

Crouch End & District U3A Longer Walks Group

Walk number/title	067 Lea Valley Park Circular
Date	Thursday 14 & 28 July 2022
Distance	11miles (17.6 km)
Timings	Walk 4 hours plus lunch stop = 5 hours approx
Travel	<ul style="list-style-type: none"> • Walk starts Broxbourne railway station. • Direct trains from Tottenham Hale • Return by same route • Ample parking at Broxbourne if anyone unable to use public transport
Route	<ul style="list-style-type: none"> • From Broxbourne station join New River Path heading north • At Rye House cross railway and take towpath south along Lea Navigation to Nazeing Mead • Shortly after Dobbs Weir follow path between reservoirs • Head south to Lower Nazeing to climb Clayton Hill • Follow national cycle route south to Lee Valley Park Farms • Cross River Lea to reach Lee Navigation. • Turn north to follow towpath back to Broxbourne
Lunch	<ul style="list-style-type: none"> • Packed lunch required • Depending on pace of group lunch at approx. 12.30
Dropping out	<ul style="list-style-type: none"> • Trains from Rye House • Bus service from Lower Nazeing
Facilities	<ul style="list-style-type: none"> • Toilet facilities at Broxbourne station and at Lee Valley Park Farms • Possibly also at Dobbs Weir (currently closed for repairs).
Suitability	<ul style="list-style-type: none"> • Suitable for any reasonably fit walker • Some muddy tracks and possible mud on tow-paths • Maybe localised flooding near canal if there has been heavy rain • One climb to top of Clayton Hill but only 30 metres of ascent • Total ascent 100 metres. • Comfortable waterproof walking shoes/ boots & waterproof jacket (see equipment list on web-site) • Check weather forecast for likely weather conditions
Maps/Sources	<ul style="list-style-type: none"> • OS Explorer Epping Forest & Lee Valley (sheet 174)
Leader/contact	<ul style="list-style-type: none"> • To be provided to participants