

Key Information

Start & finish:

Towpath off Blomfield Road, Little Venice, London, W9 2PF

Portages: 0(1)

Time: 1.5-2.5 hours

Distance: 4.5 miles

OS Map: Explorer 173 London North



For more information scan the QR code or <https://bit.ly/2YfqIH>



Can you tell the difference between a real lion and a ghost one? And which one is more frightening?! Find out on this phantom packed paddle from Little Venice to Camden Market.

1. Paid parking is available on nearby Warwick Avenue, or unload boats and park in the NCP Maida Vale car park. Warwick Avenue tube station is nearby for those with inflatable SUP's.

2. Little Venice marks the junction of the Regent's and Grand Union Canals. As you arrive watch out for a young girl wearing a blue dress and hat. This is the ghost of Sarah Siddons, who frequents the area. Put in on the Bloomfield Road side of the basin and turn left, under Warwick Avenue road bridge, and onto the Regent's Canal.

3. At ¼ mile reach the spooky entrance of Maida Hill Tunnel. The Canal & River Trust must be contacted in advance if you wish to paddle through this tunnel. If you don't have permission to paddle through there is a portage of 249m.

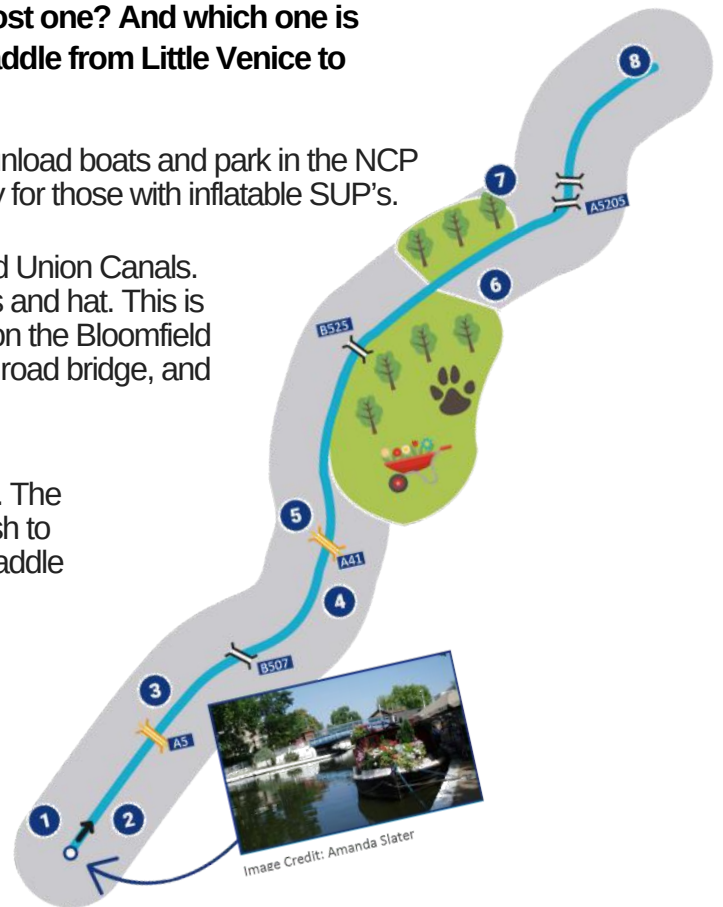
4. Once past the tunnel, walls and bridges tower over the canal before the banks become leafy and green. You are now entering Regent's Park

5. Amongst the grand buildings here can you spot the ghostly jogger thought to take its exercise in the park?

6. At 1.5 miles the sights and sounds of London Zoo begin. But are those real lions you hear roar? A zoo keeper and his granddaughter came across the glowing apparition of a lion while out walking in the park one evening. The next day the keeper discovered that at the exact time they spotted the phantom feline one of the zoo's own great cats passed away.

7. Once past the zoo the Primrose Hill area is on the left. Here you may meet the phantom of Sir Edmund Berry Godfrey. Murdered here in 1678, Godfrey's death was shrouded in mystery and his spirit still roams the hill.

8. You are entering bustling Camden Market. Feel free to spend some time exploring the historic, colourful and bustling area. But be alert, witches are known to frequent Camden! The most famous of whom was Old Mother Red Cap who is said to have burnt one ex-lover to cinders in her oven. If you escape Old Mother Red Cap's clutches you can return to your boat and paddle back tot your start.



Find out more information at: gopaddling.info



A fully regal journey, along the Regent's Canal! Leaving the regency buildings of Little Venice behind, spot the animals of London Zoo in Regent's Park, before arriving at vibrant Camden Market.

Canal & River Trust waterways offer a range of opportunities for activities. From angling to country walks and from boating holidays to volunteer lock keeping. Visit their website to find out more.

Throughout the summer months this section of canal is home to a waterbus running every hour from Maida Vale to Camden.

The large golden dome of the London Central Mosque can be seen through the trees and can accommodate over 5000 worshippers.

In 1874 Macclesfield Bridge (just before the zoo) was destroyed when a barge carrying gunpowder exploded.

The London Zoo has been open since 1826 and is home to more than 17000 animals from over 750 different species!

Every year 28 million visitors descend upon Camden Market to experience its unique atmosphere

For more information about British Canoeing visit: britishcanoeing.org.uk

For more information about getting started in paddling visit: gopaddling.info

Our members and the wider paddling community can get in touch with us at: T. 0845 370 9500



Licence

We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.

Paddle Safe. Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

Paddle Responsibly. Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

Licences: The waterways in this trail are managed by the Canal & Rivers Trust and require paddlers to hold a licence. British Canoeing membership includes a full annual licence for this waterway - please take your membership card with you as this acts as your licence. Non-members can either purchase a British Canoeing membership from www.britishcanoeing.org.uk or buy licenses direct from www.canalrivertrust.org.uk

New to paddling?

Check out the Paddle Awards!