

### Key Information

**Start:** Putney Slipway, Putney Embankment, Putney, SW15 1JW  
**Finish:** Isleworth Draw Dock, Church St, Old Isleworth, TW7 6BG

**Portages:** 0  
**Time:** 2-4 hours  
**Distance:** 8 miles  
**OS Map:** Explorer 161 London South & 173 London North



For more information scan the QR code or <https://bit.ly/2Lyh5k1>



**This is a busy and tidal part of the River Thames. You must visit [boatingonthethames.co.uk](http://boatingonthethames.co.uk) to check tide times and safety advice before undertaking this trail.**

**The trail covers the Upper Tideway in south west London, with sweeping aspects of the river. The course of the annual University Boat Race forms part of the trail.**

1. We recommend you paddle with the assistance of the tidal flow, departing from Putney in the first 2 hours of the flood tide. Closely timing the tides can allow a return trip. Put in at the public slipway, crossing to the Football Stadium side of the river and turning left, for correct rules of travel.

2. Approaching Hammersmith Bridge the London Wetland Centre is behind the tree line on the opposite bank. Beware of the tide pushing you into Dove Pier after the bridge.

3. Between Hammersmith and Chiswick Ait the river is flanked by elegant houses. At Chiswick Ait an option is to take the inside channel; usually passable after an hour or so of a flood tide.

4. Chiswick Pier signals a crossing point for a change in navigation rules. Keep the green marker buoys on your right on this sweeping bend of the river to Chiswick Bridge.

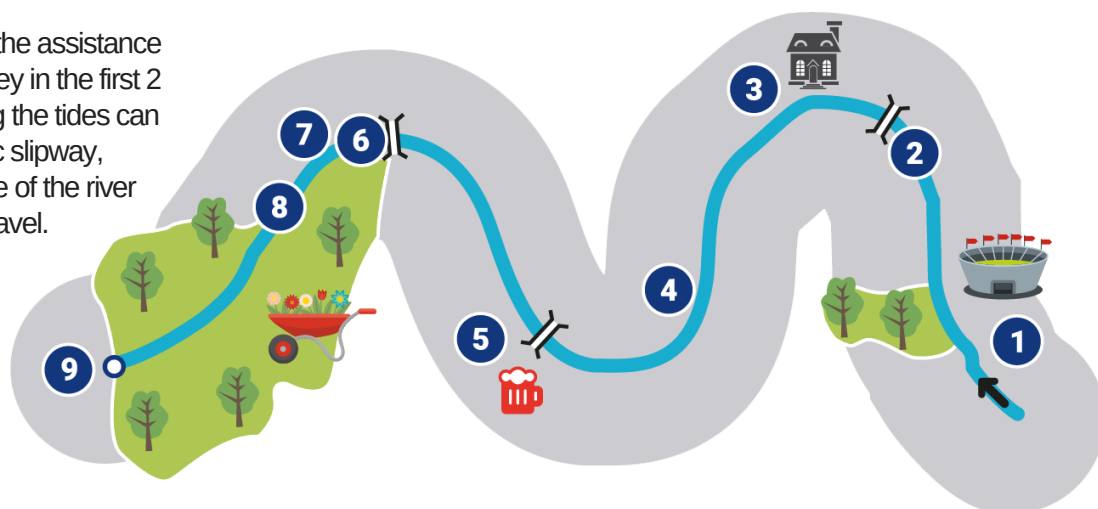
5. Just short of Chiswick Bridge, the Ship public house, Mortlake comes into view opposite the finish of the annual Boat Race. This is another crossing point. Move to the right hand side before the bridge and for the remainder of the trail to the finish.

6. At Kew Railway Bridge, Oliver's Island is a wooded haven for herons. Pass to the right of the island with a fine view of Strand-on-the-Green, with the National Archives building on the opposite bank.

7. At Kew Bridge go through the right hand arch for a better sightline. After the bridge the side channel behind the Brentford and Lot's Aits can be taken as the flood tide increases.

8. Rejoin the main channel by the lock entrance to Brentford Marina. Kew Royal Botanical Gardens are on the opposite bank. From here to Old Isleworth is scenic tree lined Syon Reach, with views of Syon House to your right.

9. Isleworth Eyot comes into sight in the final mile to reveal the finish, with a backdrop of fine Georgian houses, a 15th century church tower and the London Apprentice public house. Land on the slipway.



**Find out more  
information at:  
[gopaddling.info](http://gopaddling.info)**

The Thames is home to over 125 different types of fish, and since efforts to improve the water quality in the 1960's there have been seals, porpoise, and even seahorses spotted there! What might you find!?

An ait or eyot is a small island - the term is often used to refer to river islands found on the River Thames and its tributaries in England. Aits are typically formed by the deposit of sediment in the water, which accumulates over a period of time.

Kew Gardens houses one of the largest and most diverse botanical and mycological collections in the world. The herbarium has over 7 million preserved plants! It is one of London's top attractions and a World Heritage Site.

London Wetland Centre is a great place to get up close and personal with some wildlife that cannot be found anywhere else in London!

Oliver's Island takes its name from a story that Oliver Cromwell once took refuge there, connecting it to his headquarters at the Bull's head via a secret tunnel. So far no evidence of a tunnel has been found.

For more information about British Canoeing visit: [britishcanoeing.org.uk](http://britishcanoeing.org.uk)

For more information about getting started in paddling visit: [gopaddling.info](http://gopaddling.info)

Our members and the wider paddling community can get in touch with us at: T. 0300 0119 500

It is important to choose trails which sit within your paddling ability and that you do appropriate research before choosing to paddle one. If you are considering paddling on the Thames visit [boatingonthethames.co.uk](http://boatingonthethames.co.uk) first for the latest safety advice and waterway rules and regulations.

## 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 Port of London Authority (PLA) 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](http://www.britishcanoeing.org.uk)

**New to  
paddling?**

Check out the  
Paddle Awards!