



The Capital Ring Walk

"I've fallen in love with London all over again! My heart was racing and my head spinning with the breathtaking views - I haven't felt so alive in years. What a walk!"



It's easy to forget just how green London is - this engaging walk offers a chance to savour some of the capital's most glorious scenery. 15 easily walked sections divide these 78 miles of open spaces - magically retained within London's suburbs as Metroland spread outwards - and leave you free to enjoy it all at your own pace.



Along the way the commons and open spaces form important nature reserves and Sites of Special Scientific Interest and there are over 50 surprising places to discover: from the Art Deco splendour of Eltham Palace to historic Abney Park Cemetery. You can picnic in the splendour of metropolitan parks that were once grand country estates or wind your way through parcels of tranquility under the canopy of the Great North Wood. Whatever your age you'll enjoy looking out for those industrious Wombles as you cross Wimbledon Common and tracking deer as you roam through Richmond Park. There's plenty of waterside walking too along the Thames, its tributaries, the man made Grand Union Canal and the 17th Century New River (which continues to supply London's drinking water) - and it's all within 10 miles of Charing Cross.

www.walklondon.org.uk

Glorious scenery, waterscapes, palaces and parks : walk London... it's capital!

Horsenden Hill
Take your time to climb to 276 ft above sea level. It's well worth the effort - you'll have great views over west London and, on a clear day, across five of the Home Counties.

Welsh Harp
If you're lucky, you'll spot a Great Crested Grebe at this reservoir, home to 250 species of birds. The reservoir, named after a nearby public house, contains enough water to fill 3 million baths.

Finsbury Park
Take time to explore one of the first great London parks created by the Victorians - a classic mix of open ground, formal gardens and avenues of trees.

Walthamstow Marshes
Be sure to stop at this designated Site of Special Scientific Interest, the setting for the first all-British powered flight by aero-designer Alliott Verdon-Roe in 1909.

Olympic Park
Capture the excitement of the London 2012 Games - the only city to host the Games for a third time. Step out along the Elevated Greenway - one of the major routes leading into the Olympic Park - with the best view of the site under construction.

Thames Barrier
Be inspired by an engineering masterpiece. The Thames Barrier opened in 1984 and is the second largest moveable flood barrier in the world.

Eltham Palace
Built next to the remains of Henry VIII's boyhood home, Eltham Palace is a stunning masterpiece of twentieth-century design. The Art Deco mansion sits in nineteen acres of surrounding gardens which include a medieval bridge and sunken rose garden.

Beckenham Place Park
A perfect picnic spot - this 96 hectare park includes rolling grasslands and ancient woodlands. You could also book a tee-off at the scenic public 18-hole golf course.

Streatham Common
Enjoy acres of open space on the southern edge of the capital. Survey the Rookery, laid out on an historic mineral well and home to open air theatre in summer months.

Wimbledon Park
Enjoy the views, lake, lawns and ancient oaks, landscaped by Capability Brown in the 18th century. Wombles and a fascinating windmill beckon as you cross into the Common.

Richmond Park
Richmond Park is the largest Royal Park in London covering an area of 2,500 acres. This incredible environment has been created by centuries of grazing deer herds and the park still has 300 Red Deer and 350 fallow deer.

Syon Park
Admire the handwork of Capability Brown as you explore this 200-acre park with its lake and more than 200 species of rare trees.

Wharncliffe Viaduct
Admire Brunel's towering brick-built viaduct, which was opened in 1837, to speed the Great Western main line railway across the Brent Valley.

Key: RAIL STATION, TUBE STATION, DLR. ALL SECTIONS ARE WELL SERVED BY PUBLIC TRANSPORT.

Tick places of interest or use this leaflet to mark off your walks section by section.

Engage with 15 singular sections				No.	ml	km	▼	Further Information	The Magnificent Seven
Woolwich Foot Tunnel	>	Falconwood	1	6	10	2 hrs	Discover more about The Capital Ring Walk and Walk London by visiting www.walklondon.org.uk where you'll be able to download all the facts, maps and practical advice you need to plan a perfect walk - including short video clips, mp3 audio guides, comments and links about each route and the great things you'll see along the way. You can also phone Walk London on: 0870 240 6094 Let us know when you have completed The Capital Ring Walk and we'll send you a personalised certificate to celebrate your achievement. Just email the great news to us at info@walklondon.org.uk or phone 0870 240 6094 Find out more at www.walklondon.org.uk	<ul style="list-style-type: none"> The LOOP Walk The Capital Ring Walk The Green Chain Walk The Lea Valley Walk The Thames Path Walk The Jubilee Walkway The Jubilee Greenway Walk <p>The Capital Ring Walk is just one of seven magnificent walks designated by the Mayor to help make London one of the most walkable cities in the world.</p>	
Falconwood	>	Grove Park	2	3.5	5.5	1 hr			
Grove Park	>	Crystal Palace	3	7.5	12.5	2 1/2 hrs			
Crystal Palace	>	Streatham Common	4	4	6.5	1 1/2 hrs			
Streatham Common	>	Wimbledon Park	5	5.5	9	2 hrs			
Wimbledon Park	>	Richmond Bridge	6	7	11.5	2 1/2 hrs			
Richmond Bridge	>	Osterley Lock	7	4	6.5	1 1/2 hrs			
Osterley Lock	>	Greenford	8	5	8	1 1/2 hrs			
Greenford	>	South Kenton	9	5.5	9	2 hrs			
South Kenton	>	Hendon Park	10	6	10	2 hrs			
Hendon Park	>	Highgate	11	5.5	8.5	2 hrs			
Highgate	>	Stoke Newington	12	5.5	8.5	2 hrs			
Stoke Newington	>	Hackney Wick	13	3.5	6	1 hr			
Hackney Wick	>	Beckton District Park	14	5	8	1 1/2 hrs			
Beckton District Park	>	Woolwich Foot Tunnel	15	3.5	6	1 hr			

The seven magnificent ways to...

Walk London

It's true - walking has many benefits. It's been described as "the nearest activity to perfect exercise" - but more than this a walk around London will reveal things that you simply can't see from a car or a train and you don't need any specialist equipment - just a comfortable pair of shoes and off you go.



Put the busyness of the capital into perspective and relax in the countryside on the doorstep of the city. Often called the M25 for walkers, **The LOOP Walk** provides 152 miles (245 km) of accessible paths that encircle Greater London through the Green Belt. It's a fascinating journey through new and ancient woodland, over rolling downs, along the windswept estuary and past historic houses, farms, windmills, village greens and pubs... a perfect escape.

Circle the city along **The Capital Ring Walk** through ordinary and affluent garden suburbs with their wealth of open spaces. See the growth of London's Metroland, passing magnificent mansions and eccentric monuments on a 78 mile (126 km) journey all within ten miles of the heart of London. Take in a panorama of the real city - of villages and suburbs, canals, commons, parks and woodland, with spectacular views of the city and beyond.

Weave together the allotments and commons, ancient woodland, parkland and recreation grounds of south-east London by following the **The Green Chain Walk** for 50 miles (80 km). Thirty years ago forward-thinking planners acted to designate this fantastic resource - one of the longest green and pleasant walks available in any city. Enjoy a wide variety of healthy green spaces from the river's edge, through the valleys and into the hills with wonderful views across the city.

Hunt for clues along **The Lea Valley Walk** to see how water milled, manufactured and transported the goods that enabled a great city to function. The route shadows the Lee Navigation towpath for 18 miles (29 km) from King Harold's burial place at Waltham Abbey, past the Olympic Park to Trinity Buoy Wharf at the confluence with the Thames. Zig-zag the Meridian Line, pass huge reservoirs and nature reserves towards wild and original marshes popular with migrating birds.

Meander **The Thames Path** from its willowy western banks for 40 miles (64 km) to the gleaming Thames Barrier and The Queen Elizabeth Bridge arching across the estuary marshes. Navigate the very heart of London, past palaces, royal parks, working boatyards and leisurely marinas to the regenerated docklands. Historic waterfront buildings mix with the contemporary while 24 bridges link both banks and reveal a unique maritime heritage along its course.

Walk **The Jubilee Walkway** to appreciate how central London joins up over ground and make the most of the city's symbolic squares and ceremonial routes linking world class art, theatres and museums with iconic views and architecture. Inspired by the reign of Her Majesty The Queen, the route traces the heart of London's major landmarks along a 15 mile (24 km) circular walk providing a perfect opportunity to reflect on the extraordinary history of the capital city.

Connect central London's 2012 Olympic and Paralympic venues with some of the capital's best parks, attractions, heritage and views by walking or cycling the 37 mile (60 km) **Jubilee Greenway Walk**, much of it along the Regent's Canal and the River Thames. Designated to celebrate Her Majesty The Queen's anticipated 60th anniversary this is one of the best ways to get to know London, see the city and meet its people.

www.walklondon.org.uk



Our capital's network of parks and open spaces rivals any other city in the world. The walks described here and on our website are specifically designed to be easily accessible by public transport and you can travel as little or as far as you want by walking them in sections.

So, whichever way, step out and Walk London... there's lots to see and a magnificent seven, well maintained, clearly waymarked routes connecting it all together.



whichever way... Walk London



More than 7 million walks are made in London every day proving it's one of the best ways to get around and rivaling any other city in the world.

Together the Mayor, Transport for London, the London Boroughs and Walk England are looking after and promoting seven magnificent walks in and around London: The LOOP Walk, The Capital Ring Walk, The Green Chain Walk, The Lea Valley Walk, The Thames Path Walk, The Jubilee Walkway and The Jubilee Greenway Walk making London a nicer place to live, work and visit.

If you're inspired to walk further, looking for a guide or just need a little more information on the things that catch your imagination along the way, please visit us online at www.walklondon.org.uk where you'll find maps, route directions and lots of useful tips and links.



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Transport for London



Design and production: www.sea-hd.co.uk 01227 768808



The Capital Ring Walk

www.walklondon.org.uk

An engaging walk marrying some of London's finest parks, commons, woodlands and waterways.



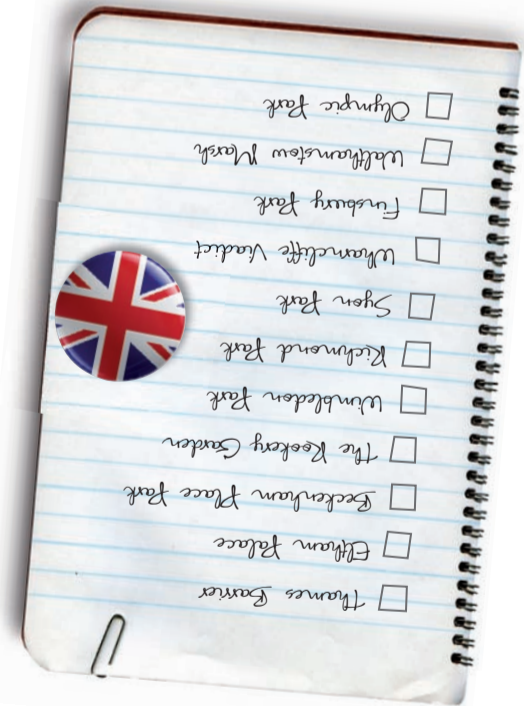
stroll amble saunter dawdle pace hike wander stride sashay **strut** mooch stomp roam mosey march gambol swagger glide tread promenade meander parade whichever way **Walk London**

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The official start and finish of this 78 mile circular route around the boundary of Metroland is on the south side of the Woolwich Foot Tunnel. However it's divided into bite sized sections so you can tailor your walk to suit your mood. All 15 sections are exceptionally well signed, easy to follow and a delight to explore, with many points of interest along the way. All the sections enjoy easy access via public transport within the Travelcard zone and there are generally extra links along the way in case you lose track of time! Don't worry if you're new to walking or unfamiliar with the area, just visit us online first - you'll find more details and lots of practical information at www.walklondon.org.uk



... along the way



It's capital : encircle the heart of London

Manmade Highlights

Discover architectural gems from the gothic style Severndroog Castle and Jacobean Charton House to the stylish streets of Harrow on the Hill and the sporting splendour of the Olympic Park.

Waterways and Wetlands

Meet the Thames at east and west. Get a taste of canal life along the Lee Navigation and the Grand Union Canal.

Enchanting Woodlands

Enjoy the peace and tranquility of Highgate Wood and Oxleas Woods. Wobble through the labyrinth of leafy glades on Wimbledon Common.

Picturesque Parklands

Breathe in the wide open spaces of Richmond Park, Syon Park and Fryent Country Park. Look out for roaming deer along the way.

London 2012

