



The Green Chain Walk

"I never imagined there were so many fields and parks in this neck of the woods. It's a real find and something I'll treasure!"

Leave the bustle of city life behind for the green fingers of parks, woodlands and fields that embrace the capital from the River Thames to Nunhead Cemetery. You don't have to walk all 50 miles in a day so first investigate the 11 easy to follow sections online.



Thank goodness the planners saved these 300 green and pleasant spaces from development in the late 1970's; they are a welcome balance to the rest of city life.

Marvel at the modern-day magnificence of the Thames Barrier before winding your way south through picturesque parks

and commons. Look out for historic monuments like the 18th century Gothic folly of Severndroog Castle and the Art Deco glamour of Eltham Palace. Relax besides tranquil lakes and rivers – there's often a fine display of birds at Southmere among the boats and fishermen. Climb the steps to Cox's Mount and enjoy breathtaking views.

There are literally dozens of parks to enjoy – from the open common at Plumstead to the Local Nature Reserve at Oxleas Woods. And don't forget Crystal Palace Park – which has been entertaining generations with its wildlife and dinosaurs!

www.walklondon.org.uk

An emerald network of open spaces : a gem in London's crown



11 satisfying bite-sized sections

	No.	ml	km	✓
Thamesmead > Lesnes Abbey	1	2.5	4	1 hr
Erith > Bostall Woods	2	3.5	5.5	1 hr
Bostall Woods > Oxleas Meadows	3	3	4.5	1 hr
Charlton Park > Bostall Woods or Oxleas Meadows	4	5.5	8.5	2 hrs
Thames Barrier > Oxleas Meadows	5	4	6.5	1 1/2 hrs
Oxleas Woods > Mottingham	6	3.5	6	1 hr
Shepherdleas Wood > Middle Park	7	4.5	7	1 1/2 hrs
Mottingham > Beckenham Place Park (via Downham & Chinbrook Link)	8	5.5	8.5	2 hrs
Mottingham or Chislehurst > Beckenham Place Park (via Sundridge)	9	6	10	2 hrs
Beckenham Place Park > Crystal Palace Park	10	4	6.5	1 1/2 hrs
Crystal Palace Park > Nunhead Cemetery	11	5.5	8.5	2 hrs

Further Information

Discover more about The Green Chain 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 Green Chain 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

The Magnificent Seven

- 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



The Green Chain 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.

www.walklondon.org.uk

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.

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.



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



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 rivalling 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-ltd.co.uk 01227 768808

The Green Chain Walk

www.walklondon.org.uk

A necklace of gems - sapphire rivers, emerald parks and fields with silver leaved woodlands on the crests of the hills.



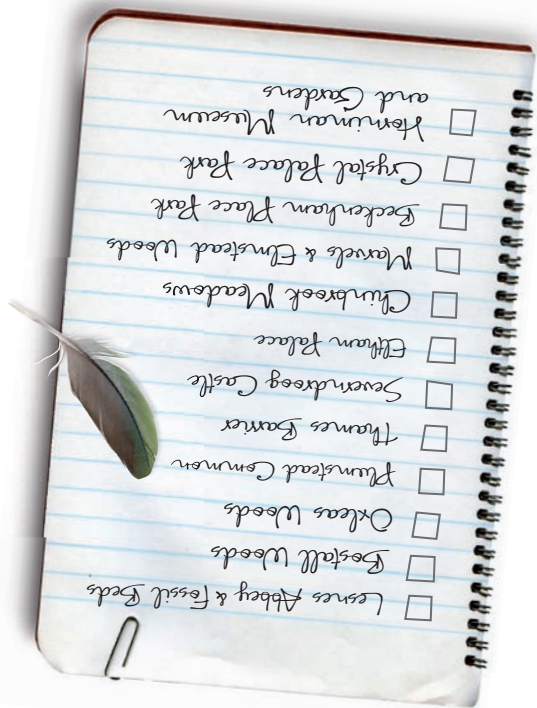
stroll amble saunter dawdle pace hike wander stride sashay strut mooch stomp roam mosey march promenade gambol swagger glide tread meander parade whichever way Walk London

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The Green Chain Walk connects nearly 50 miles of parks, woodland and open spaces from the Thames to Nunhead Cemetery. All 11 sections are exceptionally well signed, easy to follow and a delight to explore, with many possibilities for circular walks. All the routes enjoy easy access via public transport within the Travelcard zone and there are generally break points 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

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