

The whole walk is relatively flat and level but there are some steep cobbled ramps for access over tributary waterways and locks. Some sections may not be suitable for buggies and wheelchairs; there are a few stiles and kissing gates which are still in the process of being adapted. Please be aware that cyclists are allowed to share the path with walkers for most of the route; pedestrians have priority.

## Walk Directions

**Waltham Abbey to Ponders End:**  
**3.5 miles (5.6 km) 1 hour 24 minutes**

From Waltham Cross station turn right out of the station. The start of the Walk can be found on the right, just before Station Road becomes Highbridge Street.

Consider visiting **The Abbey** **1** **Cornmill Meadows Dragonfly Sanctuary** **2** or **Royal Gunpowder Mills** **3** in the town of Waltham Abbey (approximately 10 minutes walk) before beginning the Walk proper.

To visit the Abbey, pass the start of the Walk and follow Highbridge Street, which continues after the roundabout. It leads into Church Street and the Abbey is on the left. There is a Tourist Information Office here.

Then return along the same route crossing over the parallel River Lea and Lee Navigation, and turn left down the towpath below Waltham Town Lock.

Walk South along the towpath, under the M25, passing Rammey Marsh on the right.

Consider making a diversion to visit **Gunpowder Park** **4** (approximately 15 minutes walk). South of Rammey Marsh, just before the main bridge, turn left off the path to join Smeaton Road. Continue straight on at the roundabout and turn right on Thorneycroft Drive. Take the first left into Manton Road. Past Pritchett Close turn left along the path between the pylons. Turn right to Westway Bridge, over the Cattlegate Flood Relief Channel, and enter Gunpowder Park. Retrace your steps to rejoin the Lea Valley Walk and continue South along the towpath.

At Enfield Lock cross the road bridge below the lock to follow the towpath on the opposite bank. The London Outer Orbital Path, known as the London Loop, joins the Lea Valley Walk here.

Consider making a diversion to **Myddelton House** **7**. Turn right at Enfield Lock and follow the London Loop West for 1.5 miles (approximately 40 minutes walk) along a footpath and cross the main road using the footbridge.

Otherwise walk South along the towpath. The embankment on the left hides the massive **King George V Reservoir** **5**. On the right is Brimsdown **6** and a link to Brimsdown station.

Continue following the Navigation southwards towards Ponders End.

**Ponders End to Tottenham Hale:**  
**4 miles (6.4 km) 1 hour 36 minutes**

At **Ponders End** **8** there are vast embankments of the reservoirs on the left. Pass under the A110 Lea Valley Road which separates the King George V and William Girling Reservoirs, past another lock and under Wharf Road. Off this road is a former pumping station, now the **Navigation Inn** **9** and **Wright's Flour Mill** **10**, which was mentioned in the Domesday Book and is still producing flour. Ponders End station can be reached along Wharf Road.

The River Lea joins the Navigation just after Wharf Road. Continue past a footbridge over the Navigation. Pass by the Lee Valley Athletic Centre and golf course, which can be seen beyond the Navigation to the right, before **Pickett's Lock** **11**. The riverside path runs parallel to a sewage works, passing under the A406 North Circular and past more industrial estates (take care here as a small section is accessible to cars) and under Chalk Bridge. The small Banbury Reservoir looms to the left.

Remain on the towpath to Stonebridge Lock, crossing over to the other bank here to pass **Tottenham Marshes** **12**. Continue South to Tottenham Hale and the Ferry Boat Inn, keeping Pymmes Brook to the right and Lee Navigation to the left. Another complex of reservoirs lies either side of the A503 Ferry Lane/Forest Road, under which the Walk continues. Tottenham Hale station can be reached at this point.

