

Zone 5 inner

Section 34 : Ponders End to Chingford

Distance: 5.45 mi, 8.72 km

Introduction

As the crow flies, the section is fairly short, going from one side of the Lea Valley reservoirs to the other. But the direct route, between King George's Reservoir and the William Girling Reservoir is a busy main road. So instead this route loops round the south end of the William Girling Reservoir, which considerably increases the distance, but makes for a much more pleasant walk. (The alternative would be to loop round the north end of King George's Reservoir, which is what Section 31 of the Zone 5 outer circuit does.)

There are pubs at the beginning and end, but not much in the way of places to eat close at hand in between.

Directions

Leave Ponders End Station from the east side, by platform 1, and carry straight on along the road leading away from the railway line.

After crossing the Lea Navigation, turn right down to the towpath.

Carry on along the towpath, with the navigation on your right, for a considerable distance, passing Pickett's Lock on the way.

Take the footpath on the left, just before a pair of pylons either side of the navigation. It may be rather overgrown.

At the end, turn left along a residential road.

Carry straight on across the dual carriageway into Marmion Avenue.

Turn left into Middleton Avenue.

Take the track on the right, between nos. 6 and 8.

Bear right at the fork.

Keep straight ahead across a minor road and a tarmac path.

At the T junction turn right.

Turn left along another residential road.

Go straight ahead at the mini-roundabout into Hurst Avenue.

Take the footpath on the right between nos. 8 and 10a.

At the end, carry on into the housing estate opposite and turn left.

Follow the concrete path up through the housing estate, crossing a connecting road.

At the end, turn right and carry on into Chingford Mount Cemetery.

At the fork by the war memorial, bear right.

Keep right at the top of the hill.

Follow the road out of the cemetery.

Turn right along Gunners Grove.

Pass two roads on the left, then turn left into Colvin Gardens Organ Lane.

Keep on the path to the end, crossing a road halfway.

At the end, cross the main road and turn right along the service road.

Turn left in front of the war memorial.

Cross the main road, and carry on along the track between the police station and the King's Head.

Cross Mornington Road and take the rightmost path ahead.

Keep straight ahead.

After the last of the houses on the right, follow the path round to the right, downhill.

Join the track that runs along the edge of the golf course.

Just before the clubhouse, turn right.

Bear right onto the main road.

Turn left into the bus station, and go round its outer edge.

Go up the second flight of steps on the left to reach Chingford Station.