towed the barges before they were motorised.

THIS 13 MILE SECTION OF THE CANAL linking Brentford and the Paddington Branch was built in 1801.

THE WORKERS who dug the canal were known as Navigators, shortened to Navvies.

THIS SECTION OF THE CANAL follows the 100 foot contour line so it is level with no need for locks.

IN 1820 the Regent's Canal section carried nearly 195,000 tons of cargo, ranging from coal to cocoa.

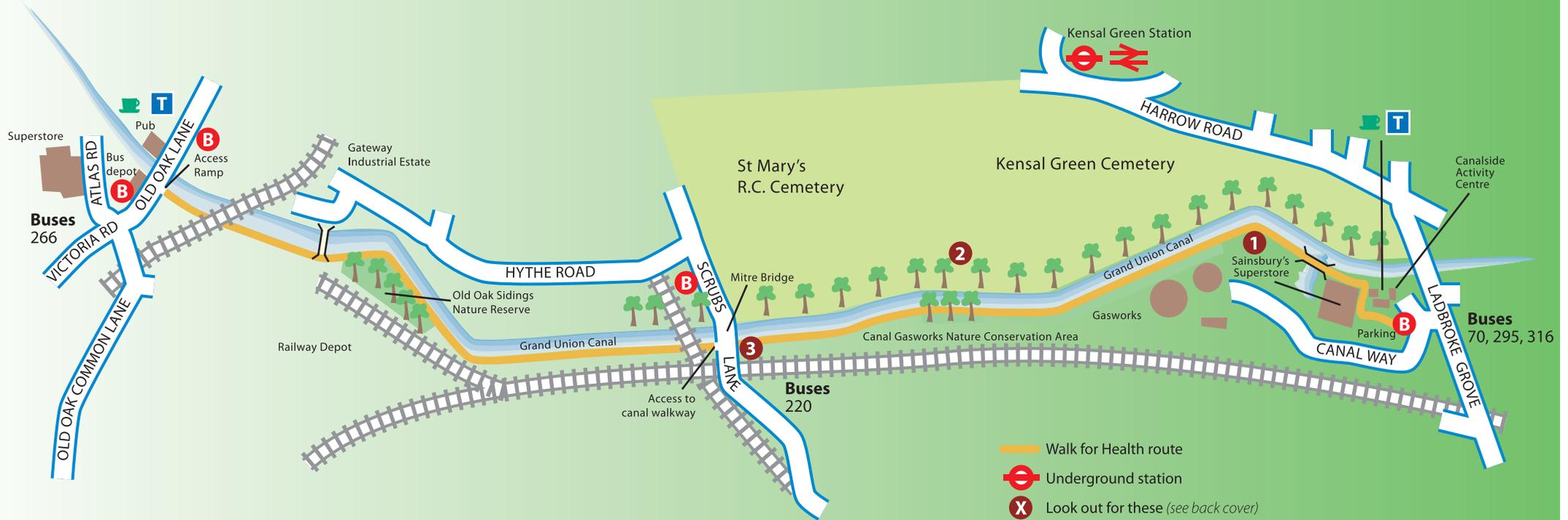
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BOROUGH WALKS - 10



Route: 1.3 miles (2.14 km)



-  Walk for Health route
-  Underground station
-  Look out for these (see back cover)
-  Bus stop
-  Toilets
-  Refreshments

