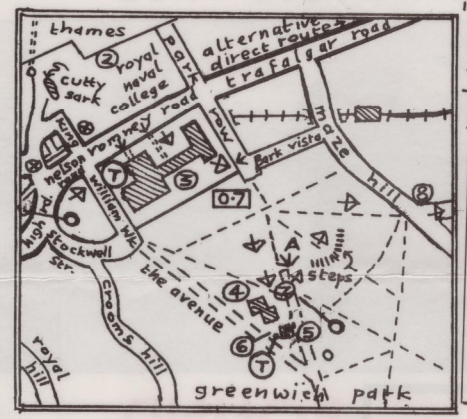
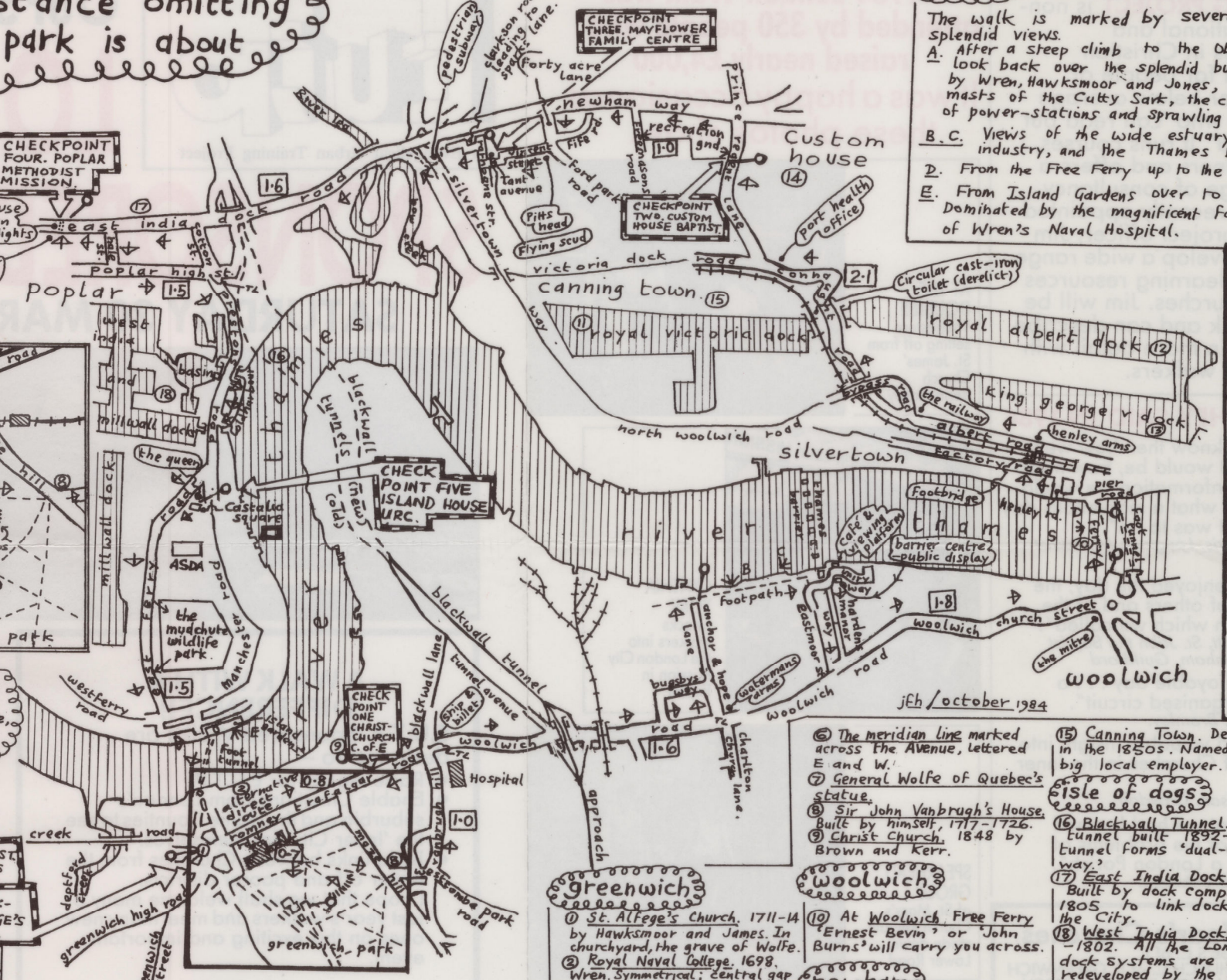
total distance omitting greenwich park is about 11½ miles.

Finding Castalia Square is none too easy! Footpath between garages and maisonnettes. **Before** – entrance marked 'Barnet Fayre'? **Opposite** – 'Ash House'.



⊗⊗ Opposite St. Alfege's Church a little Georgian arch leads into Turnpin Lane, a picturesque alley with a covered market square.


CHECKPOINT FOUR. POPLAR METHODIST MISSION.
Danger!! use pedestrian crossing lights
manor arms
east india dock road
poplar high st.
poplar
1·6
1·5
west india dock
millwall docks
the queen
mill wall dock
Castalia square
ASDA
the mudchute wildlife park
westferry road
manchester
CHECK POINT FIVE ISLAND HOUSE URC.
blackwall tunnels
new cut
the meridian line
the avenue
CHECK POINT ONE CHRIST-CHURCH C. of E
alternative direct route
romney road
trafalgar road
maze hill
greenwich park
creek road
deptford creek
greenwich high road
greenwich street
FINISH:- ST. ALFEGE'S CHURCH
START:- ST. ALFEGE'S CHURCH
greenwich
1·0
westcombe park road
blackwall lane
tunnel avenue
blackwall tunnel
woolwich
ship & billet
Hospital
approach
foot tunnel
silvertown way
silvertown
river thames
canning town
victoria dock road
royal victoria dock
north woolwich road
CHECKPOINT THREE. MAYFLOWER FAMILY CENTRE
forty acre lane
newham way
recreation gnd
prince regent lane
Custom house
port health office
CHECKPOINT TWO. CUSTOM HOUSE BAPTIST
Pitts head
Flying Scud
ford park road
Circular cast-iron toilet (derelict)
royal albert dock
king george V dock
the railway
albert road
henley arms
factory road
pier road
Footbridge
henley rd.
barrier centre – public display
cafe & viewing platform
footpath
anchor & hope lane
bugsbys way
watermans arms
woolwich church street
the mitre
woolwich road
charlton lane
2·1
1·8
1·6
1·0
0·8
0·7
1·5
1·6
1·6
1·0
1·8
1·5
0·7
0·8
1·0
1·6
1·6
1·8
1·5
1·0
1·6
1·8
1·5
1·0
1·6
1·8
1·5
1·0