

Shadwell Basin Outdoor Activity Centre

3-4 Shadwell Pierhead, Glamis Road, London, E1W 3TD

You enter via the pedestrian gate to the right of the big blue gate at the main entrance. The gate looks as though it is padlocked BUT IT ISN'T, so you will be able to open it with the latch and go through. Please close it behind you.

The training room is upstairs in the main building. For security reasons the centre requires us to keep this entrance door closed and locked. Once inside the centre grounds please wait outside the main building door and the trainer will open it periodically before the course starts.

Lunch

As there is only 30 minutes for lunch it is easiest to bring a packed lunch with you. There aren't any suitable shops to buy lunch near the centre.



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