



Carshalton Ponds (Grove Canal)



6 WILDERNESS ISLAND TO POULTER PARK 7 (2.72km, 40 mins)

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Keep **↑** into River Gardens. 150 metres on, just after River Gardens swings left, **↻** along riverside public footpath. Pass a weir and an industrial estate to a grassed area. Cross this diagonally to Nightingale Road. **↻** over bridge. Cross Nightingale Road and then **↷** onto riverside path (pedestrians can use left hand path, closer to river). Pass the white bridge on your left, and continue **↑** through a play area, to Culvers Avenue. Cross Culvers Avenue and keep **↑** along shared-use path with houses on right and river on left. Take left fork in shared-use path, then next left fork. **↷** towards bridge and cross it, then **↻** towards industrial estate. At Budge Lane **↻**, then continue along shared-use path to Middleton Road. Cross at controlled crossing. **↻** then **↷** into Watermead Lane. Pass the cottages and go **↑** into **Poulter Park**.

The River is most attractive in its semi-rural setting by Poulter Park. The water is much cleaner due to the extensive submerged vegetation filtering it. Reed mace, reed sweet-grass, nettles and creeping thistle grow here on the banks.



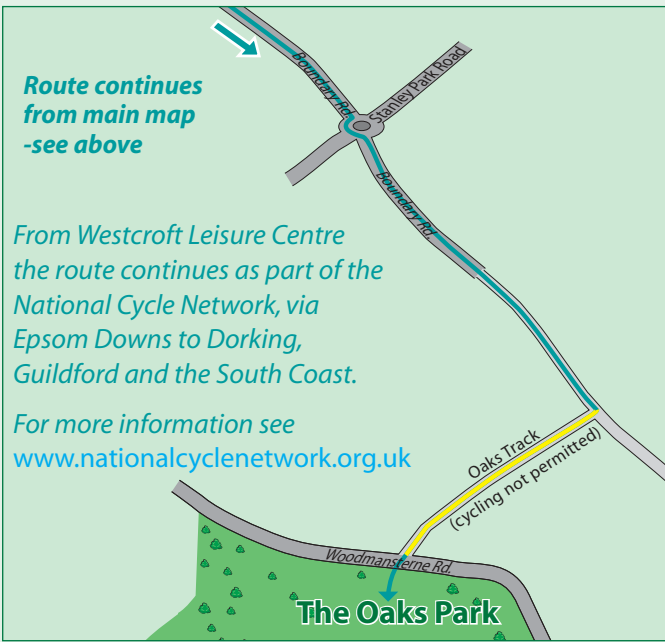
Wilderness Island from River Gardens

4 ELMS POND TO CARSHALTON PONDS 5 (1.26km, 17 mins)

(Short cut: **↻** into Butter Hill. At far end, cross bridge and **↻** into Mill Lane.)

Cross Butter Hill towards Rose and Crown pub. **↷** past shops then **↻** into Westcroft Road. 250 metres along, Westcroft Road is split by bollards - **↻** towards Westcroft Leisure Centre. Before you reach front of leisure centre, **↷** across bridge over canal into Grove Park. Follow path **↑**, passing the bowling green on your left. At T-junction of paths **↻** and follow tarmac path past the café and toilets, then between the Council buildings. With the main building on your right go down slope towards **Carshalton Ponds**.

The two ponds at Carshalton were probably created in the early eighteenth century. The white stone bridge where the River leaves the ponds is often attributed to the Italian architect Giacomo Leoni. It bears the griffin from the arms of the Scawen family. They lived in Stone Court, a large house that stood on the west side of the River, one hundred yards downstream.

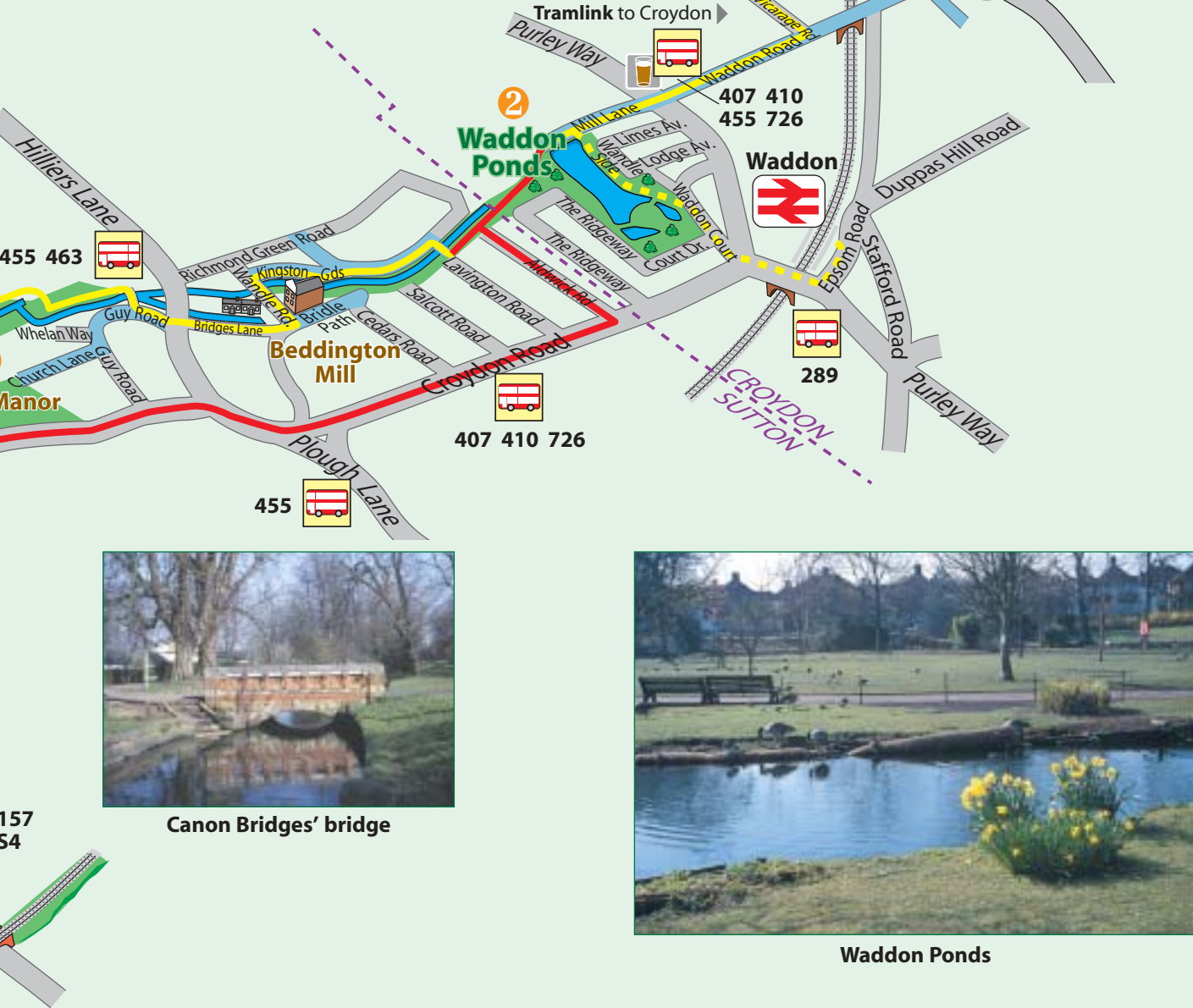


From Westcroft Leisure Centre the route continues as part of the National Cycle Network, via Epsom Downs to Dorking, Guildford and the South Coast.

For more information see www.nationalcyclenetwork.org.uk



Beddington Park



3 CAREW MANOR TO ELMS POND 4 (0.86km, 12 mins)

At the end of the brick wall, follow rough path across an open space, until it emerges into a car park. Cross car park, walking past the cottages, then **↻** across bridge over river. **↷** and continue through Beddington Park. Pass **Canon Bridges' terracotta bridge** on your left.

The Watcombe Pottery, Torquay, built this ornamental terracotta bridge for Canon Bridges, the Rector of Beddington, at the end of the nineteenth century. He acquired the Park in 1859 when the last of the Hallowell-Carew family was forced to sell the estate to pay gambling debts.

Continue **↑** through a gap in a post & rail fence, through a copse, past a small flint bridge on your left. Beyond bridge **↑** towards the lake. Keep lake on your left, cross 2 small bridges before coming to a car park. Cross car park diagonally and **↷** into the gardens. Go through gardens and cross Derek Avenue into Lakeside. Go **↑**, cross Quinton Close and **↻** into London Road. Cross London Road, using the central refuge. **↷** and pass Elms Pond on your right.



Carew Manor



2 WADDON PONDS TO CAREW MANOR 3 (1.44km, 20 mins)

Pass the Ponds on your left, continue **↑** along bridleway. At Mill Lane Trading Estate, take right fork in path. At Lavington Road **↻**, cross footbridge over river, **↷** along Richmond Green. Take left fork in path at junction with Petersham Terrace, follow river. **↷** at junction of Kingston Gardens and Wandle Road. In front of mill **↻** into Bridges Lane. Pass the row of cottages called Mount Pleasant.

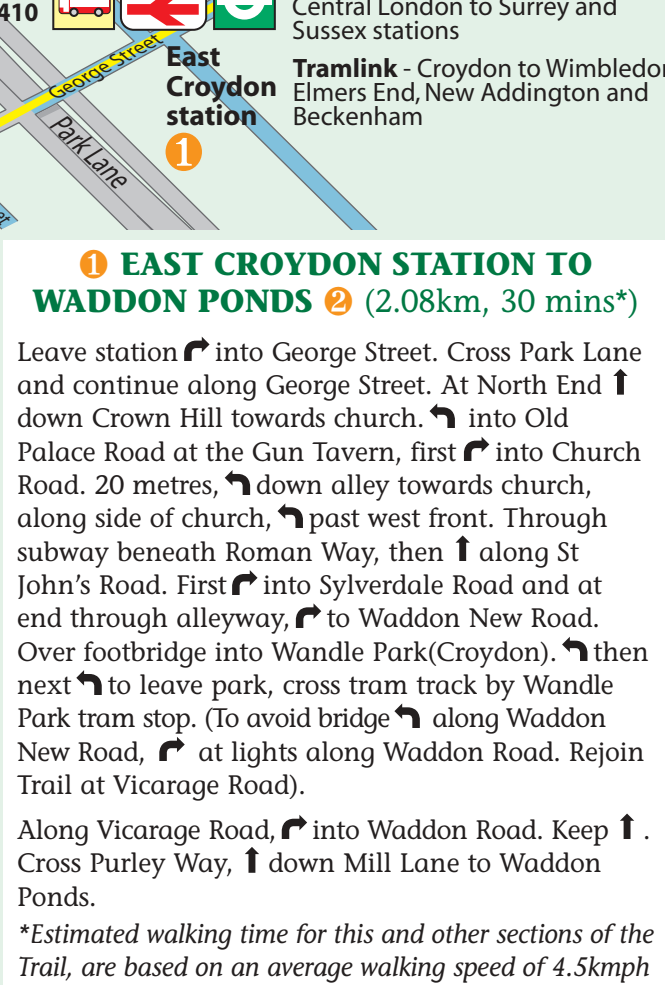
Beddington Mill was probably founded on the site of a medieval mill. During the eighteenth century it was used to grind corn and later to grind tobacco into snuff. The existing brick mill was built in the 1890s for J and TH Wallis, who ran a bakery as well as a flourmill.

Take riverside footpath between Wandle Court (on left) and river. At end of path, cross Hilliers Lane at controlled crossing, go into Guy Road. 100 metres **↻** across the bridge. **↷** and keep river on your left, take left fork behind first block of flats. Path curves right into a copse and left at the large cedar tree. When path forks (tarmac path goes right), follow track to left towards **Carew Manor**.

Carew Manor was the home of the Carews of Beddington for 500 years. The house still contains a Great Hall with an impressive timber arch-braced hammer-beam roof, which dates from around 1500. You can also see the Dovecote, dating from the early eighteenth century. It has nesting boxes for pigeons, which were reared for food.



Carew Manor



1 EAST CROYDON STATION TO WADDON PONDS 2 (2.08km, 30 mins*)

As well as being a great way to get out in the fresh air and see your surroundings, walking can help to:

- Increase your fitness, stamina, confidence and well-being
- Reduce the risk of heart disease
- Control body weight
- Strengthen bones
- Reduce high blood pressure
- Reduce stress and anxiety

The Story of the Wandle Trail

The River Wandle has two sources, in Waddon and Carshalton, and flows to join the River Thames at Wandsworth. In its industrial heyday, it was Britain's 'hardest working river', with over 90 mills along its banks.

The Wandle Group, the Wandle Industrial Museum and the riparian London Boroughs have developed the (20 km/14mile long) Wandle Trail. The Trail allows local people to enjoy the heritage interest and flora and fauna of this typical chalk stream in the heart of some of south London's most industrialised landscape.

The route description guides walkers from south (East Croydon) to north (the River Thames), but is easy to follow in either direction. We have included estimated walking times for each section.

In places, the ground is uneven, making the Trail difficult for wheelchair users. However, the Wandle Trail Partners are committed to making it safer and more accessible for all users. Improvement work is in progress. The text describes alternative routes for wheelchair users and people with limited mobility, where necessary.

The map shows both walking and cycling routes, which coincide for much of the way but differ in places. It also shows links to other cycle routes and public transport. Part of the Trail is National Cycle Network Route 22.

The Wandle Trail Art Programme is providing numbered gateways, viewing platforms and distinctive waymarkers. A travelling 'waste wall' will be the focus of community rubbish collection events. Visit www.wandletrail.org for further information.

The Wandle Trail partners (the London Boroughs of Sutton, Merton and Wandsworth, Groundwork Merton and Sustrans) have published this map leaflet. The idea developed from the Wandle Industrial Museum's earlier map and 'The Wandle Guide', published by the London Borough of Sutton for the Wandle Group.



How to get there



By train to East Croydon Station (Brighton/Gatwick Airport-London/Luton) (Purley/Tattenham Corner/East Grinstead-London) (south coast-London)

By train to Waddon Station (Dorking/Epsom/Sutton-West Croydon/London) **Ring 08457 48 49 50 or visit www.nationalrail.co.uk for train times.**

By tram to Wandle Park tram stop/East Croydon Station. Trams run about every 10 minutes **Ring 020 7222 1234 or visit www.tfl.gov.uk/trams for details**

By bus numbers 64, 119, 130, 194, 197, 198, 312, 367, 409, 410, 466, 726 and T33 to East Croydon Station **Ring 020 7222 1234 for local guides/times or visit www.tfl.gov.uk/journeyplanner**

Useful numbers & Contacts

Groundwork Merton Telephone: 020 8687 4050 www.groundwork.org.uk/merton
Sustrans Telephone: 0845 113 0065 www.nationalcyclenetwork.org.uk (for interactive mapping)
London Borough of Sutton Telephone: 020 8770 5000 www.sutton.gov.uk
London Borough of Merton Telephone: 020 8274 4901 www.merton.gov.uk
London Borough of Wandsworth Telephone: 020 8871 6000 www.wandsworth.gov.uk

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