

Round London cycle circuit

6: Bulls Bridge to Oxhey

Distance: 16.14 miles (21.97 to start, 23.95 from end)

Introduction

This section goes from the west end of the Paddington Branch of the Grand Union Canal to NCR 6 near Watford. Much of it is along the towpath of the Grand Union Canal. Most of the surface of the towpath is poor, so going is slow.

Directions

Cross over the Paddington Branch of the Grand Union Canal by means of Bulls Bridge, and carry on along the towpath upstream. Almost immediately, the London Loop joins from the footbridge on the right.

Pass through Hayes, West Drayton and Uxbridge. After Hayes, the London Loop branches off to the right, and rejoins a little later. After West Drayton, the London Loop branches off along the Slough Branch to the left. Between West Drayton and Uxbridge, by the Malt Shovel, cross over to the left bank. A little later, the London Loop rejoins from the left, together with NCR 6. After Uxbridge, cross to the right bank, and a little later back to the left bank again. Further on, where NCR 6 and the London Loop cross over to the right bank, stay on the left bank – they rejoin the left bank at the next road bridge. At the Coy Carp, the London Loop branches off to the right.

Just after bridge 175, turn off to the left.

At the next junction turn right through a gate.

Turn left past the café. Bear right at the next junction.

After the road bends round to the right, turn left.

Turn right onto the cycle track alongside the main road.

Just before the roundabout, cross the main road and carry on along the cycle track on the other side in the same direction as before.

At the roundabout, cross the first exit, and then carry on straight ahead along the path opposite.

Bear right alongside a green metal fence, and then keep going straight ahead.

Keep straight on along the track, which follows the course of a former railway line, for several miles. Cross over the Grand Union Canal, under a railway bridge and a road bridge, and up a ramp over a footpath and down the other side.

Finally, shortly after crossing the River Colne, and passing a flight of steps on the right, you reach a junction with a path at an acute angle on the right. This is the end of the section.

To carry on to the next section, keep going along NCR 6 straight ahead.