

This map has been produced by Sustrans with the support of the Lee Valley Regional Park Authority and London Borough of Haringey.



HARINGEY COUNCIL

Lee Valley Regional Park

From the River Thames at East India Dock Basin to Ware in Hertfordshire, the Lee Valley Regional Park provides leisure activities to suit all ages and tastes. Stretching 26 miles along the banks of the River Lea, this 10,000-acre park has been shaped to provide a mosaic of countryside areas, urban green spaces, country parks, nature reserves and lakeside and riverside trails. There are even sports and leisure centres sprinkled around the park.

Lea or Lee

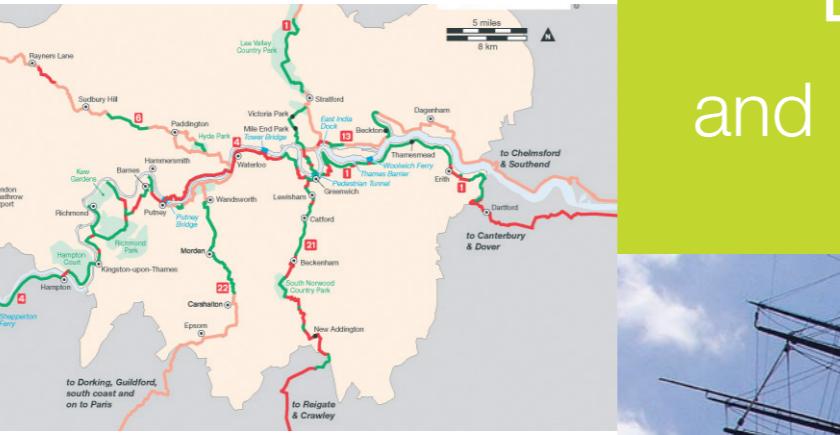
As you can see there are two ways of spelling Lea. The official explanation is that Lea is applied to natural manifestations of the river, while Lee is used for those created by humans. For instance 'Lea Valley Walk' as opposed to 'Lee Valley Park'.

British Waterways

BW is responsible for over 2000 miles of British canals, navigable rivers and 90 feeder reservoirs. It manages the canals for the millions that use them for recreation every year, conserves their historic buildings, structures and landscapes and protects the valuable wildlife habitats.

Sustrans and the National Cycle Network

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people can choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network. The first 10,000 miles of safe and attractive cycling and walking routes has been completed bringing the Network to within 1 mile of 50% of the population.



Order your copy of 'Cycling in the UK'. £14.99 +pp. Quote: L06
0845 113 00 65

For more information on routes in your area, or more about Sustrans and how to become a Supporter, visit or call:

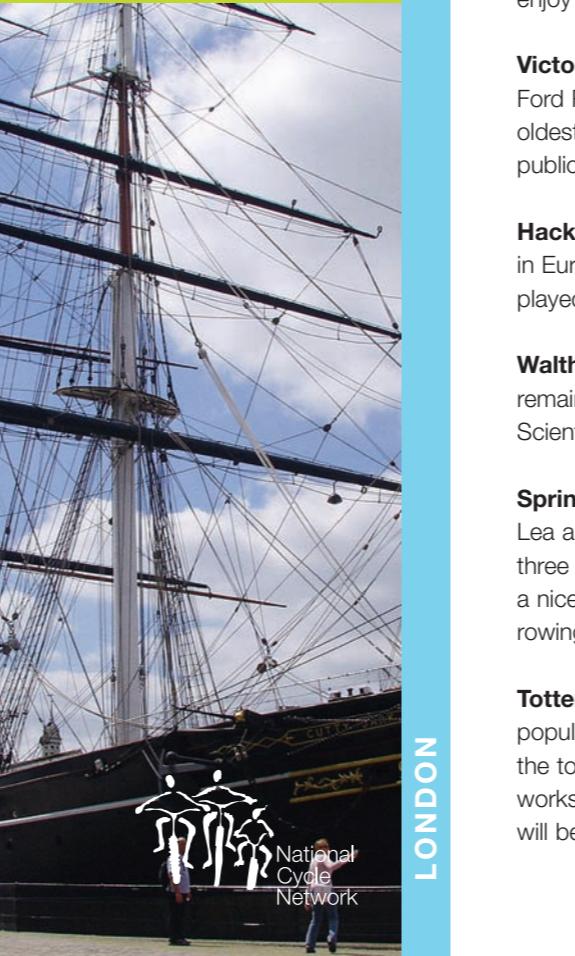
www.nationalcyclenetwork.org.uk

0845 113 00 65

Registered charity number 326550



London Docklands and Lea Valley



CYCLE MAP

LONDON

Attractions along the route

Greenwich Foot Tunnel: The ride starts at the Greenwich Maritime World Heritage site. Take a lift down to the foot tunnel and walk under the Thames.

The Isle of Dogs and London Docklands: On the north side you arrive on the Isle of Dogs, formerly the thriving London dock area and now home to Canary Wharf tower and the largest urban farm in Europe - Mudchute Park and Farm.

Mile End Park and Green Bridge: Crossing East India Dock Road you join the Regents Canal towpath and then enter the exciting redeveloped Mile End Park. There is a green bridge over the busy Mile End Road where you can enjoy views of Canary Wharf.

Victoria Park: Leaving the canal after passing under Old Ford Road (see detail A) you enter Victoria Park - of the oldest municipal park in the world that was opened to the public in 1900.

Hackney Marshes are the largest collection of football fields in Europe, where you can see 100 football matches being played in one place on one day.

Walthamstow Marsh Nature Reserve is one of the last remaining marshes along the River Lea, a Site of Special Scientific Interest and home to over 300 species of plants.

Springfield Park is an attractive park looking over the River Lea and Springfield Marina. It was built on the grounds of three 19th century houses (one of which still stands and has a nice café). There is also a small riverside café next to the rowing club.

Tottenham Marshes' wide open grassland areas are popular with walkers whilst fishermen can often be found on the towpath. Close to Stonebridge Lock a number of artworks add to the interest whilst the planned new toilet block will be most welcomed!

Contacts for further information

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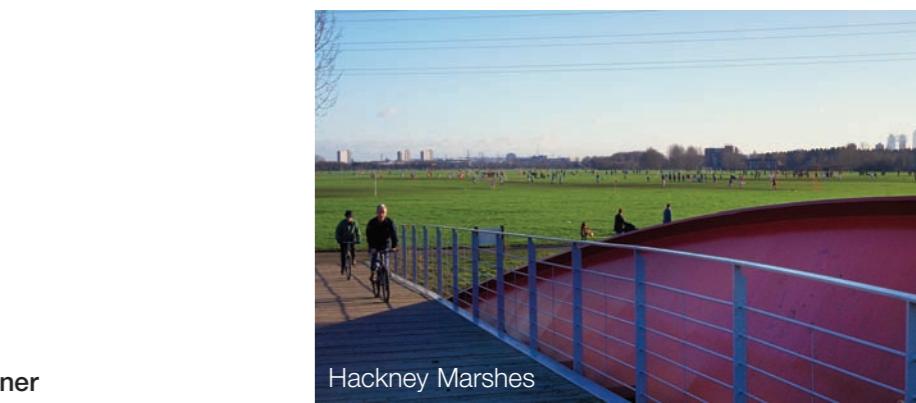
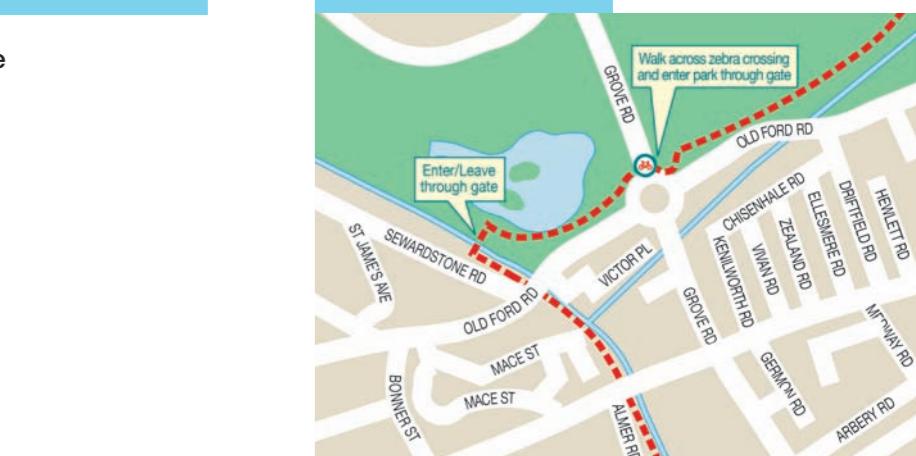
Transport for London Journey Planner

To plan your journey to or from the route try using the Transport for London **Journey Planner**. This can give you detailed information on how to walk or cycle or travel by bus, train or tube anywhere in Greater London
www.tfl.gov.uk

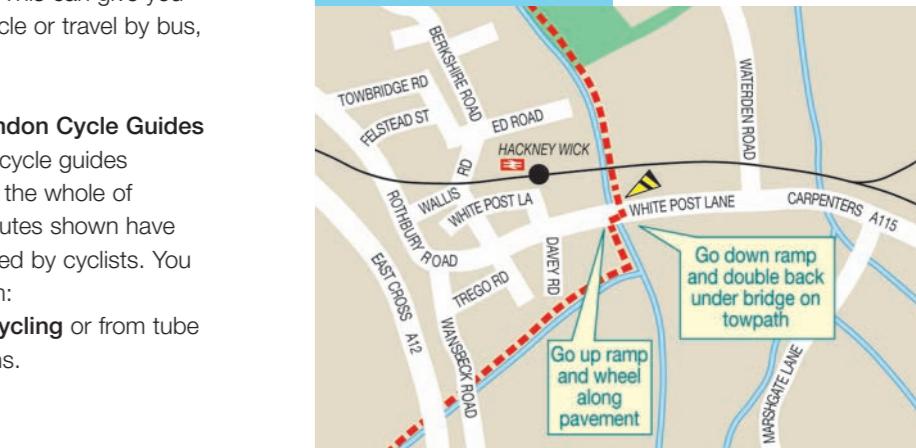
Transport for London Cycle Guides

There are 19 free cycle guides available covering the whole of London. All the routes shown have been recommended by cyclists. You can get them from:
www.tfl.gov.uk/cycling or from tube or mainline stations.

Junction detail A



Junction detail B



London Docklands and Lea Valley

