

Key Information

Start & finish: Regent's Canal Towpath, off Muriel Street, London, N1 0TH

Parking is available for up to 4 hours on Carnegie Street.

Time: 2.75 miles

Distance: 1 - 2 hours

OS Map: Explorer 173 London North

Portages: 1



For more information scan the QR code or <https://bit.ly/2H9Qwh4>

Take on a terrifying trail from the resting place of a warrior queen to bustling Camden Market, where ethereal equines and wicked witches tread.

1. Carry down to the canal towpath. At the end of the path there's a handy step down to the water. Put in and turn right, away from the dark of Islington Tunnel and the shrieking boggart who resides within its depths; leaping on the bow of passing boats.



Image Credit: Alan Stanton

2. You will soon pass behind Kings Cross Station. Do you hear a battle cry of a flame haired fighter? Queen Boadicea is believed to have fought her last battle here, and her body lies beneath the station.

3. After ¼ mile you will pass Battlebridge Basin, named after a village which once stood here. The basin is home to the London Canal Museum. As you pass look out for the ghost of John Parker, who perished here falling into an ice well when this was an ice cream warehouse.

4. The high walls of an old canal warehouse tower menacingly above as you head round a sharp bend, before heading towards St Pancras Lock. Find a spot to get out on your right to portage around the lock. It's best not to linger here lest the poltergeists who haunt St Pancras station take a fancy to joining you.

5. Pass the cellar bar of the Constitution pub on your right, approximately 1 mile into your journey. Continue round bends and under bridges until arriving at a series of 3 locks, signalling your arrival at Camden Market.

6. The stables for the horses which pulled the canal boats, are now the famous Camden Stables Markets. Once a sprawling network of stables, horse tunnels and a horse hospital, there were once almost 800 horses working here as well as several hundred people. Many horses and workers died in these stables and today the ghostly clattering of hooves, neighing and screams for help are still heard by traders arriving early in the morning.

7. Feel free to spend some time exploring the historic, colourful and bustling market. 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.

8. If you escape Old Mother Red Cap's clutches you can return to your boat and paddle back to the start at Kings Cross.

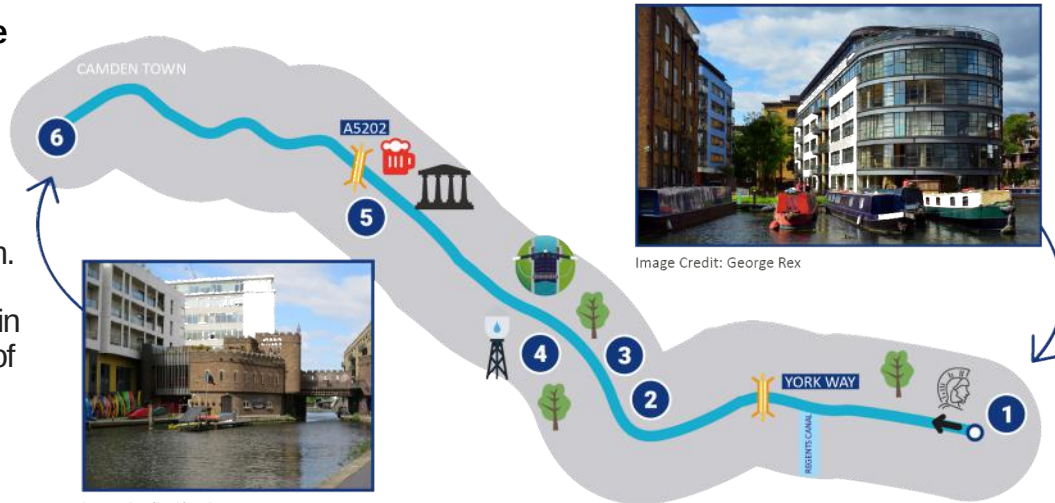


Image Credit: George Rex



Find out more information at: gopaddling.info

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.

The Islington Tunnel was built without a towpath to save money, which meant before barges had motors, "leggers" would lie on top and push against the tunnel to walk them through!

King's Cross station is the only station in London to have a platform 0!

Just before the St Pancras lock you may spot some floating wildlife islands set up by the London Wildlife Trust! These islands help promote biodiversity and provide a habitat for waterfowl, fish, airborne and aquatic insects and crustaceans such as shrimp. Can you see any?

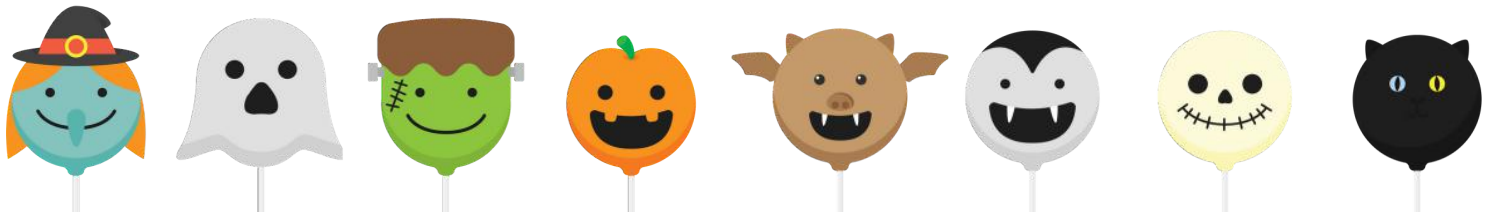
The massive frame of the old Gasholder no.8 can be seen just after St Pancras. This massive structure once held 1.1 million cubic feet of gas! In 2011 it was taken apart piece by piece, restored, and turned in to the beautiful Gasholder Park.

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!