

For families, friends, single explorers and cyclists

## the journey begins...

## ...Lea Bridge

With so much variety on offer, the joy of the Lee Valley Regional Park is there's always a new experience close to hand. On leaving the **Waterworks Nature Reserve** that ends Lee Valley Part One, retrace your steps along the Lea Bridge Road, back onto the Lee Valley pathway and head off along the underpass. Once under the Lea Bridge Road you're on Leyton Marsh. During the day you're

likely to see horses and their riders along the bridle paths that criss-cross this area. The impressive Lee Valley Riding Centre is close by, up on the right. Here riders of all standards from beginners to show jumpers, including riders with a disability, can receive expert instruction. The facilities are excellent with an indoor arena and two international-size floodlit arenas on site.

## What else about Lee Valley...

*The Lee Valley Regional Park is a truly unique and magical stretch of urban parkland. Its 26 glorious miles follow the route of the Lee Navigation from Ware in Hertfordshire right down to the River Thames in East London. The numerous nature reserves, leisure facilities and pretty lake and riverside trails offer a truly surprising and at times breathtaking array of sights and activities to see and do.*

## the journey continues...

If riding isn't your thing, but exercise is what you're after, the space age white dome that sits in the southern corner of Leyton Marsh may well be the answer. It looks like Lee Valley's answer to the X Files, but is in fact its very own ice skating rink.

To reach the **Lee Valley Ice Rink** cross the Marsh, pass the building on its far right side where you'll find the entrance fronting Lea Bridge Road. There you can also join the trail that leads once more down onto the Lea Bridge Road.



Fancy a ride?

Alternatively, especially if you are on your bike, set out to explore the Walthamstow Marshes area north of Lea Bridge. The Lee Valley pathway that runs alongside the Riding centre is a section of Route 1 of the National Cycle Network and has panels with maps of the area alongside it. Newly laid, it's a joy to ride upon. As the marsh and meadowland fall away to your right and left watch out for a bridge (by Coppermill Fields car park), which ducks under the railway line a couple of minutes into your journey - a chicane then takes you through to Coppermill Fields. If on foot, you can also cross the Marsh and join the canal path to continue your journey northwards.

## now the journey gets interesting...

When you reach Coppermill Lane at the northern border of this part of the Regional Park you turn left under a very low bridge - you can only get through if you duck - and enter into the third and final nature park of the Lea Bridge Road area - **Walthamstow Marshes Nature Reserve**. What is at first glance a quite bland expanse of

land with trains scuttling back and to from central London, reveals a remarkable abundance of nature on close inspection. Park rangers have reintroduced cattle, which have grazed this area since pre-history so the whole area has a farm-like quality.

## A day out from...

## ...Lee Valley Part Two

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The paths are easy going for bike riders, varied and take you through rich vegetation. Though be careful to watch out for rabbits - and of course people walking more leisurely on foot.



### the journey continues...

If you make your own way around the northern tip of the reserve, sooner or later you rest your eyes upon the tranquil **Springfield Marina**: a bustle of boats, narrow and otherwise, jostling in a quiet water cul-de-sac fed by the Lee Navigation that feels more like Henley than North London. Follow the signs to Springfield Park and you'll find yourself on High Bridge set atop the canal overlooking the

beautiful hillside-sweep of Springfield Park. On the far side of the bridge join boaters and locals at the **Riverside Café** whiling the day away in front of the canal as flocks of swans and geese gently pass by.

To return to where Lee Valley Part One started, bike or walk down the River Lee Navigation for 30 minutes until you arrive once more at the Lea Bridge Road.

### contact information

#### London Transport

T: +44 (0)20 7222 1234  
E: [travinfo@tfl.gov.uk](mailto:travinfo@tfl.gov.uk)  
W: [www.tfl.gov.uk/journeyplanner](http://www.tfl.gov.uk/journeyplanner)

#### Lee Valley Regional Park

T: +44 (0)1992 702200  
E: [info@leevalleypark.org.uk](mailto:info@leevalleypark.org.uk)  
W: [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)  
Information desk opening times: seasonal variations, closed Christmas Day.

#### The Waterworks Nature Reserve and Golf Centre

Lammas Road off Lea Bridge Road, Leyton, E10 7NU  
T: +44 (0)20 8988 7566  
E: [thewaterworks@leevalleypark.org.uk](mailto:thewaterworks@leevalleypark.org.uk)  
W: [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)

#### Lee Valley Riding Centre

Lea Bridge Road, Leyton, E10 7QL  
E: [ridingcentre@leevalleypark.org.uk](mailto:ridingcentre@leevalleypark.org.uk)  
W: [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)

#### Lee Valley Ice Rink

Lea Bridge Road, Leyton, E10 7QL  
T: +44 (0)208 5333154  
E: [icecentre@leevalleypark.org.uk](mailto:icecentre@leevalleypark.org.uk)  
W: [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)  
Leyton Marsh

#### National Cycle Network

[www.sustrans.org.uk](http://www.sustrans.org.uk)

#### Walthamstow Marshes Nature Reserve

The WaterWorks, Lammas Road off Lea Bridge Road, Leyton, E10 7NU  
T: +44 (0)20 8988 7566  
E: [thewaterworks@leevalleypark.org.uk](mailto:thewaterworks@leevalleypark.org.uk)  
W: [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)

#### Springfield Marina

Lee Valley Marina, Spring Hil, E5 9BL  
T: +44 (0)20 8806 1717  
F: +44 (0)20 8442 4597  
E: [Springfield@leevalleypark.org.uk](mailto:Springfield@leevalleypark.org.uk)  
Opening Times:  
Seasonal variations

#### Riverside Café

Riverside Cottage, Spring Hil, E5 9BL  
T: +44 (0)20 88064448

