

Round London cycle circuit

10: Enfield Lock to Barkingside

Distance: 10.36 miles (upper route), 10.25 miles (lower route) (8.61 miles to start, 8.54 miles from finish)

Introduction

This section joins NCR1 to Q6 (now called C16). On the way it crosses Epping Forest.

For a short section at Buckhurst Hill you have a choice of routes. Both involve going a short distance the wrong way on a one-way street.

Directions

The section starts at the entrance to the carpark just south of Enfield Lock.

Take the rough path to the left of the entrance to the King George Reservoir.

Cross over the river at the first bridge on the left.

Follow the cycle track round to the right, past a bus waiting area, and along a wide strip of grass.

At the T junction turn right, and carry on through a residential area.

Go past the roundabout, over a bridge (which is where NCR1 turns left), and keep going straight ahead.

Pass a barrier, turn left onto the main road, and then right along Mott Street (in front of the Plough).

Climb up towards Epping Forest. At the first road junction, turn right and ascend Lippitt's Hill.

The Owl is at the summit. After a descent, just before the road bends sharp left, take the track on the right.

Bear left at a triangular intersection.

At the next fork bear left, and then keep generally straight on through a cluster of intersections.

At the T junction bear left.

Cross a minor road and a major road, and then turn right immediately after the carpark.

Keep on the main track as far as a road junction, then take the track straight ahead.

This takes you uphill, then downhill, then uphill again, crossing another road on the way.

At the end, with a cricket field on your right, cross the main road, turn left along High Road.

Upper route:

Take the first right into Luctons Avenue.

At the end turn right.

Take the second left, which is Westbury Road (one way).

Go straight on at the mini-roundabout.

At the end turn right.

At the end of this road, cross the road into Knighton Lane opposite.

Pass Knighton Wood on the left. At the end of it, turn left into the carpark.

Go straight through the carpark, take the middle of the three paths and carry straight on down the hill.

At the bottom, turn left.

Lower route:

Take the second right, which is Roebuck Lane.

After a descent follow the road round to the right.

Keep straight ahead, steeply downhill and then uphill, and then along a one-way section.

Pass the Three Colts and enter Buckhurst Hill.

Pass a play area on the right.

Then keep generally straight ahead, going over a culvert. You may have to negotiate a few fallen trees.

Eventually go over another culvert and reach a crossing with a major track.

Turn left onto it, towards houses.

Turn left again at the road.

Cross over the Central Line.

At the T junction, turn right and pass under the Central Line.

Take the second left, which is Bush Road.

Take the first right, which is Hawthorn Road.

Take the second left, which is Oxford Road.

Carry on along the path at the end.

At the end turn left.

Bear left when the main track bends right.

After crossing the Roding, turn right.

Cross the main road, and turn left along the pavement.

Pass under the M11 and turn right into Gayes Hill Road.

Follow the road round to the left. At the end turn right.

You have Claybury Park on your left. The first two entrances are inaccessible to bicycles. Enter the park through the third entrance.

Keep on the main track.

Pass a junction on the right that leads to an exit. Keep straight on at a crossroads whose right branch is a second exit. Finally, leave the park at the third exit, opposite a small footbridge on the left.

Turn left along Ravensbourne Gardens.

At the end turn left, then right into Kelston Road.

Take the next left, which is Lamerton Road.

Go straight ahead into Waterloo Road.

At the end turn right, then left into Sydney Road.

Carry straight on into Waverley Gardens, and straight on again into Heybridge Drive.

After two right bends, turn left along the main road (which you crossed previously).

Turn left into Carlton Drive where the main road bends right.

The mini-roundabout is the end of this section. To carry on to the next section keep straight ahead over the Central Line.