

Shadwell Basin Outdoor Activity Centre 3-4 Shadwell Pierhead, Glamis Road, London, E1W 3TD

Lunch

As there is only 30 minutes for lunch it is easiest to bring a packed lunch with you. There are a few shops around Shadwell station where you might be able to pick up a sandwich *before* the course starts but you won't have time in your lunch break to find a local sandwich shop.



Parking: there is on street parking just along Glamis Road and in Wapping Wall past the Prospect of Whitby, all free at weekends and there are usually lots of spaces available.

Bicycles: may be locked to the fence at the top of the access onto the Basin.

Travelling to Shadwell Basin Outdoor Activity Centre by London Underground & Overground

- The nearest station is Shadwell on the DLR or Shadwell on the London Overground network, from here the centre is signposted
- You need to cross over The Highway (A1203) and head towards the river as the centre is next to the Thames. It is about a ten minute walk and if you look carefully the centre is signposted on small blue signs
- Access is from Glamis Road