

Zone 5 inner

Section 36: Buckhurst Hill to Chadwell Heath

Distance: 8.52 mi, 13.63 km

Introduction

This is the longest section of the entire circuit (although it is quite manageable). It starts by following the River Roding for a considerable distance. Later on it passes through Claybury Park and Seven Kings Park. Much of the rest is fairly suburban.

There are places to eat in Fairlop and at the end.

Directions

Leave Buckhurst Hill station by the southeast, the London end of platform 1.

Cross a small carpark and a road, and carry on down Lower Queens Road.

At the bottom, turn right onto a footpath alongside the River Roding.

Keep straight ahead on the main path, with the river off to the left.

When you get to a playing field, carry on along its lefthand edge.

Carry on into the woods.

After going under the Central Line, cross over the river.

Then immediately turn right onto a minor path, alongside the river.

At first the path will probably be rather overgrown, and possibly muddy as well; but eventually it improves.

Keep going to the end (about a mile). Along the way, we join the Round London Cycle circuit.

At the end, cross the dual carriageway and turn left under the M11.

Turn right into Gaynes Hill Road.

Follow the road round to the left.

At the T junction turn right.

Enter Claybury Park through the first kissing gate on the left. Here we leave the Round London Cycle circuit.

Keep straight on along the main path. The path ascends and then gradually descends.

As you descend you will have higher ground on the left and lower ground on the right. Eventually you will have open grassland a little way off on the right.

Bear right at a junction after the path starts to bend left.

On emerging from the trees, turn left.

Bear right onto a lesser path at the next junction.

Go straight on at the next junction, passing a park exit.

Pass another two exits.

After the path has turned through 180°, turn left and leave the park through the next exit.

Turn left, then take the second turning right.

Follow the road round to the left.

At the T junction turn right.

Go straight ahead at the traffic lights.

Turn left into Waterloo Road.

At the end, turn left then right.

At the end, turn left then right again.

Go straight across the next main road.

At the end, turn right.

The first time I came this way, the path was almost impassible with brambles, but the next time it was completely clear. Most recently the brambles have started to encroach again. At the end of the path, turn right then immediately left along the main road (which you crossed previously). Here we rejoin the Round London Cycle circuit.

Turn left into Carlton Drive.

Carry straight on at the mini-roundabout, up Station Road and over the Central Line.

Keep straight ahead along a bridleway.

Turn right at the first T junction and left at the second, leaving the Round London Cycle circuit.

At the end, turn right then left into Applegarth Drive.

Turn right into Ramsgill Drive.

Cross the dual carriageway, and turn right along the service road beyond.

Turn left at the traffic lights.

After a right bend, turn left into Seven Kings Park.

Take the leftmost of the three paths.

At the T junction bear left.

On the right bend, keep straight ahead and go over a footbridge.

After a barrier, the path bends left. Bear right across the grass.

Cross a pair of Gaelic football (?) pitches aiming for a gap between two blocks of flats.

Turn right along the main road, then left into Priestley Gardens.

On the right bend, turn left into a small park.

Follow the main path, then turn right, cross the grass and head towards the exit.

Keep straight ahead.

At the end, turn right then left into Flora Gardens.

At the end, turn left.

At the end, turn right.

Take the third turning right, which is Arthur Road.

Turn left into Clarissa Road.

Cross the main road, and carry on along Wangey Road.

Bear right at the mini-roundabout.

You will shortly reach Chadwell Heath station on your right.