

Round London cycle circuit

Section 5, Teddington Lock to Bulls Bridge

Distance: 10.88 miles (21.13 miles to start, 22.21 miles from finish)

Introduction

This section joins NCR 4 to the Paddington Branch of the Grand Union Canal. From Teddington Lock it goes north down the south bank of the Thames to Richmond. It then crosses the Thames and carries on north to Brentford. Finally it goes west up the Grand Union Canal as far as the Paddington Branch.

Directions

This section starts at the east end of the footbridge over the Thames at Teddington Lock.

Follow the path downstream along the south bank of the Thames all the way to Richmond. Here we join the City Ring.

Just before Richmond Bridge, take the ramp on the right up to the bridge, and cross the Thames.

On the other side, take the first right, Willoughby Road.

Keep straight ahead along a succession of short sections of footpath and road, eventually ending up on a road alongside the Thames.

Just after the road starts to bend to the left, take the path on the right.

This leads to a path alongside the Thames, which becomes a road that bends left.

At the T junction turn right.

After the bridge, turn left and immediately right onto a minor road next to the main road.

At the end, turn left back onto the main road.

At the mini-roundabout, turn left then immediately right into Swan Street.

Carry straight on along North Street.

At the mini-roundabout, turn right into Manor House Way.

Follow this road round to the left and past some planters, in due course reaching the Thames again.

After a left bend, turn right into Syon Park.

Turn right between the carpark and the garden centre, and carry straight on along the footpath to leave the park.

At the main road turn right.

Just before the bridge, take the ramp on the left that leads down to the River Brent and the Grand Union Canal.

Follow the towpath for several miles. After a while you cross to the opposite bank by a historic footbridge. Somewhat later, the City Ring branches off to the right.

Further on, by the Old Oak Tree, to avoid the towpath's poor surface you may choose to take the minor road that runs parallel it. If you do, at the main road turn right and immediately left.

Shortly after this road rejoins the towpath, you reach Bulls Bridge, which takes the towpath over the Paddington Branch on the right and is the end of this section.

To carry on to the next section, keep straight on over the bridge.