

# Zone 5 outer

## Section 18: Hayes & Harlington to Ruislip Gardens

Distance: 8.39 mi, 13.42 km

### Introduction

Although it is not very long as the crow flies, this is in fact a fairly long section because the route is very indirect. It is in the shape of a reversed letter Z: the first part is along the Grand Union Canal, and the other two follow the course of Yeading Brook. Apart from short stretches at both ends, the entire route also follows the Hillingdon Trail.

It is entirely rural. The disadvantage of this is that, once you have left Hayes & Harlington, there is nowhere to eat until the very end.

If you attempt this route after heavy rain you may find that a number of stretches in the second half are under several inches of water.

### Directions

On leaving Hayes & Harlington station, go down the rightmost of the two sets of steps.

Carry straight on, joining Station Road at a mini-roundabout.

Immediately after crossing the canal, turn right, go down the steps and join the towpath, with the canal on your right.

Shortly after joining the Hillingdon Trail you reach a white bridge, Bull's Bridge. Go over it and then turn left onto the Paddington Branch.

Keep going along the towpath until you reach a footbridge, no. 19. Turn right and right again to go over the footbridge.

Just before staggered barriers, turn right.

Keep straight on at a right junction, and straight on when you reach a sandy path.

Cross a tarmac path.

Join another tarmac path and go under the main road.

On the other side, bear left onto a grass path before the tarmac path enters a residential area.

After going over a couple of small mounds, with a play area on the left, bear left onto a diagonal path.

At the road, turn left, cross Yeading Brook, then immediately turn right.

Take either of the two paths after the kissing gate.

As you approach the end of the meadow, bear right, and cross Yeading Brook again.

Go through another kissing gate on the left.

Keep going in the same general direction along the left-hand edge of a large expanse of grass. After you cross a tarmac path, the path becomes a little more obvious. Keep Yeading Brook on your left.

At the end, turn left along the road, cross Yeading Brook, then immediately take the bridleway on the right.

Cross a concrete path, then turn right.

At a five-way junction, go nearly straight ahead (the second branch from the right).

Turn right along the road.

Turn left into Ten Acre Wood.

After a gate, turn right along a dyke, then left after a footbridge.

Turn right at the next junction. [Might be simpler to keep straight on.]

Turn left over a footbridge.

Keep straight on [or turn left] over another footbridge, then bear right over a ditch.

A little later cross over the ditch again.

After a couple of stiles, enter Gutteridge Wood on your right.

Follow the main path as best you can. It becomes more obvious later.

After a boardwalk, turn right at the next junction.

At a T junction turn right. You will soon have Yeading Brook on your right.

When you emerge from the wood, bear right over the grass.

Pass a row of back gardens on the left.

Turn right through a green barrier, and pass a play area on the right.

Keep on the tarmac path.

At the end of a residential road, turn right and then right again along a cycle track.

Take the next turning left.

After two underpasses, go through a kissing gate on the right.

Keep going in the same general direction, with Yeading Brook always on your right. In Ickenham Marsh, the Hillingdon Trail turns off to the left.

At a junction in Stafford Road Open Space, turn right.

When you reach the main road, you will see Ruislip Gardens station on your right.