

Walking to Canary Wharf from Waterloo

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The day before: transferring music to sprint to (also helps with walking)! I got all three of my [Next Generation / Blatant Beats](#) compilation mix albums on my MP4 player (not to everyone's taste)!

Importantly, if you travel by National Rail into Waterloo, according to published advice, *it is worth getting an earlier (or, generally, differently timed) train to Waterloo as the station is predicted to be exceptionally busy during the Games.*

If you have one available, it is advisable to set up your smartphone to use GPS and a map utility to help you find your way.

Additionally, Get Ahead of the Games' ['Walking may be quicker'](#) article has helpful advice and links to tools, plus their ['Walking and running to work'](#) article has great advice. Finally, *don't forget to take some water with you!*



Arriving at London Waterloo! Below, I have my old trainers on (they're the most comfortable). Time to go!





Continue down A301 Waterloo Road and take a left down The Cut. On your right, you'll notice a Pret. A handy place to refresh early on if need be!



Continue down The Cut.

You will pass The Young Vic Theatre on your left.



You will pass Southwark College. Continue straight on.



Passing Southwark Station on your left! Go straight ahead at the cross junction onto Union Street.



Some signs you ought to notice as you go down Union Street. The one on the right is supposed to show a Londis shop, but is blurred due to my running at the time!



On the junction of Union Street and Newcomen Street. Proceed straight down Newcomen Street. You will pass Northfleet House.



On the junction of Snowsfields and Weston Street.
Turn right down Weston Street.



Turn left down Long Lane. A sign for Docklands is on this road to show you are on the right track!





Long Lane turns into Abbey Street. At the following crossroads, take a left down Tower Bridge Road. You will see another sign for Docklands (Tower Bridge Road and Docklands signs have been clarified in the image for your benefit). Soon you'll be crossing The Thames!





Once you reach the end of Tower Bridge Road, take a right down A1203 East Smithfield which then becomes The Highway. Go straight down. Don't forget your water! Also, do keep to the right side of The Highway.





Right at the end of The Highway, just as Limehouse Link starts, keep an eye out for this footpath: it might not be on your map! You need to have been walking down the right side of The Highway to end up at this spot. Go straight down the path (you'll end up on Horseferry Road).



So solid! A sign telling us Canary Wharf is only 5 minutes away by bike. Indeed, this won't take you long if you walk quickly!





Take care here to follow the 'finger pointing' directions carefully! It would be worth printing this and the previous page out *in particular* (print the whole lot – it might come in handy!) as you'll be navigating around buildings where specific street names don't apply! Eventually you'll get to a sign directing you to Thames Path. Take a left there. You will actually be going down Narrow Street.



Just before Narrow Street finishes bearing left, keep a keen eye out for when you need to turn right. I almost missed this one! There are barriers in place – the type designed to force cyclists to dismount.





Take the footbridge on the left.



Keep on going!



Take a right. Almost there!



Take a left and, look, there you go! You've reached Canary Wharf after a superb walk!

<http://maps.google.co.uk/>

Google Maps has been very helpful in making sure I get street names correct and I advise you use it too!