

CAPITAL CHALLENGE: NORTH LONDON ODYSSEY

ROUTE DESCRIPTION AND GAZETEER

Total Distance 28 miles

START

07.45 - 08.45

St John's Church 73 Waterloo Rd, Lambeth SE1 8TY TQ311800

FINISH

14.30 – 18.30

View Tube Cafe Greenway TQ378838

Introduction

Over 40% of London consists of parks and gardens open to the public, and with 8.3 million trees there are almost as many as there are people. The walk will allow you to enjoy the biodiversity (and diversity) of this vibrant city. Apart from the first few hundred yards the walk is exclusively north of the Thames. Not only will you get near to some of the big sights but also lots of lesser attractions that most tourists never get to see.

You will visit a dozen major open spaces including four Royal Parks, Hampstead Heath, Highgate Woods, Finsbury Park, Woodbury Wetlands, Hackney Marshes as well as several less well-known smaller parks and woodlands. The last part of the walk has a riverine theme and follows the Lea Navigation until you finally reach the end with a spectacular view over the Olympic Park.

Inevitably, you must follow roads in between the open spaces, mostly in quiet residential areas, but we have tried to find a route that avoids walking along main roads for any great distance.

The walk is full of little surprises, which hopefully will challenge your perception of London as well as your feet. Of course, if it rains you are never too far away from a café or pub. Just don't stay too long - there is a time limit!

Practicalities

Toilets are indicated in the route description. Most of them are free, however it is useful to have a few coins especially 10p and 20p to hand, for the central London area. Bring some toilet paper as well!

Water refill points There will be no water at the checkpoints, but there are drinking fountains which provide good artesian water. These are mentioned where available to minimize use of plastic. So bring your own bottles.

Refreshments. Simple refreshments will be provided at the checkpoints, and hot drinks and cake at the finish. You may want to carry some food and snacks to save time, and there are many cafés and shops along the route, so you are unlikely to starve.

A torch may be necessary for the later stages of the walk.

Hazards and emergencies

Roads. You often need to cross busy roads, and mostly this is possible at a controlled crossing, but in a few cases there is none available and you should take extra care. We remind you with the symbol ☒ – it means ‘Cross with great care!’ And bear in mind rogue drivers and cyclists! Cycling is being strongly encouraged in London and you will encounter many stretches that are shared with cyclists, indicated by this symbol C. This is especially true on towpaths. Do take extra care.

Surface. Most of the route is on a firm surface, usually tarmac, bonded gravel or pavement, but sections of the Hampstead Heath and some woodland will be on a rough earth surface, which may be muddy and slippery in wet weather.

Other pedestrians. The route passes many popular places, and if it’s a nice day there will be many families out walking. Please show consideration for others, especially on narrow paths.

Key to symbols

☒ = take extra care crossing busy road C = beware cyclists

How to reach St John’s Church

From Waterloo Mainline Station. From top of escalators to Underground, inside the Mainline Station, turn left past the National Windrush Monument, then at Pure shop turn right down steps to exit station. At bottom of steps turn left then right over zebra crossings and a cycle lane. Keep ahead on broad, short walkway under railway then turn right past bus shelters. Turn left over zebra and traffic lights then turn right to St John’s Church.

From Waterloo Road Underground exit (by Scribbler kiosk). Cross Waterloo Road, at traffic lights, then turn left to cross Sandell Street and pass Wellington pub. Go under bridges and keep ahead 125 yards to St John’s Church.

From Waterloo East Station. Just before reaching the exit corridor leading to Waterloo Mainline Station, turn left through barriers for Waterloo Road exit. Descend many steps to exit in Sandell Street. Turn right then turn right again past Wellington pub. Go under bridges and keep ahead 125 yards to St John’s Church.

Buses. Dozens of bus routes serve Waterloo Station. The columned spire of St John’s Church is very prominent, but if in doubt locate your nearest station exit then follow instructions as above.

Route Description

Entries in CAPITALS are briefly described in the notes at the end.

1. Exit ST JOHN'S CHURCH. Turn sharp right past pillar-box to cross Stamford Street. Continue past red-brick former hospital building and the striking portico of the Portland stone Cornwall House. Continue down a 20mph road, passing the National Theatre on right, to reach the river. Turn left under Waterloo Bridge. Continue along river passing SOUTHBANK SKATEPARK on left. Continue to pedestrian bridge on far side of the railway bridge and cross river.

Descend steps and turn left to traffic lights to cross Northumberland Avenue ⊗. Enter Whitehall Gardens, part of VICTORIA EMBANKMENT GARDENS, and keep left. After 100 yards, just past statue of William Tyndale, exit through gate on left. Turn right to cross Horseguards Avenue and then turn right and then left to continue through gardens. Keep right and exit garden at far end.

Turn right past Ministry of Defence to Whitehall. Turn left to cross road before the Cenotaph. Turn left then right into King Charles Street passing Foreign Office and statue of Clive of India. Cross road ⊗ and enter ST JAMES PARK.

1.3 miles

2. Continue on left side of lake, *note pelicans*. Turn right over bridge then left to continue on right side of lake. On reaching white stone wall, with a golden Nike *winged goddess of speed and victory* looming ahead, turn right up slope and cross the Mall. Continue ahead, veering left along circular path to pass in front of golden gates. After a few yards, turn right to enter GREEN PARK.

1.9 miles

3. Cross Broad Walk with its central line of bollards and railing. (*Watch out for fast bikes C*). Walk over a raised plaque on the PRINCESS DIANA MEMORIAL WALK. Do not follow this walk but take the tarmac path half left between two trees. *If in doubt the straight line of the P in Princess on the raised plaque is pointing the right way*. After 30 yards continue over cross-path, with the CANADIAN WAR MEMORIAL, *the sloping water feature*, immediately on the right. Continue to a 6 way path junction with an old gas lamp. Take the middle of the three paths on the left and continue.

Just before the colonnaded entrance to the park, turn left to pass the BOMBER COMMAND MEMORIAL on the right. At hedge turn left and then right to cross road ⊗ with Wellington Arch ahead. Turn immediately right along path to pass through the NEW ZEALAND WAR MEMORIAL. Continue to enter an underpass ahead with the Duke of Wellington on left. Take first right passing two entrances to the Underground Station. Exit the underpass to turn immediately right up steps into Hyde Park. (*Toilets but at 50p you need to be desperate*)

2.6 miles

4. Turn right for 30 yards to cross road at crossing. Take path half left and then fork right to enter garden enclosed by a hedge. Continue past boy and dolphin along a serpentine path.

Eventually pass through gate and continue. At a T-Junction, shortly after the HOLOCAUST MEMORIAL rock on the left, bear right up slope. Take second path on left and continue along right hand side of Serpentine passing a large boathouse (*ice-creams*).

On reaching a small island turn right on a wide path. Continue past red letter box and the Old Police Station, with its blue gas lamp, to reach a 7 way path junction. Take the second left with New Lodge on the right. Continue past pump on right, ignoring side paths. At the T-Junction, after 400 yards, turn left and then right to cross road and exit the park at Victoria Gate. **3.7 miles**

5. Cross Bayswater Road and continue along Brook Street, crossing Stanhope Terrace ⊗ (*take extra care*) to Sussex Square. Pass red letter box and walk anti-clockwise around two sides of square to continue into Bathurst Street. After a few yards, turn right into Bathurst Mews. Continue to end of mews and turn left. Keep straight on over two crossroads and down slope to enter main entrance of Paddington Station. Turn left to Platform 1. (*FREE toilets*). Turn right along platform (Bear left!!!) at

CHECKPOINT 1 (Opens 08.45 - Closes 10.30)

4.5 miles

6. Continue along Platform 1. Note harem window above war memorial and shortly afterwards ascend stairs and turn right. Just past platform 8 curve left, then turn left and just after Costa turn right up steps to reach Grand Union Canal. Turn left along the canal and continue under three road bridges, *passing a couple of strange men*, to reach the large canal junction of LITTLE VENICE. **4.8 miles**

7. Cross the Grand Union Canal by the blue bridge ahead using the pedestrian walkway and continue clockwise round Little Venice to reach the Regents Canal. Shortly after going under a second blue bridge, exit the canal towpath to continue along Blomfield Road, with its attractive but obstructive plane trees. Continue over crossroad and into Aberdeen Place. Where road turns left at restaurant *formerly Crockers Folly* keep straight on to reach staircase leading back down to the canal.

Continue along towpath, under road-bridge and past houseboats. Pass through small metal gate and just after the railway bridge climb steps to the main road and turn right. Cross this road at lights and continue along Hanover Gate with the Central London Mosque on the left. Cross the Outer Circle to enter Regents Park by either gate. **6.1 miles**

8. Walk clockwise round a small boating pond. Continue past drinking fountain and Boathouse cafe *with clock tower* along right bank of large lake up to metal bridge. Cross bridge and turn right to continue along left bank. Cross small bridge to road and turn left. Follow road to cross Inner Circle ⊗. Enter Queen Mary Gardens by the golden Jubilee Gates. Take first right and continue with the ornamental pond on left. Keep straight on through the circular Rose Garden and exit through Chester Road Gate on the right (*toilets are 50 yards on left 20 pence*).

Cross Inner Circle ⊗. Continue straight ahead on left pavement of Chester Road. At zebra crossing turn left back into Regents Park (*toilets 20 pence and drinking fountain on left next to cafe*). Continue straight ahead on Broad Walk for 450 yards to an exotic drinking

fountain. Turn left and follow path round to right. Keep right and then curve left with the path and continue west with playing fields on left. *Watch out for tigers on right!* Keep straight on for 500 yards to cross road and bridge over the Regents Canal, then bear right and over zebra crossing into PRIMROSE HILL.

8 miles

You will be relieved to know that you are now entering a free toilet zone! Toilets with drinking water are 150 yards on right just past the Trim Trail.

9. Take centre path and then turn left over grass straight up to top of hill with its fabulous view. *You can also make your way to top of hill from the toilets.* With your back to the view take right hand path, next to lamp post, and after 50 yards turn right at crossing of paths. Continue straight over next crossing and head downhill, with lamps on left, to corner of park and exit. *Note Belsize Walk pavement plaque.* Go over zebra crossing and turn left to continue along Primrose Hill Road.

Cross over the busy Adelaide Road and then take second right into Englands Lane, following let-hand pavement. Take first left into Primrose Gardens. Continue to end and turn left then right at post-box. Continue for 400 yards over a cross-road to Belsize Terrace. Go over another cross-road and continue up Belsize Crescent *greengrocer on corner* and Lyndhurst Gardens, passing Marie Curie Hospice on left. At t-junction turn right into Lyndhurst Road, then first left into Eldon Grove. Turn right on Thurlow Road to continue over crossroad *using crossing on left* and down Downshire Hill, past church on right and Freemasons Arms on left. Cross road onto Hampstead Heath.

10 miles

10. Continue straight on, with car park on left and pond on far right, along avenue of plane trees. At cross-path curve left and then right to pass between a second and a third pond. Continue ahead. At fork branch keep right and continue straight on over cross-track and up to top of PARLIAMENT HILL. *You may be able to make out the ArcelorMittal Orbit which marks the end of the Capital Challenge.*

10.5 miles

11. Go sharp left opposite viewing plaque along dirt track. *You should be able to see the track after passing through the middle two of four benches.* Cross over tarmac path. Keep left at fork and pass through the left side of a large grove of trees. After joining path from the left, pass through a second grove of trees and continue to cross over a cycle track. Keep straight on with views of Highgate Church on the right. After another grove of trees cross tarmac path then at next cross-track turn left shortly descending along a wide avenue of mature trees. Just after a drinking fountain on right (*artesian water*) turn right to cross Viaduct Bridge over pond and continue ahead along wide path ignoring side paths. Continue past a rather charming (*FREE public toilet*) on the right. *Ignore the left fork to a conical Ice House.*

Where the main path bears left at a junction of several paths, take the narrow path that runs parallel to it on the left hand side. On reaching a grove of pine trees with views over houses and Central London, keep straight on. *Do not take the descending path left of the bench or the grassy path leading up onto the road.* After 50 yards turn right at a wooden handrail and shortly go up steps to road. Cross roads passing war memorial to Jack Straw's Castle. Turn right then left into Heath Brow to Corporation of London car park and

CHECKPOINT 2 (Opens 10.15 – 12.40)

11.7 miles

12. Its downhill from now on *see gazetteer*. Keep straight on to descend steps. Turn right at bottom and on reaching clearing, with a walled area ahead, turn right for 30 yards and then half right for a further 20 yards. Pass through a narrow gate on the left. Ascend a spiral staircase onto the PERGOLA. **12 miles**

13. Continue straight on. Follow the pergola round to the left and then the right. Ignore the second left turn to the rotunda *this is currently under repair*. On reaching a stone balcony turn left down a ramp and through a short tunnel into a garden. Exit garden through gate on right and continue up wooden steps a few yards ahead. Re-enter pergola through gate on the right and turn left. You soon reach a brick wall with a recess. Turn sharp right to descend steps and turn right at the bottom. Ascend staircase and continue along narrow path to right of descending staircase. Exit gate on right crossing a wide track. Continue on a dirt track, bearing left and then after 120 yards right by two benches to descend steps on left. Just before gates of Golders Hill Park (*nice ice creams and FREE toilets ahead*) turn right passing houses to emerge on the main road opposite the OLD BULL AND BUSH. **12.2 miles**

14. Cross road and turn right then left into North End. Take first left into Wildwood Terrace and continue along a private road, with houses on the left and a wood on the right. Keeping right, eventually enter wood and keep straight on over cross-track. After 120 yards, on reaching a drainage pit with rough wooden railings, turn left to exit wood and cross Wildwood Road ⊗ to a grassy clearing. Continue on grass path bearing left to a classical stone monument visible ahead. Keep straight ahead past monument on wide path to reach some charmless but (*FREE toilets on the left and a water fountain on the right*).

Now turn right at the end of the buildings and cross large sports field heading towards a gap in the far right hand corner, where continue over footbridge. The imposing spire of St Judes Church is ahead. Exit Hampstead Heath through a gap in the brick wall ahead and continue along Heathgate towards the church. Just before reaching it turn left and then right along small road into the leafy central square of HAMPSTEAD GARDEN SUBURB.

13.4 miles

15. Keep straight on past the tennis courts on left and the arched Henrietta Barnett memorial and continue down steps, with the domed Free Church on the right. Curve right then left into Erskine Hill then take first right to enter Big Wood after 70 yards. In 30 yards just after litter bin, turn left along a tarmac path and keep straight on, over cross-paths, to a junction with an information board, where turn left to exit wood. Cross road and a small bridge over a stream *Dollis Brook* then turn right onto the CAPITAL RING with tennis courts on right. **13.9 miles**

The route will be partly follow the Capital Ring, which is well sign-posted. Any deviation from Capital Ring will be indicated by italics.

16. Follow the stream and after passing tennis courts on left, take left hand fork to road. Cross ⊗ and continue. At next road turn right then left into Lyttleton Playing Fields.

Briefly diverting from Capital Ring go straight on through gap in hedge along grassy path. At playground turn right then left to continue along tarmac path. Follow the path left then right, with tennis courts on the left, then right and left to exit the park. On reaching road turn left past the Synagogue.

Cross the A1 and continue along Vivian Way very shortly bearing right. Keep straight on passing a small green. At T-Junction turn left then right along Edmunds Walk and after passing a huge weeping willow on the left, follow footpath right and then left to the station. Pass right through East Finchley Underground.. Cross road and look back at the Archer on top of the station building. He is pointing you in the right direction through a gate and into Cherry Tree Wood. **15.2 miles**

17. Keep left and continue over path junction, with playground on right. Pass cafe (*and free toilets*) to exit park. Keep straight ahead along Fordington Road. On reaching roundabout cross Woodside Avenue and continue, past post-box, on left hand pavement of Lanchester Road. After 50 yards turn left to continue on footpath into Highgate Wood.

15.8 miles

18. Keep straight ahead along a wide avenue. At drinking fountain turn right and continue on tarmac path. At junction, with Capital Ring signpost, turn left then keep straight on along wide path over cross-tracks. Finally take a left fork which descends steeply to a road, 40 yards ahead. Cross and continue into Queen's Wood. Opposite woodland cafe fork right and descend on tarmac path. On reaching the bottom keep straight on ascending to eventually reach Queens Wood Road, following Capital Ring signage.

Cross and continue. After descending steps keep right to ascend footpath into Priory Gardens and turn right. After 200 yards turn left up tarmac footpath to road. Turn right then left at lights. Cross Shepherd Hill then after 30 yards take first left into Holmesdale Road. Shortly after Holly and Vine with its weird wall turn left into PARKLAND WALK.

17 miles

19. Continue for nearly 2 miles along what used to be the Edgware, Highgate and London railway. On the way you will pass under a bridge to reach Crouch End Station. *There won't be a train for a long time so you will just have to keep walking.* After the next bridge, you may see a goblin high up in the colourful painted arches on the left. Keep going to the end of the line. Turn left through gate to cross bridge over East Coast Mainline and enter Finsbury Park. Keep straight on across road to cafe on left (*FREE public toilets*) at

CHECKPOINT 3 (OPENS 12.15 – 15.30)

18.9 miles

20. Return to main path and continue *large playground on left*. On reaching a small red brick building turn left then right through floral garden. Keep straight on at 5 way junction bearing slightly left. At Capital Ring junction, with a seating shelter, bear left then at next junction, keep straight on, taking the middle of three paths.. Continue over crossing to exit park.

Cross road and go left then right through large kissing gate and continue along right bank of the NEW RIVER.. Cross main road using traffic lights and zebra crossing then turn right and left through kissing gate. Continue along New River. At next bridge *leaving Capital Ring*

turn left to cross river and immediately turn right into WOODBERRY WETLANDS.

20.1 miles

21. Go clockwise round the East Reservoir. Just after the tempting Coal House Cafe, follow boardwalk to exit wetlands. Turn left to cross road and continue past a giant ball bearing. Follow wide tarmac path with West Reservoir on left, and then cycle path next to the New River. Eventually cross bridge and turn right to emerge on the main road by a large 'castle' *actually a Victorian Pumping Station*. Turn left along road. Continue over crossroad and shortly after Greenway Close turn left into Clissold Park (*drinking fountain*)

21.3 miles

22. Continue straight on towards the tall spire of St Mary's Church Stoke Newington. Pass Clissold House on left (*FREE toilets and drinking fountain below house on left*) and then turn left then right through garden to emerge on Church Street opposite the church. Turn left past town hall and library and continue. Note Fountain Pen repair advertisement on other side of road. Shortly after crossing Bouverie Road turn left into Abney Park Cemetery.

22 miles

23. Turn left onto main path and keep straight on. Immediately after passing the unmistakable tomb of the Lion Tamer on right, turn right and continue past a cross on the right. At T-Junction turn left and then right onto a wide path to eventually leave the cemetery by the Egyptian Revival main entrance. Turn left to cross main road and continue along Cazenove Road. Shortly after passing mosque and school on the right and Jewish school on the left, turn left into Kyverdale Road, then first right into Filey Avenue and keep straight on, across Osbaldeston Road and Chardmore Road. On reaching the main road, turn left then right into Springfield Road and on into Springfield Park, on the left.

23.1 miles

24. Pass white house on left. On reaching pink and grey drinking fountain turn right and then left downhill with a metal fence on left. Continue down steps and just before tennis courts turn right. Pass through gate and turn left. Shortly cross bridge over RIVER LEA.

23.4 miles

25. Turn right to continue along river with Walthamstow Marshes on left. Continue under a railway bridge. Cross river at next bridge. *250 yards ahead is the striking new Lee Valley Ice Centre*. Continue with river on left round bends. Pass under a road bridge and past pub and garden (*Princess of Wales*). Cross Lee Navigation and continue with a gaily graffitied wall on left. Very soon *leaving Capital Ring* turn left through gate into MIDDLESEX FILTER BEDS. Turn left again to reach Nature's throne, *Hackney's answer to Stonehenge* and

CHECKPOINT 4 (OPENS 13.15 – 17.00)

24.6 miles

26. Turn sharp right *the River Lee is now below on left*. Go through gate and continue. Exit filter beds and turn left along tarmac path with the HACKNEY MARSHES football pitches on right. *The end is now in sight*. Turn right just before bridge and continue through woods

with river on left. After 1 mile, just before car park turn right to pass the rusty looking Hackney Marshes Centre on right (*with cafe and toilets*) and continue to road. Cross, turn right onto boardwalk and continue on woodland path, running parallel to road. On reaching the canal, turn left to continue along towpath **C**.

26.4 miles

27. After half a mile, pass under a railway bridge *note colourful murals*. Pass under the next bridge, which was the start of the LDWA Games 100. The Olympic Stadium looms ahead while the Hertford Union Canal joins from the right. Continue for nearly half a mile past Old Ford Lock and cross bridge over old River Lee. After passing under a bridge and two sewer pipes turn left onto GREENWAY. You now have a splendid view of Olympic Park all the way to the lime green View Tube straight ahead.

28.0 miles

Well Done! You've finished!!!

Train Stations

Pudding Mill Lane

Just a 5 minute stagger away.

Stratford Station

A good 20 minutes walk but with trains going everywhere including Paris.

From View Tube retrace steps to turn right and descend to road. Cross at zebra crossing and continue right along road to cross canal. Turn left on a gently sloping path, between meadows, heading towards stadium. Turn right on a wide track then take right fork and continue ahead with Orbit on right and Stadium on left. On reaching fountains turn right then left and right again over bridge to the Westfield complex. Continue ahead and on reaching Cafe Concerto, turn right then left along the Street and over bridge to Stratford Station.

Do not go inside the shopping complex as you may never find your way out again and you will be unable to get a signal on your GPS. You have been warned!!

Do not go to Stratford International Station unless you want to go to Ebbsfleet, Ashford or Paris.

Gazetteer

St John's Church

Built in 1824 in Greek revival style on what was then swampy ground. During the construction of the Jubilee Line the soil started to dry out and millions of gallons of water had to be pumped into the foundations to stop the church from collapsing. Hopefully should hold up for the Capital challenge. Worth peeking inside to admire the Classical Interior, murals, organ and font.

Southbank Skatepark

The unofficial skate park is an iconic centre for urban arts and with its ledges, banks and a set of stairs has been the epicentre of UK skateboarding since the early 1970s. It is also a popular tourist attraction.

Victoria Embankment Gardens

Between 1865 and 1870 the northern embankment and sewer was built by Sir Joseph Bazalgette. The soil for this massive engineering feat was obtained from the newly excavated Circle Line. The gardens were created on the reclaimed land to beautifully disguise what was underneath though you do sometimes catch a whiff.

St James Park

Originally given as a gift from the Russian Ambassador to King Charles II in 1664, the pelicans have made London their home. With free fresh fish everyday and prime estate on Pelican Island they have shown no inclination to leave. Their present number is about 40.

Green Park

The park was 'greened' by Catherine of Braganza, the Queen of Charles II, after she spotted her husband showing off the flowers there to his mistresses. The park has been green ever since though there have been recent attempts to brighten it up in the spring with daffodils.

War Memorials

Canada The inclined sculpture is inset with bronze maple leaves, the emblem of Canada.. Water flows across the sloping surface and creates an illusion of floating leaves.

RAF Bomber Command Memorial The memorial, built of Portland Stone, features a bronze 9-foot sculpture of seven air crew designed to look as though they have just returned from a bombing mission. The memorial was only unveiled in 2012.

New Zealand 16 bronze standards are adorned with small sculptures, all symbolic of New Zealand, including fern shapes, plants, animals and of course a rugby ball.

Holocaust Memorial

The memorial consists of two boulders lying within a gravel bed, surrounded by a copse of silver birch trees. It was the first public memorial in Great Britain dedicated to victims of the Holocaust.

Little Venice

This attractive pool, with its island of weeping willows, is the Junction of the Grand Union Canal and the Regents Canal. The former will get you to Birmingham while the latter provides a link to The River Thames at Limehouse.

Primrose Hill

You won't find any yellow spring flowers on this 213 ft hill, though there are lovely views. The hill was named after the late 19th Century Prime Minister Archibald Primrose, who was only in power for 1 year, having taken over from the 84 year old Gladstone.

Parliament Hill

From this 322 ft vantage point on 5th November 1605, the gunpowder plotters hoped to watch the destruction of Parliament and King James 1. As we all know it never happened and the rest as they say is History.

Jack Straw's Castle

The building takes its name from the rebel leader Jack Straw (not the Labour politician), who led the Peasants' Revolt in 1381 and who is said to have lived on the site. The nearby flagstaff marks the highest point in Inner London at 440 feet.

Pergola

London's answer to the hanging gardens of Babylon. In 1904 Lord Leverhulme, a wealthy philanthropist and lover of landscape gardening, purchased a large town house on the Heath called The Hill. The Pergola was built to be the setting for extravagant Edwardian garden parties. The beautiful Hill Gardens were also part of the estate.

Old Bull and Bush

If you need a Golden Oldie to sing along to, this one was recorded by Florrie Ford in 1905. Just don't stop for a drink or two or you'll never get to the end.

Come, come, come and make eyes at me
down at the Old Bull and Bush,
Da, da, da, da, da,
Come, come, drink some port wine with me,
Down at the Old Bull and Bush,
Hear the little German Band,
Da, da, da, da, da da da
Just let me hold your hand dear,
Do, do come and have a drink or two
down at the Old Bull and Bush.

Hampstead Garden Suburb

Hampstead Garden Suburb was founded by the philanthropist Henrietta Barnett in 1906. The original aim was to provide housing for all classes of people and income groups. That was a long time ago!

Capital Ring

This 75 mile long footpath completely encircles Inner London and is a great way of discovering the city.

Parkland Walk

In 1867 the Great Northern Railway opened a line between Finsbury Park and Edgware. It never achieved success and was finally closed in 1970. Haringey Council eventually acquired 2.5 miles of track and it now has been successfully reincarnated as London's longest linear park and nature reserve.

New River

Is neither new nor is it a river. It was constructed in 1613 to bring fresh water into London from Hertfordshire. Unfortunately as people began to use it for bathing and other unsavoury activities during the 18th Century, it became polluted and unfit for purpose.

Woodberry Wetlands

This stunning wildlife oasis was opened to the public on 1st May 2016 by Sir David Attenborough. The nature reserve spans 11 hectares, the equivalent of 13 football pitches. The focus of this haven is the Stoke Newington East Reservoir which was built in 1833 but had been closed to the public ever since. The reservoir is fed by the New River.

River Lea

The river runs for 58 miles from near Luton to the River Thames. In the late 19th century the meandering river was short-circuited by stretches of canal to improve navigation. The river and associated canal are called the Lee Navigation, Some folks call it the River Lee but whichever it is the Lea Valley Walk is a relaxing and enjoyable 50 mile LDP along its full length.

Middlesex Filter Beds

In 1852 London suffered its worst ever outbreak of cholera. The Middlesex Filter Beds were built soon after as part of the effort to make sure such epidemics were never repeated. The 'ackney Henge' used to be part of a pumping station. No longer used for its original purpose the area is now a nature reserve.

Hackney Marshes

This Mecca of Sunday League Football has 88 full-sized, fully marked pitches.

Greenway

Sir Joseph Bazalgette's Northern Outfall Sewage Embankment (NOSE) was not quite as beautifully landscaped as in Victoria Embankment Gardens. This was Hackney after all! However the new Olympic Park has considerably improved the view, to the left.

ArcelorMittal Orbit

Designed by Anish Kapoor as a centrepiece for the Olympic Park. At 114 metres this is Britain's largest and tallest piece of public art. The structure has recently been modified to incorporate the longest (178 metres) tunnel slide in the world, with rides estimated to cost £17. Love it or loathe it the Orbit marks your final destination on the London Challenge Walk.