

LDWA London

## **The 2<sup>nd</sup> Capital Challenge Saturday 7<sup>th</sup> April 2018**

**START** The Bar and Restaurant at BFI Southbank SE1 8XT (formerly the British Film Institute) under Waterloo Bridge. TQ308804

The Riverfront entrance is closed for refurbishment. **Use the main “Lightbox” entrance to the foyer and box office on Theatre Avenue, opposite the National Theatre;** see <https://whatson.bfi.org.uk> and go to *Your visit/How to get here and Access information.*

**Registration Open 08:00 to 09:00**

**FINISH** The View Tube Cafe, The Greenway, Marshgate Lane, E15 2PJ  
**Open 14:30 to 19:00** TQ378838

**Total Distance** 27.6 miles

### **Practicalities**

There are plenty of toilets (indicated in route description). Many are free. However it is useful to have a few small coins to hand, especially for the central London area. Toilets get cheaper as the walk progresses so make full use of BFI facilities. There are also several drinking fountains which provide good artesian water.

You may want to carry some food and snacks to save time but you are unlikely to starve.

A torch is essential especially as the later stages of the walk are along canals.

### **Hazards**

- Roads. Use Crossings but where this is not possible take extra care.
- Canal towpaths and other waterside areas and paths shared with cyclists.
- Show consideration for other pedestrians especially on narrow paths.

**PLEASE TAKE CARE AT ALL TIMES  
YOU UNDERTAKE THIS WALK AT YOUR OWN RISK**

### **HQ Mobiles:**

Gordon Parker 07891 196930

Jean O'Reilly 07766 622702

**If you retire please try to do so at a Checkpoint; in any event please notify HQ**

### **Route Description**

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

LDWA London

## LDWA London

1. Exit BFI. Turn left 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.
2. 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. Crossroad (**take care**) and enter **ST JAMES PARK**. *1.0 miles*
3. 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 angel 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**. *1.6 miles*
4. Take path ahead, with the 'No Cycling' sign on the ground between two trees, and after 30 yards continue over cross-path, with the **CANADIAN WAR MEMORIAL** 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 right along path to pass through the **NEW ZEALAND WAR MEMORIAL**.
5. 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 right up steps into **Hyde Park**. (*Toilets but at 50p you need to be desperate*) *2.3 miles*
6. 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).
7. 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 T-Junction, after 400 yards, turn left and then right to cross road and exit the park at

**Victoria Gate.**

*3.4 miles*

8. Cross Bayswater Road and continue along Brook Street, crossing Stanhope Terrace (**take 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** (*toilets 30p*). Turn right along platform (*Bear left!!!*) to

**CHECKPOINT 1 (open 09:00 to 10:40)**

*4.2 miles*

1. Continue along Platform 1. Note harem window above war memorial and shortly afterwards ascend stairs and turn right. Just past platform 8 follow curves, 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**. *4.5 miles*
2. 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 Crockers Folly, keep straight on to reach path above canal and continue to main road.
3. Turn right to cross road at lights and continue ahead through gate down ramp to the canal towpath. Follow towpath and cross canal by bridge then continue in same direction (signpost Regents Park). Just after 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 Outer Circle to enter **Regents Park** by either gate. *5.8 miles*
4. 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 (**with care**). Enter Queen Mary Gardens by the golden Jubilee Gates. Take first right and continue with the ornamental pond on left.
5. Keep straight on through the circular Rose Garden and exit through Chester Road Gate on the right (*toilets are 50 yards on left 20p*). Cross Inner Circle (**with care**). Continue straight ahead on left pavement of Chester Road. At zebra crossing turn left back into Regents Park (*toilets 20p and drinking fountain on left next to cafe*). Continue straight

## LDWA London

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. 7.7 miles

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

6. Take centre path and then turn left over grass straight up to top of hill *fabulous views.*  
(*You can also make your way to top of hill directly from the toilets.*)  
With your back to the view take right hand path, next to lamp post and waste bin, 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.* Turn left to go over zebra crossing and continue along Primrose Hill Road. Cross over the busy Adelaide Road and then take second right into Englands Lane, *following Belsize Walk plaques.*
7. Take first left into Primrose Gardens. Continue to end and turn left then right at post-box. Continue for 400 yards over cross-roads to Belsize Terrace. Continue up Belsize Crescent and Lyndhurst Gardens, passing Marie Curie Hospice on left. Turn right into Lyndhurst Road, then first left into Eldon Grove. Turn right on Thurlow Road to continue over crossroad and down Downshire Hill, past church on right and Freemasons Arms on left. Cross road onto **Hampstead Heath**. 9.7 miles
8. 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*). 10.2 miles.
9. With your back to the viewing plaque go forward (NW) along dirt path which becomes clearer ahead. 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.
10. Continue past a rather charming FREE public toilet on the right. Ignore

## LDWA London

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 path next to 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 (open 10:00 to 13:00)**

*11.4 miles*

1. *It must be 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 20 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**. *11.7 miles*
2. Follow the Pergola through its twists and turns passing under a rotunda, at the top of a flight of stairs. You finally 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**. *11.9 miles*
3. Cross road and turn right then left into North End. Pass Parfitt Close then 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.
4. 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. Continue past the end of the buildings to sports field on right.
5. Cross it towards a gap in the far right hand corner, where continue over footbridge towards the imposing spire of St Judes Church. 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**. *13.1 miles*
6. Keep straight on past the tennis courts on left and the arched Henrietta

## LDWA London

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**. *13.6 miles*

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

7. Follow the stream and after passing tennis courts, take left hand fork to road. Cross (**take care**) and continue. At next road turn right then left into Lyttleton Playing Fields. *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 again to exit the park by a bench. On reaching road turn left past the Synagogue. Cross the A1 (Falloden Way) and continue along Vivian Way shortly bearing right. Keep straight on passing a small green.
8. 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. *14.9 miles*
9. Keep left and continue over path junction (playground on right) and past cafe and free toilets to exit park. Turn left 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. *15.5 miles*
10. Keep straight ahead along a wide avenue. At drinking fountain turn right and continue on tarmac path. At junction (*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.
11. 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**. *16.7 miles*

## LDWA London

12. 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*) and after the next bridge, you may see, high up in colourful painted arches on the left, a goblin (*although actually it's a spriggan, and was hiding behind scaffolding on the Marshals Walk*). 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*) and

### **CHECKPOINT 3 (open 12:00 to 16:00)**

18.6 miles

1. 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 covered seating, 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**.* 19.8 miles
2. *Go clockwise L 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 narrow 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**. 21.0 miles
3. *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.*
4. Turn left past town hall and library and continue for more than 400 yards. Note Fountain Pen repair advertisement on other side of road. Shortly after crossing Bouverie Road turn left into **Abney Park Cemetery**. 21.7 miles
5. 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



## LDWA London

and Jewish school on the left, turn left into Kyverdale Road, then first right into Filey Avenue and keep straight on, across Chardmore Road. On reaching the main road, turn left then right into Springfield Road and on into **Springfield Park** (on left). 22.8 miles

6. Just before reaching white house (*cafe and FREE toilets*) pass between bollards and over cross-track (*pink and grey drinking fountain on left*) bearing slightly left downhill. Continue down steps and just before tennis courts turn right. Pass through gate and turn left. Shortly cross bridge over **RIVER LEA**. 23.1 miles

7. Turn right to continue along river with Walthamstow Marshes on left. Continue under a railway bridge. Cross river at next bridge before reaching large shed. Continue with river on left round bends. Pass under a road bridge and past Princess of Wales. Cross Lee Navigation and continue with a gaily graffitied wall on left. *Very soon turn left through gate into MIDDLESEX FILTER BEDS. Turn left again to reach Nature's Throne, Hackney's answer to Stonehenge* and

**CHECKPOINT 4 (open 13:15 to 17:30)** 24.3 miles

1. Turn sharp right (*the River Lea is now below on left*). Continue through gate and keep left. Exit filter beds and turn left along tarmac path with the **HACKNEY MARSHES** football pitches on right. (*The end is now actually 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, continue ahead into wood on boardwalk turning right then right again to continue on woodland path, running parallel to road. On reaching the canal, turn left to continue along towpath. 26.1 miles

2. 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 Lea. Continue and after passing under a bridge and two sewer pipes turn left onto **GREENWAY**. You now have a splendid view of Queen Elizabeth Olympic Park all the way to the lime green **View Tube Café** straight ahead which is your final destination.

**Well Down! You've FINISHED!!! 27.6 miles**

NB Registration at the **Finish** is open from **14:30 to 19:00**

## LDWA London

For your onward journey you may wish to use nearby Pudding Mill Lane station on the Docklands Light Railway. You can use this to reach Stratford and Stratford International Stations or walk approx. 1 mile to reach them.

### **Route to Pudding Mill Lane DLR Station**

Head back along the Greenway. After 30 yards at the end of the line of yellow container sheds turn sharp left down the ramp. Follow on to the pavement under the bridges. The last one is the DLR; the station is on your Right.

### **Route to Stratford Station for London Underground Central Line and Overground and trains to Essex and East Anglia**

From View Tube retrace steps to turn right and descend to road. Cross at zebra crossing and continue along road to cross canal. Take first left on a gently sloping path, heading towards stadium.

Soon turn right on the wide track running parallel with the canal. Continue ahead, passing the wide pathways into the stadium on your left, keeping ahead with the stadium on your left and the Orbit on the right.

On reaching fountains turn right then left and right again over bridge to the Westfield complex. Continue ahead and on reaching Cafe Football, 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!!*

Go to **Stratford International Station** if you want to go to Kent – or Paris!

## Gazetteer

### **BFI**

Founded in 1933 the BFI South Bank cinema shows a huge range of classical and contemporary films. It also maintains the World's largest archive with over 150,000 films. This could just be a bit more tempting than a 27 mile walk across London!

### **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 (*see also The Greenway at the Finish*). 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 and animals.
- **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.

## LDWA London

### **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 19<sup>th</sup> 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 5<sup>th</sup> 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** (where Checkpoint 2 is located)

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.

### **The 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.

### **The 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. The definitive guide, published by Cicerone, is written by LDWA London's own Colin Saunders.

### **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.

## LDWA London

### **The 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 18<sup>th</sup> 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 19<sup>th</sup> century the meandering river was short-circuited by stretches of canal to improve 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 the full length of the Lee Navigation.

### **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 'Hackney 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.

### **The 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 Sir 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. Adult tickets cost £16.50 (seniors £13.50) for the 40 second ride. Love it or loathe it the Orbit marks your final destination on the Capital Challenge Walk.

LDWA London

**VARIOUS BLUE (AND OTHER) PLAQUES AND MEMORIALS**

**DID YOU SPOT ?**

- 4 Hyde Park, Old Police Station – War Reserve Constable Jack William Avery, murdered July 1940
- 5 Sussex Square – Sir Winston S Churchill, politician, lived here 1921-1924
- 7 Blomfield Road / Maida Avenue – Arthur Lowe, 1915-1982, actor
- 7 Aberdeen Place – Wing Cdr Guy Gibson, VC, Dambusters pilot, 1918-1944
- 9 Belsize Park Gardens – Frederick Delius, composer, 1862-1934
- 9 Belsize Park Gardens – Henry Noel Brailsford, journalist, 1873-1958
- 9 Eldon Grove – Paul Nash, artist, 1889-1946, worked here
- 9 Downshire Hill – Lee Miller, photojournalist, 1907-1977
- 9 Downshire Hill – Roland Penrose, artist, 1900-1984
- 9 Downshire Hill – Sir Peter Medawar, immunology, 1915-1987
- 14 Wildwood Terrace – Michael Ventris, architect, 1922-1956, decipherer of Linear B
- 14 Wildwood Terrace – Sir Nikolaus Pevsner, architectural historian, 1902-1983
- 17 Fordington Road – AJP Taylor, historian, 1906-1990
- 22 Stoke Newington Church Street – Edgar Allan Poe, author, 1809-1849, attended school here
- 22 Stoke Newington Church Street – Daniel Defoe, author, 1660-1731
- 22 Abney Park Cemetery – William Booth tomb, 1829-1912, founder of Salvation Army
- 22 Abney Park Cemetery – Frank C Bostock tomb, 1866-1912, lion tamer