



7 Eva Rothschild
Living Spring, 2011



8 Floating Reed
Beds



9 Tracey Emin
A Moment Without
You, 2017



10 Three Mills



11 Three Mills
Lock



12 Abbey Mills
Pumping Station

Directions

1. From the Greenway, follow sign pointing right to 'Memorial Rec Ground' down the step-free walkway. ¹
2. Follow sandy path across the park. This continues along edge of park; take south exit which is first exit on your left.
3. Bear left (blue cycle sign towards Excel), turn left into Grange Road, then almost immediately right opposite 'Grange Food and Wine' following a cycle cut-through along pavement and between the houses. (**CARE: barriers**).
4. At end of cut through, turn left into Ladysmith Road
5. Turn left into Hermit Road. After 100m cross at the pedestrian crossing which leads into Hermit Road Rec Ground. ² Follow path straight ahead through the park.
6. At the park exit, turn right into Bethell Avenue.
7. At end, straight across Hermit Road into Kimberly Road and ride up to Eastlea Community School.
8. Take left path (silver bollards) and bear right until you reach more silver bollards (Exning Road - sign on house).
9. Turn left into Exning Road and follow to the end. Cross Star Lane to enter Star Park. ³
10. Go through park past the basketball, table tennis areas. Turn right, past play area on left. Exit the park on Star Lane.
11. Turn left and follow Star Lane to the station.
12. Take the lift! – go to bridge level and then go right to the end of the bridge and take the last lift (of 3) to descend.
13. Cross the pedestrian crossing to cross Stephenson Street. ⁴ Turn right, then left into Cody Road Business Park.
14. Take left turn into South Crescent. Follow the road to the end where you will see Cody Dock (**café and toilets here**). ⁵
15. Go through the dock, winding your way through to the River Lea (**CARE: high kerb as you leave the dock, dismount.**) Turn right and follow the Leaway north. ^{6 7}
16. Path turns right (in front of stairs). At the end of the path you will see 'Leaway North' written on the ground – turn left along the pavement and over the bridge – don't go all the way! – stop at the top and on your left you will see step free access signed 'Three Mills' (**CARE: steep slope, dismount.**) At the bottom, turn right under bridge, continue along the Leaway. ⁸
17. Turn right in front of Three Mills and then left in front of Three Mills studios. ^{9 10}
18. Head for a large orange brick which says 'Three Mills Green'. (**CARE: this may be waterlogged after rain.**)
19. Follow the sandy path to the left of the sign, then bear left. Take first right across the bridge at Prescott Channel. ¹¹
20. The path continues along the channel, and then turns through woods (**CARE: path is gravel in parts**). Follow the path, taking the left fork as you exit the woods. Then take the step free access (yellow barriers) which will lead to the Greenway. ¹²
21. Turn right and follow Greenway to starting point.

Disclaimer: Newham Cyclists take no responsibility for this route, and whilst we hope those using it enjoy doing so, this is at their own risk.



NEWHAM CYCLISTS

The Snail Trail – a circular cycle route from The Greenway (7km)



If you enjoy this ride, send us a photo!
@NewhamCyclists



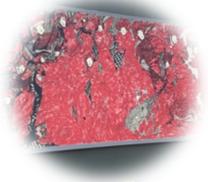
1 Memorial Recreation Ground



2 Hermit Road Recreation Ground



3 Star Park



4 Madge Gill Red Women, 1949



5 Cody Dock



6 Abigail Fallis DNA DL90, 2003

