

1 For the northern route, turn right along Mottingham Lane (8A) and, after a while, turn left down a footpath (almost opposite Fairmount). Follow the path between the hospital grounds and playing fields to emerge eventually by the sports pavilion. Follow the access road to reach Marvels Lane and the Green Chain major signpost. Turn right towards the hospital (8B) for the main route. Alternatively cross over to follow the link through Chinbrook Meadows to join the southern route at Elmstead Woods (see point 9)

2 Follow Marvels Lane past the hospital, turn a short distance right on Somertrees Avenue and then cross the road and turn left along Coopers Lane, at the end cross Baring Road (A2212) and turn right (8D).

3 Follow Baring Road for 100 metres and then turn left down the footpath to the railway (8E). Cross the railway (8F) by the footbridge. Continue along the path through the landscaped area to join Reigate Road (8G).

4 Follow Reigate Road and cross Verdant Lane (near the petrol station) to the Green Chain major signpost. Follow Whitefoot Terrace and then turn left down the woodland strip in the centre of Woodbank Road and right along the strip between Undershaw and Shaw Roads (8H).

5 At the end of Undershaw and Shaw Roads, cross over Moorside Road into the Downham Woodland Walk and follow it to Downderry Road (8I).

6 Cross Downderry Road and continue along Downham Woodland Walk, bearing left to cross Oakshade Road and bearing right by the school to reach the end of Woodland Walk at Oakridge Road. Cross Oakridge Road and the main Bromley Road (A21) to go down old Bromley Road, crossing Brangbourne Road. Turn right into Beckenham Place Park and follow the path, crossing the River Ravensbourne by a footbridge (8J).

6 From the River Ravensbourne in Beckenham Place Park (8K), follow the path, turning sharp left to take the path leading over the railway line. Bear left and follow the marker posts along the paths skirting the golf course to reach the Green Chain major signpost in the centre of the park. Just before this point, a short but still relatively steep alternative route is signed to avoid some steps. At this point the alternative Southern route from Mottingham via Elmstead Woods joins from the left. Bear right and continue along the path across the golf course following the marker posts towards Beckenham Place Mansion.

7 Just before the mansion, turn right along a short path to emerge near the car park. Turn left along the park drive and then right along a path to leave the park at Beckenham Hill Road. Turn left and follow Southend Road, crossing over to turn right into Stumps Hill Lane.

8 An alternative signposted link leaves the route at Marvels Lane near Grove Park Hospital (point 1) and follows a path alongside the River Quaggy crossing Chinbrook Road into Chinbrook Meadows (8C). Follow the path through the Meadows bearing left at the railway foot tunnel entrance and right where the paths cross. Follow path out of the Meadows, between the allotments and the railway line to emerge at the major signpost near the railway bridge. Here you join the southern route to Beckenham Place Park (point 4, section 9).