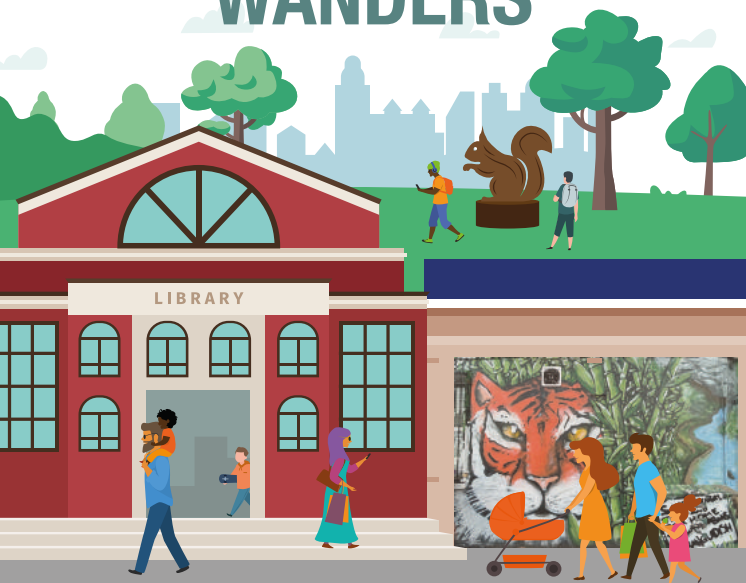


WALTHAM FOREST WANDERS



Walking and Cycling Trails



Contents

ROUTE 1

Murder and the Orient

ROUTE 3

Swimmers, Bakers and Olympic Games Makers

ROUTE 5

A Wander Down the Hill

ROUTE 7

Waltham Forest's Industrial Past

ROUTE 9

Highams Park Animal Sculpture Trail

ROUTE 2

Planes, bikes and Automobiles

ROUTE 4

Arts and Crafts

ROUTE 6

Leyton and Leytonstone

ROUTE 8

A Tale of Three Boroughs

Introduction

This series of walking and cycling routes has been put together to showcase some of the famous people and places of the borough and to let you in on some of the less known secrets. We hope that you get out with family and friends, learn something new and discover and enjoy the great outdoor spaces in your neighbourhood.

You can download this guide, the individual routes and maps at: <https://www.walthamforest.gov.uk/parking-roads-and-travel/cycling-and-walking/walking>

The routes selected are good for walking and cycling either on quiet routes or where there are good footways and space for cycling separated from traffic. This isn't possible everywhere at the moment, so where it might be a bit tricky for people cycling, we've provided an alternative. We've provided public transport information to access the start and finish points of the routes and in some places suggested short cuts that some people might want to use to make walks shorter. You can always do this yourself and we'd recommend checking www.tfl.gov.uk/journeyplanner before you start. This can even be used to get directions if you're cycling. Please be mindful of the fact that people live in the houses that you will pass by on these routes. Please be respectful of their right to privacy and never enter anyone's property without their permission.

To find out about more walking and cycling routes accessible from the borough visit the following websites:

- <https://www.queenelizabetholympicpark.co.uk/the-park/plan-your-visit>
- <https://www.visitleevalley.org.uk/lee-valley-velopark>
- <https://www.visitleevalley.org.uk/nature-parks-gardens>

We'd love to hear about your favourite walks, an unsung hero or if you've got an idea for a walking or cycling route in the borough. Send your suggestions to us at cycling@walthamforest.gov.uk.

Murder and the Orient



This walking and cycling route takes you through the backstreets of Leytonstone and Leyton taking you on a trip back through time to learn about the borough's links with Hollywood Horror, Jack the Ripper and the Footballers Regiment of the First World War.

	Walking	Cycling
Distance	2.5 miles	
Time	50 minutes to 1 hour	20 to 40 minutes
Conditions	Mostly on footway	Mostly on quiet roads or segregated cycle tracks
Special Information		Brompton fold-up bike hire is available at Leyton and Leytonstone Station.
Public Transport	The start of this route can be easily accessed by public transport. The start is Leytonstone Underground Station which is on the Central Line and served by numerous local bus services.	

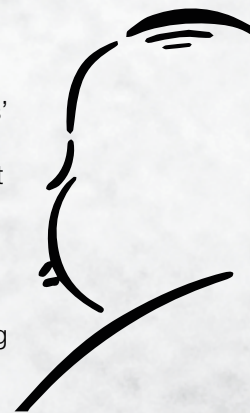
This route begins in the subway at Leytonstone Station. If you have arrived on the tube follow signs for the Leytonstone High Road, Church Lane exit. If you're walking or cycling you might want to pop into the station to start. One of our themes is immediately obvious on the walls of the station subway with mosaics of local hero Alfred Hitchcock's famous films.

- 1) As you walk out of the station turn right and walk along until the end row of shops. Turn left then right into Vernon Road. At the end of Vernon Road turn right into High Road Leytonstone.
- 2) Head down High Road Leytonstone – for 10 minutes walking or three minutes cycling – past High Road Leytonstone Overground Station on to Lynn Road.

Sir Alfred Hitchcock

The building on the corner has a large mural of 'The Birds', one of the famous films of our more famous sons, Sir Alfred Hitchcock. Sir Alfred Hitchcock was born in 1899 in Leytonstone. Hitchcock is considered the greatest British filmmaker and 'the master of suspense'.

He was a pioneer of many techniques still used in film today, particularly using cameras to mimic characters' views of scenes and framing scenes to ensure the scariest effect on the viewer. His career lasted over 50 years and his films such as Psycho and The Birds are now considered classics of the big screen the world over.



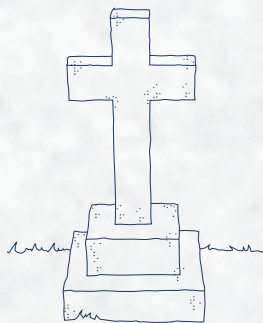
He was overlooked for many years while other British actors, actresses and filmmakers received recognition until he received a knighthood in 1988, the year of his death.

He is hidden in the mural somewhere. Can you see him? The house he was born in (517 High Road Leytonstone) was on the site of the petrol station opposite. A blue plaque marks the location.

- 3) Continue down High Road Leytonstone until you come to Cathall Road. The route turns right here at a signalised junction so less confident cyclists might want to get off before the junction and cross the road using the pedestrian crossing.
- 4) Continue straight along Cathall Road until you get to the junction with Hollydown Road which is a small roundabout. Turn left and in about 200m you will see the entrance to St Patrick's RC Cemetery on the right.

St Patrick's RC Cemetery

St Patrick's RC Cemetery is a large Roman Catholic Cemetery located between Leyton and Leytonstone. Among those buried here is Mary Jane Kelly, one of Jack the Ripper's victims. Little is known of the Ripper's fifth victim except that she was about 25 years old and came from Ireland via Wales where she may have married. She was murdered in Spitalfields and buried here in Leytonstone. Timothy Evans, convicted and hanged for the first of the famous murders at 10 Rillington Place (but subsequently pardoned) is also buried here.



- 5) Continue along Hollydown Road and at the mini-roundabout continue straight into North Birbeck Road.
- 6) Turn right into Langthorne Road (the Birbeck Tavern is on the corner). Travel along Langthorne Road (the entrance to the cemetery is on your right half way down) until you get to the junction with Elmore Road. If you're cycling you might want to get off here and cross as it's technically a no entry. At the right of Elmore Road is a bit of the old Langthorne Road that is walking and cycling only. Head up Langthorne Road and over the Central Line and the A12. There's a good view into central London from the bridge with the Olympic Velodrome in the foreground.
- 7) Once over the bridge those walking can take the first left into Trelawn Road. People on cycles take the second left (Grove Green Road) and left at the lights onto High Road Leyton. At the end of Trelawn Road/ Maud Road is a zebra crossing and the location of the 'hit and run' death of Cornelius Cardew.



View from Langthorne Road bridge

Cornelius Cardew

Cornelius Cardew was a music composer and political activist born in 1936 who lived in Leyton. He was a highly respected musician training at the Royal Academy of Music, working with composers such as Pierre Boulez and Karlheinz Stockhausen and producing his own pieces. Cardew then began experimenting with music including accompanying graphic scores and left wing politics becoming a central member of the Communist Party of Great Britain. He became more and more interested in socialist politics and moved to Leyton to be nearer to Ford's factories at Dagenham.

He was killed in a 'hit and run' after walking back from Stratford Station on 13 December 1981. Neither the driver or vehicle were ever identified. Conspiracy theorists think his political beliefs and activism were potentially the motive behind his death.

- 8) We now cross High Road Leyton into Maud Road. Follow Maud Road round the corner to the right and onto Ruckholt Road onto the footpath/ cycle track on the left.
- 9) Cross the road at the two zebra crossings and head up York Road by the side of the Bike Shack.
- 10) Continue straight until you get to Coronation Gardens (contraflow/ two-way cycling is possible on the last section of York Road). If the gardens are open you can walk or cycle through to Windsor Road. If not turn right into Lytton Road (contraflow cycling permitted) and into Buckingham Road. You can't miss the football stadium, Brisbane Road, the home of Leyton Orient Football Club.

Leyton Orient Football Club

The O's, our only football league club are currently in League Two. They were the first football club to sign up on mass for the First World War with 41 staff joining the 17th Battalion Middlesex Regiment (the Football Battalion). Three of the players gave their lives for their country during the Battle of the Somme with many more injured.

Coronation Gardens and the High Road

The park is a great place to go, play on the swings or relax near the bandstand. A new addition to the park is a statue of Laurie Cunningham, a former Leyton Orient striker and one of the first black footballers to play for England.



■ Laurie Cunningham

What to do afterwards?

If you're hungry or thirsty head back onto the bright and vibrant High Road Leyton and visit one of the shops or cafes or the Leyton Technical.

----- end of route -----

Route length: 2.5 miles

Murder and the Orient

Start point of route

Leyton Midland Road

Leytonstone Station

End point of route

Leyton Orient Football Club

Leytonstone High Road London Overground



Sir Alfred Hitchcock

St Patrick's RC Cemetery

Cornelius Cardew

Leyton

Key

-  Cycling
-  Walking



Planes, Bikes and Automobiles



This walking and cycling route explores the lives of three famous sons who influenced transport in the country. A.V. Roe who piloted the first UK powered flight, Frederick Bremer the inventor of the first internal combustion engine car and John Kemp Starley, the inventor of the modern bicycle.

The walk begins near Lea Valley and ends in Walthamstow Village, near Walthamstow Central Station.

	Walking	Cycling
Distance	4 miles	
Time	1 hour 30 minutes	30 to 40 minutes
Conditions	Mostly on footway	Mostly on quiet roads or segregated cycle tracks

	Walking	Cycling
Public Transport	The start of this route can be easily accessed by public transport. The 48, 55, 56, N38, and N55 bus services stop near to the start. The end of the route is a short walk from Walthamstow Central Station (Victoria Line and London Overground).	

Lea Bridge Road area

This route starts at Lea Bridge Station. The station reopened in spring 2016 with services to Stratford and Tottenham Hale, and is built on the footprint of the former station closed as part of Beeching's restructuring of the railways in the 1980s.

On the western side of the railway line is the industrial area of Rigg Approach, the former location of Lea Bridge Stadium which was home to Speedway and Clapton (now Leyton) Orient during the 1930s and 40s.

- 1) If you're cycling you need to be on the westbound side of Lea Bridge Road (heading towards Hackney). You can use the cycle track on the footway all the way.

The Ancient Lammas Lands

On the left is Lammas Road which gets its name from the ancient Lammas Lands of Leyton. The Lammas Lands were open land on the marsh used for agriculture. Lammas Day (or loaf-day) was 1 August which celebrated the harvest.



Traditionally a loaf made from the new harvest was taken to mass at church. From this day people were able to access common land on Leyton Marshes nearby and graze cattle from August until the following April.

- 2) To continue our journey, head west along Lea Bridge Road until you come to the Lee Valley Ice Centre. There is a crossing just past it that less confident cyclists can use.
- 3) As you walk into the Ice Centre car park a path can be found to the left of the building (with Lea Bridge Road behind you). The stone path continues up the side of the Ice Centre onto the Walthamstow Marsh Nature Reserve.
- 4) You will walk for about 5 minutes on this path until you come to a railway bridge that passes over you and the River Lea. On your way to the bridge look in the field to the right and you might be able to see Bomb Crater Pond made by a V2 Rocket which landed here during the Second World War in February 1945.

A.V Roe

The bridge was built by the Great Eastern Railway Company around the 1880s, and carried their line north out of Liverpool Street via Clapton Station and over the River Lea to link with the existing Lea Valley Line and the Chingford Branch.

On the arches of the bridge you will find a blue plaque commemorating the first all British powered flights completed by A.V. Roe (1877-1958) in 1909. Roe's 'Yellow Terror' tri-plane was assembled under the arches and flew a historic 900 feet across the Walthamstow Marsh.

Walthamstow Marshes

As you head further north across the marsh keep an eye out for wildlife. The marsh, one of the last in greater London and a Site of Special Scientific Interest (SSSI), is home to Adders Tongue Fern, Reed Warblers, Herons, Kestrels and grazing cattle.

- 5) When you reach the top of the path it bends to the right. Follow the path round and under the infamous 'headdown bridge'. You will come into a small car park and continue out of the car park onto Coppermill Lane.
- 6) Continue straight along Coppermill Lane, you will see reservoirs on your left.

Walthamstow Wetlands

The reservoirs are soon to be part of the Walthamstow Wetlands Nature Reserve which will open in 2017. The Wetlands will be an urban wetland nature reserve and centre for learning, as well as the largest in London. Our birds can't wait until then, so keep an eye out as you go past for locals and more exotic migrating species.

- 7) Continue along Coppermill Lane past the Coppermill Pub and after a few minutes you will come to St James Street and the start of the High Street in front of you.
- 8) People cycling have a decision to make here – you can either walk with your bike up the High Street and browse through the many market stalls, or turn right into St James' Street. Choose 9a for walking and 9b for cycling.

Walthamstow Market

Walthamstow Market is, at approximately 1km in length, the longest market in Europe. The market dates back to 1885 when the street market began as Marsh Street, a rural lane, which was transformed into the High Street of the new Victorian urban centre of Walthamstow.

9a) Walking

Continue up the High Street until you get to Willow Walk. Turn right here and walk along Willow Walk until you get to the junction with Selborne Road/ Cranbrook Mews under the railway bridge. Cross the road and go under the bridge using the pedestrian underpass and left into Gosport Road.

9b) Cycling

Turn right into St James Street and cycle past the train station (under a rail bridge). The road turns a corner to the left. Follow it round and go straight on at the roundabout. Take the second turn on the right onto Gosport Road.

10) Once in Gosport Road turn left into Exmouth Road and continue along the road with the Walthamstow Cemetery on your right. At the end of Exmouth Road the road goes round to the right, through a fire gate and becomes Edinburgh Road. Take the second left onto Albert Road.

11) Once in Albert Road, the third road on the right is Connaught Road and the first house on the right (number 1) was the home of Frederick Bremer.

Frederick Bremer

Frederick Bremer was born in Stepney in 1872 and lived in Walthamstow until his death in 1941. Bremer was a gas-fitter and plumber by trade, but is remembered for building (with assistant Tom Bates) the first British four-wheeled motor car with an internal combustion engine, in 1892, taking his invention onto the roads of Walthamstow.



Frederick Bremer

In 1933, Bremer donated his car to the Vestry House Museum, where it can still be seen. In 1965 the Bremer Car completed the London to Brighton Veteran Car Run as car number one. Bremer died in 1941 and is buried at St Mary's Church in Walthamstow along with his wife Annie.

12) Continue along Albert Road until you get to Hoe Street. Cross into Third Avenue or go down to the crossing into Orford Road.

13) Once in Orford Road walk through the new part-pedestrianised area and follow the road round the bend to the left. Round the corner you will see the Nags Head pub on your right and further up on the corner Ancient House.

The Nags Head

The Nags Head is a locally listed building and was built in 1857 by Francis Wragg as a replacement for the original village inn which stood on the corner of Orford Road and Church End. Wragg ran the local stagecoach service to London and also built the adjacent coach houses for his use.

Ancient House

The original 15th century timber-framed building was allowed to fall into a state of disrepair and at one time it was used as a bicycle shop, it was restored in 1934. On the side of the bow window (added at a later date) a piece of the old wattle and daub walls is visible behind glass. The footway has also been cut away to show the original ground level and to show how much it has risen in nearly six centuries.

- 14) Straight ahead of you is an entrance to St Mary's Church. Walk through the entrance and continue straight along the path.

St Mary's Church

The original St Mary's Church was a Norman Church built in the 12th century. The Church was expanded in the 13th, 14th and 15th centuries and further still in the 18th and 19th centuries meaning the original structure has been superceded. The church was significantly damaged during the Second World War.

On your right you will see Vinegar Alley, which was given its name due to the fact it had trenches of vinegar running down its side during the middle ages. Vinegar was thought to protect people from the plague and part of the churchyard was used as a burial ground for victims.

- 15) Once you make your way through the graveyard turn left onto Church Hill.

John Kemp Starley

Church Hill was the birthplace of John Starley Kemp. John is one of our less famous sons but should arguably be remembered along with Frederick Bremer and Alfred Hitchcock.

John lived in Walthamstow until he was 15 when he moved to Coventry, where he began producing the Rover Safety Bicycle – a rear wheel drive, chain driven cycle with similar sized wheels which 'set the fashion to the world'. It was the first mainstream



■ John Kemp Starley

mass produced cycle and the design of his cycle has been used ever since as the template for normal bicycles. John died in 1901 but not before the now Rover Bicycle Company made the UK's first electric car in 1888.

Soon After John's death in 1901 the Rover group began manufacturing motorcycles, then cars and grew into the successful Rover Group making other British global brands such as the Land Rover.

What to do afterwards?

Why not go for a wander around Walthamstow Village, or head back to the market? Vestry House Museum (which you passed in Orford Road) is a great place to spend a few hours learning more about the local history – it even has a model of Bremer's car! You can take your first left, Folkestone Road to get back to Orford Road and Vestry House or go straight down Church Hill to head back to the town centre and visit the Market.

----- end of route -----

Route length: 4 miles

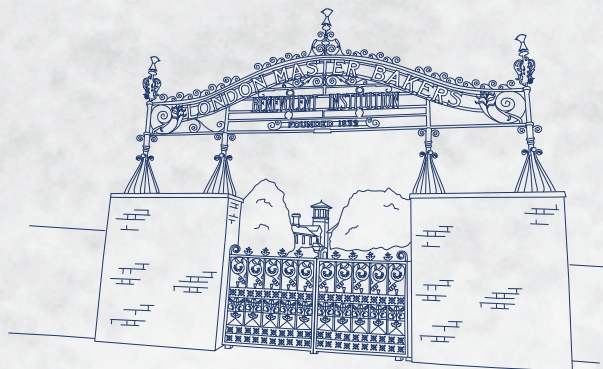
Planes, Bikes and Automobiles



Key

- Cycling
- Walking

Swimmers, Bakers and Olympic Games Makers



This route takes in the edge of Epping Forest then travels through the heart of the borough along Lea Bridge Road and its borders into Queen Elizabeth Olympic Park. It can be combined with a trip into Lee Valley Park or Queen Elizabeth Olympic Park. Details of walking and cycling routes in both parks can be found in the introduction.

	Walking	Cycling
Distance	4 miles	
Travel time	1 hour 30 mins	20 mins
Conditions	On footways. Where main roads have to be crossed the route uses zebra or pedestrian crossings.	Mostly on quiet roads or segregated (protected) cycle tracks, although there is some cycling on main road.

	Walking	Cycling
Special Information	<p>The section along Lea Bridge Road after the Bakers Alms Houses is quite long (20 minutes) and served by a number of buses which can be used to shorten route.</p> <p>Whilst in the Lea Valley Park access to public transport is limited.</p>	<p>Lea Bridge Road is quite busy and can be intimidating for less confident cyclists where you have to mix with traffic.</p> <p>You can walk this section in about 20 mins.</p>
Public transport	<p>The start of this route can be easily accessed by public transport. The 257 from Stratford or Walthamstow Central serves the start (James Lane Stop) or you can get within 1 min walk of the start via the W15 (Hackney-Higham Hill) or W19 (Walthamstow-Ilford).</p> <p>The 308 (Clapton to Leytonstone) and W15 bus services can be caught from Ruckholt Road/ Eastway. Further public transport options are available in Queen Elizabeth Olympic Park and at Stratford Station including the new service to Lea Bridge Station.</p>	

This walking and cycling route begins on the border between the borough and Epping Forest at Hollow Pond. You can meet people here in the café or wait on a bench by the water.

Hollow Pond

The pond was formed from gravel pits created when gravel was extracted out of the forest land to use for road building. This ceased in 1878 and what was left was a series of water filled pits on marshy land.

In 1905 an army of unemployed labourers were specially recruited by Leyton District Council and Epping Forest Committee to expand the lake.

- 1) Turn right out of Hollow Pond and walk or cycle along Whipps Cross Road along the shared path
- 2) Walk or cycle up Whipps Cross Road with Hollow Pond on your right. When you get to the zebra crossing use it to cross over and then cross over the Hospital Road junction.



■ Hollow Ponds, Leytonstone

Whipps Cross Hospital

Whipps Cross Hospital was built on the site of the former Forest House with the original intention of building a workhouse. The infirmary on the site was completed in 1903 in the style of a northern renaissance Town Hall. During World War 1 the hospital was used to treat wounded troops.

- 3) Continue towards Whipps Cross junction.

Whipps Cross

Whipps Cross got its name from a way(road)side cross erected by the family of 'John Phypps', becoming known as Phips, and later Whipps Cross due to the way local people pronounced it. Wayside crosses were introduced at important junctions and were used by people to navigate, they were also local religious icons.

The War Memorial

The War Memorial found on your left commemorates those from the 7th Battalion Essex Regiment and other local regiments who gave their lives in the First and Second World Wars. The memorial which was originally located in Church Hill and moved here in the 1950s bears the powerful message:

“We are the dead. To you with failing hands,
we throw the torch; be yours to hold it high.”

Whipps Cross Lido

On your right behind the trees is the site of the former Whipps Cross Lido, opened in 1905 and known locally as the Batho.

It became known for being muddy and unhygienic and was replaced in 1932 with a new open air swimming pool fed by an underground spring.

Further problems with water quality meant a decision was made to close it and in 1983 the site was returned to forest land.

- 4) Follow the road round the corner to the left and you are on Lea Bridge Road. In about 50 metres you will see a crossing you can use to get across the road. Cross the footway into Ragland Road.
- 5) Continue all the way along Raglan Road and over the mini-roundabout into Shernall Street then keep left continuing along Shernall Street until the end. Turn right into Grove Road.

James Hilton

The first road on your left is College Road. Halfway down on your right is no.16, the home of James Hilton 1900 – 1954. The noted author and scriptwriter lived here from 1906 – 1921, and as a boy attended Sir George Monoux Grammar School. His most memorable works include Goodbye Mr Chips, Lost Horizon and Random Harvest.

- 6) Go back onto Grove Road and continue west. Two roads up on your left, on the corner of Fraser Road is Waltham Forest Register Office.

Waltham Forest Register Office

The Waltham Forest Register Office or The Old Vicarage is a locally listed building. It was erected in 1883 to designs by Habershon & Fawckner as the original Vicarage to St Stephen's Church which stood nearby. It was converted to a Register Office in 1924.

- 7) Continue along Grove Road, past the shops and cafes and then turn left into Pembroke Road. Turn left at the end into Clarendon Road then right into Copeland Road.

- 8) Follow Copeland Road to the end and turn right into Lea Bridge Road. Less confident cyclists might want to walk the next section.
- 9) Continue along Lea Bridge Road until you get to Bakers Arms junction.
- 10) Cross the junction and on your right (in 100m) you will see the Bakers Arms Almshouses.

Bakers Arms and the Almshouses

The Bakers Arms junction is named after a pub that stood on the corner for a century until replaced by a gambling shop. It is a bustling shopping area and an important public transport interchange.

The Almshouses were built in 1866 by the Master Bakers' Benevolent Institution for former bakers or their widows who had fallen into hard times. The 52 alms houses were built on three sides of a square, with turrets at the angles, in the Italianate style by the architect Thomas Edward Knightley.

The houses were damaged by a Zeppelin Bomber during the First World War and in the 60s they were almost compulsorily purchased by the Greater London Council for a road widening scheme. The last baker left in the seventies and after the houses were saved from demolition, due to their architectural merit, the Council converted them to flats.

- 11) Continue down Lea Bridge Road towards Hackney. You will see a railway bridge in front of you with 'Bakers Arms' written on it. Take the first left, Bickley Road.
- 12) At the bottom of Bickley Road turn right into Capworth Street then your third left into Clyde Place.

Jack Cornwell

John Travers or Jack Cornwell was born in Clyde Cottage which stood in Clyde Place on 8 January 1900. He was from a military family and with siblings abroad fighting enlisted in the Royal Navy at 15 without his father's knowledge. He trained as a 'gun sighter' and joined the HMS Chester.

In 1916 at the Battle of Jutland HMS Chester was scouting for the 3rd Battlecruiser Squadron when they came under attack from four German battleships. The gun Jack was on was hit several times and the entire gun crew were injured or fatally wounded. Jack continued his job whilst severely wounded. The ship retired to Immingham and Jack was sent to Grimsby Hospital for treatment. He sadly died on 2 June 1916 before his mother arrived at the hospital.

Jack was posthumously recommended for a Victoria Cross which was endorsed by King George V, making him the youngest naval officer to be awarded a Victoria Cross in WW1.

To commemorate Jack, Waltham Forest Council unveiled a permanent tribute in Coronation Gardens in May 2016, and renamed Skeltons Lane Park as Jack Cornwall Park in June 2016.

“It is not wealth or ancestry but honourable conduct and a noble disposition that maketh men great.”



■ Jack Cornwell

- 13) Turn back towards Capworth Street, turning left into Capworth Street then right into Manor Road.
- 14) At the end of Manor Road turn left into Lea Bridge Road and about 250m on your left you will find Lea Bridge Library.

Lea Bridge Library

Formally known as Carnegie Library it is a Grade II listed building, designed by W Jacques and erected in 1905. It was funded by Andrew Carnegie, the Scottish born philanthropist and steel magnate from Pittsburg, Pennsylvania.

- 15) Continue down Lea Bridge Road until you reach the junction with Church Road/ Markhouse Road.

Savoy Cinema

The Savoy Cinema, on the corner of Lea Bridge Road/ Church Road was built for Hyman Cohen as a cine/ variety theatre. It was designed by noted cinema architect George Coles as a slightly smaller version of his Broadway Cinema in Stratford, East London. It was then used as a Bingo Hall and is now a church.

- 16) Carry on down the hill towards Hackney – using the bus lane if you are cycling.

Dagenham Brook

Just after the pedestrian crossing you will see a brick wall either side of the road. Dagenham Brook, one of London's lost rivers runs under the road here. The river is going to be opened back up to view as part of the Council's Enjoy Waltham Forest programme for Lea Bridge Road.

- 17) Keep walking or cycling down Lea Bridge Road, behind the Hare and Hounds pub on your left you might be able to make out the former Leyton F.C. football ground.

- 18) Continue for 5 minutes walking/ 1 min cycling and you will come to the junction with Orient Way. On the approach you can use the shared cycle footway on the left.
- 19) Go left at the junction onto Orient Way. There is a footway and segregated two-way cycle track along the whole road and when you get to Marsh Lane (the Entrance to Leyton Jubilee Park) you can take a path through the trees which runs parallel to Orient Way.
- 20) When you get to the bottom of Orient Way and over the roundabout you will get to the junction with Ruckholt Road. If you're walking – cross to the right over Orient Way then cross Ruckholt Road. If you're cycling – continue just around the corner to the left and use the cycle only signalised crossing to turn right.
- 21) Go over the walking/ cycling bridge then straight over Temple Mill Lane. The nearest entrance to the Queen Elizabeth Olympic Park is on the corner.



Bakers Alms House

Queen Elizabeth Olympic Park

In 2012, our corner of east London was placed firmly on the world map with London Olympic Games. For three weeks the worlds sporting greats competed in athletics, swimming, cycling, basketball and hockey at venues built on the former industrial land between Leyton, Stratford and Hackney Wick. The Queen Elizabeth Olympic Park world class sporting, leisure venues and parkland are now open to the public. There are also a number of cafes, shops and restaurants throughout the park meaning you can extend your walk or cycle and explore the park.

The gateway on the corner takes you towards the tennis and hockey centres. You can then cross the A12 link to the Velodrome and into the park to explore.

What to do afterwards?

After you've visited the park you can make your way back to Waltham Forest going back the way you came, or head over the Temple Mills Bridge into Leyton, alternatively take the Lea Valley path or the River Lee towpath.

----- end of route -----

Route length: 4.8 miles

Swimmers, Bakers and Olympic Games Makers



Start point of route

End point of route

Arts and Crafts



This walking and cycling route begins at Walthamstow Central Station. It can be easily made into a day out by spending time in the museums, shops, restaurants or pubs along the way. Most of the places of interest are open by about 10.30am/ 11am at weekends. We'll leave the planning up to you but have provided links to some of the places of interest along the way.

	Walking	Cycling
Distance	3.5 miles	
Time	1 hour	20 to 25 minutes
Conditions	Mostly on footways on quiet roads. The section to/ from St Mary's Church and the Town Hall has one hill.	Mostly on quiet roads with short sections on main roads with cycle lanes. The section to/ from St Mary's Church and the Town Hall has one hill.

	Walking	Cycling
Special Information	The route is pretty easy going and mostly on quiet roads. The two sections on main roads are busy but involve only travelling straight or turning left so shouldn't be too difficult for most cyclists. Alternative quiet routes are provided where possible.	
Public transport	The start of this route can be easily accessed by public transport. Selborne Road is next to Walthamstow Central Station, served by the Victoria Line, London Overground and numerous local bus services.	

The route starts in Selborne Road next to Town Square Gardens and Walthamstow Central Station.

- 1) Head east along Selborne Road and straight over the junction with Hoe Street, down the ramp/ stairs into St Mary Road.
- 2) Continue along St Mary Road and take your first right onto West Avenue and over the bridge.
- 3) At the end of West Avenue turn left into Orford Road.



Wall mural on West Avenue Bridge, by Wood Street Walls

Shopping

If vintage shopping is your thing, once you've made your way past the shops you might want to make a detour into Beulah Road too. On Saturday the Beulah Road Market is held here between 11am and 4pm.

- 4) Follow Orford Road round the corner to the left and take the first right into Summit Road. Go to the end of the cul-de sac and through the gate into the Ravenswood Industrial Estate. If the gate isn't open head back the way you came, turn left down Beulah Road and left again into Addison Road. Follow Addison Road to the end, turn left into Shernhall Street, then immediately into Ravenswood Estate.

Ravenswood Industrial Estate

Ravenswood Industrial Estate is the unlikely home of Wildcard Brewery, Mothers Ruin Gin Palace and the legendary Gods Own Junkyard. Gods Own Junkyard, a fantasy world of neon signs, film props and fairground lighting has a cult status in the UK and throughout the world. The signs, made by the late Chris Bracey feature in films such as Batman. Look out for street art by Dave Bonsai and French artist Koralie, which are recent additions to the unique place.



■ Gods Own Junk Yard

- 5) Once you've had a look around head back into Summit Road and turn right into Orford Road. On your right as you head up Orford Road you will see the Nags Head Pub.

The Nags Head

The pub, a locally listed building, was erected in 1857 by Francis Wragg as a replacement for the original village inn which stood on the corner of Orford Road and Church End. Wragg ran the local stagecoach service to London and also built the adjacent coach houses for his use.

- 6) At the end of the road you will see St Mary's Church. Follow the path through the Churchyard and out into Church Hill. Head straight up Church Hill and at the junction continue straight ahead into The Drive.
- 7) At the end turn left, then immediately right into Hurst Road, and down the hill to the junction with Forest Road. Less confident cyclists might want to walk this section. Turn right into Forest Road.

Waltham Forest Town Hall

On your left is Waltham Forest Town Hall. The building, built in 1941, is an example of stripped classical 20th century architecture designed by Philip Dalton Hepworth, made of Portland stone and influenced by Swedish buildings of the interwar period.



■ Waltham Forest Town Hall

Walthamstow Art College

The next building on the left is Waltham Forest College, formally Walthamstow Art College. Erected in 1938 as the South West Essex Technical College, Walthamstow Art School has contributed to the careers of numerous local talents. Former pupils include Marion Foale and Sally Tuffin founders of swinging 60s fashion label of Tuffin and Foale. The cultural icon Ian Dury, front man of his band the Blockheads and filmmakers Ken Russell and Peter Greenaway were all taught at the college by another British institution – pop artist Peter Blake.

- 8) Head back past the Town Hall and turn left up Hurst Road. At the top turn right into Seaford Road, then at the end turn left into Howard Road. Take the shared path between numbers 71 and 73 and into Aubrey Road. Turn left into Aubrey Road then right into Milton Road.
- 9) At the end of Milton Road turn right into Hoe Street and continue up Hoe Street towards The Bell junction. Cyclists should turn right into Brown's Road then join Hoe Street. Less confident cyclists might want to cross into Ruby Road to get to William Morris Gallery here and avoid The Bell junction and the short section of Forest Road.

Street Art on Hoe Street

Hoe Street is a busy road so less confident cyclists might want to walk. To be honest, all cyclists might want to walk this bit to take in the views, as this part of Hoe Street has become a home for world class street art. Installations can be found by Carne Griffiths in Jewel Road (second road on left) and by Irony and Boe on the Dragon Inn back on Hoe Street on the right. A further 5-10 minute walk or 2 mins cycle you will come to the Bell junction. There's work by Dale Grimshaw, Mr Cenz, Teddy Baden and Static on walls of the buildings around the junction.

- 10) At The Bell junction turn left into Forest Road. Further up the road you will come to a zebra crossing. The award winning William Morris Gallery can be found on the right set in the delightful Lloyd Park.



■ Lloyd Park

William Morris and the Gallery

William Morris, founder of the Arts and Crafts movement was born in the borough and lived in nearby Elm House then the grander Water House which is now the home of the museum. The William Morris Gallery is the only public gallery devoted to the life and legacy of William Morris – designer, craftsman and socialist. The Gallery is open Wednesday to Sunday, 10am to 5pm, Bank Holidays, and free to enter.

What to do afterwards?

Once you've finished at the museum turn right out of the gates along Forest Road then take the second left into Jewel Road. The easiest way if you're walking is to stay on the righthand side, cross over the first side road (Winns Terrace) then use the zebra crossing to get over Forest Road.

Go all the way to the end of Jewel Road and turn right back on to Hoe Street. You can stop for a well-earned drink and something to eat at one of the many cafes or pubs, or follow the road down towards the town centre and back to the station.

----- end of route -----



Arts and Crafts

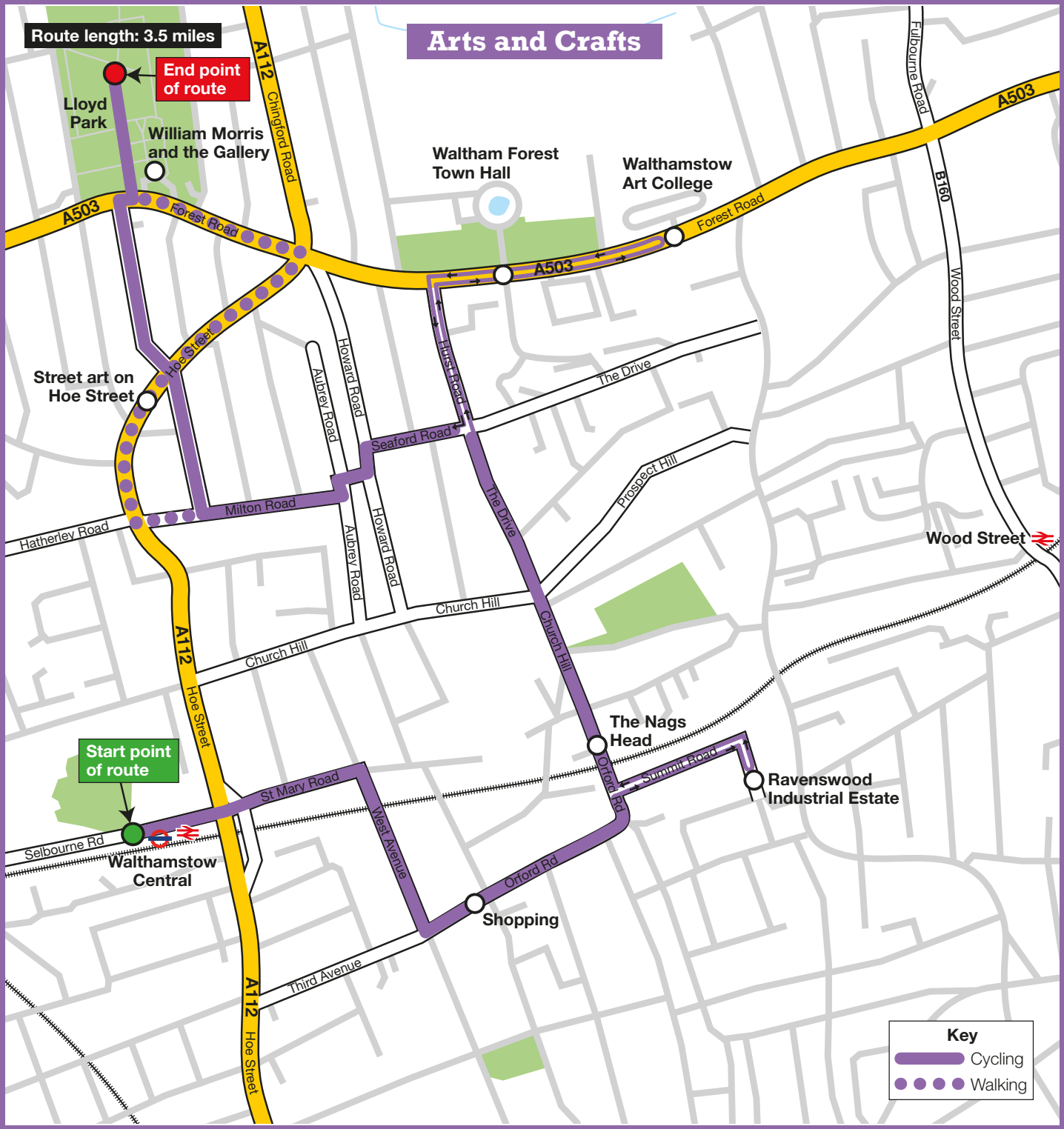
Route length: 3.5 miles

End point of route

Start point of route

Key

-  Cycling
-  Walking



A Wander Down the Hill



This walk is best done on Saturdays when the Old Church at Chingford and the cemetery is open. It's also worth checking out whether a market is planned in either Chingford or Highams Park and what is on at nearby Epping Forest.

	Walking	Cycling
Distance	4.5 miles	
Travel time	1 hour 30 minutes	30 minutes
Conditions	Mostly on footways on quiet roads.	Mostly on quiet roads with short sections on main roads with cycle lanes.
Public transport	The walk starts at Chingford Station which can be reached by London Overground from London Liverpool Street (via St James Street), Walthamstow Central and Highams Park Station.	



■ Station Road, Chingford

- 1) Head out of the station car park and turn to your left. Make your way along Station Road up the hill.

Station Road

Station Road has shops and cafes to visit to prepare you for your journey down the hill into Highams Park. There is also a farmers market and a vintage market on Saturdays throughout the year.

- 2) Once you have passed Barclays Bank you will see Chingford Green and Chingford Library on your right.
- 3) Turn right into the access road in front of the Library then veer left to take the path in front of the library where you join the Green Walk. (Please note cycling isn't allowed along the walk at time of writing).

St Peter and St Pauls Church

On your left is St Peter and St Pauls Church, built in the 1840s to replace All Saints Church which had fallen into a state of disrepair. St Peter and St Pauls was extended in the 1870s in response to the rapidly growing population of Chingford encouraged by the extension of the railway.

- 4) Travel along the Green Walk and turn left into Parkhill Road.
- 5) Go straight over the junction with Kings Head Hill. If you're waiting at the lights look to your right and you get an impressive view over the reservoirs towards Enfield.
- 6) Once in The Ridgeway take your second left onto St Egberts Way which turns into a path. Follow the path all the way to the end.
- 7) At the end of the path turn right onto Endlebury Road then left into Heathcote Grove. Go all the way to the end of Heathcote Grove and into Chingford Mount Cemetery.

Chingford Mount Cemetery

Chingford Mount Cemetery was opened in May 1884, on the site of the house and grounds of wealthy local Caroline Mount and covers an area of about 41.5 acres. It was opened as a sister-site to Abney Park Cemetery, which had opened in 1840 as part of the Magnificent Seven Cemeteries which circled London. It was opened to provide better burial sites for people from the City of London.

Following the collapse of the managing company in the 1970s and plans to build houses on the site, the London Borough of Waltham Forest took over management of the site.



■ Chingford Mount Cemetery

The notorious Kray twins and family and Benjamin Pollock, founder of Pollock's Toy Museum are among those buried in the cemetery. There are also war graves of 137 Commonwealth service personnel of World War I and 182 of World War II.

- 8) Wander through the cemetery making your way to the main entrance located in the south (down the hill). Once out of the cemetery you will find yourself on Chingford Mount Road/ Old Church Road.
- 9) To the right of the entrance use the zebra crossing to cross the road. Walk up the hill, crossing the first side road and on your left you will see All Saints Church.

All Saints

All Saints was the parish church until 1844. The church has Norman origins, although the present building dates from the late 13th century. The tower and porch were added in the 14th century and 16th centuries.

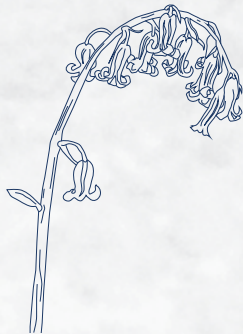
The Church became known as the Green Church in the 19th century due to the amount of ivy growing over it. Later it fell into such a state of disrepair it was abandoned. It was then restored in the 1930s.

The church has been recently restored again and is a great reminder of Chingford's past and the local importance of Chingford Mount.

- 10) Go back the way you came through the cemetery but when you get out the other side take a sharp right down the path.
- 11) Go all the way down the path and into Grove Road. Cross over New Road and follow the path into Larkswood Playing Fields.
- 12) Once in the playing fields take the path to the left through the wood.

Larkswood

Larkswood is a classic ancient woodland with oak and hornbeam trees. There's also an impressive carpet of bluebells in springtime. It's great to have a good explore as you walk or cycle under the thick tree canopy. Once you've navigated through the wood you will find yourself in either Inks Green or Larkshall Road.



- 13) If you're in Inks Green turn left and walk along the road until you get to Ropers Avenue. Turn left into Ropers Avenue then right into Larkshall Road.
- 14) Turn right into Larkshall Road and follow the road down the hill into Highams Park. Once you're in Highams Park you'll find yourself crossing the railway tracks with the Higham Park Signal box on your right.

Higham Park Signal Box

Highams Park Signal Box is a Locally Listed building, erected in 1925 by the London and North Eastern Railway Company and one of the few that survive on the Chingford line today. It was saved from demolition in 2002 it is now leased to the Highams Park Signal Box Association.

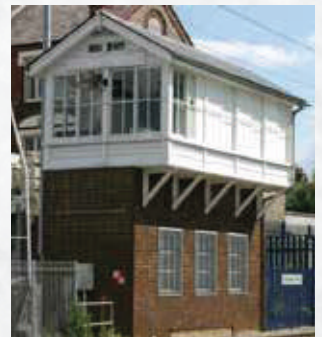
- 15) Go over the railway line and Larkshall Road turns into Hale End Road. You will see a row of shops on the right. The last shop on the corner (no. 499) was the home of Sir George Edwards.

Sir George Edwards 1908 – 2003

The internationally famous aircraft designer, who was responsible for both the Concorde and the Vicker's Viscount, was born here, above his fathers toyshop. As a boy he attended the nearby Selwyn Avenue School.

What to do afterwards?

Once you've had a look at where Sir George was born you can have a look around the shops and places to eat on Hale End Road or head to Highams Park station via the Avenue for services to Liverpool Street, Walthamstow and Chingford.



■ Higham Park Signal Box

----- end of route -----

Route length: 4.0 miles

A wander down the hill

Start point of route



End point of route

Leyton and Leytonstone



This route takes a trail of discovery through Leyton and Leytonstone past the former homes of our borough's celebrities and influential people including Harry Beck, David Bailey and David Beckham.

	Walking	Cycling
Distance	2 miles	
Travel time	30 minutes to 1 hour	20 minutes
Conditions	On footways, mostly on quiet roads	Mostly on quiet roads or segregated cycle tracks. Short sections on busier roads
Public transport	The start of this route is Leyton Midland Road, served by the London Overground Barking-Gospel Oak line and the 69, 97, N26 and W16 bus services.	

We start our journey at Leyton Midland Road Station on High Road Leyton. There are a number of shops nearby where you can grab a drink or a snack before you start.

- 1) Turn right out of the station and right again onto Midland Road, walk up and on your left you will see Wesley Road. Turn left to Wesley Road and approximately 25 metres up on your right you will see No.14.

Harry Beck

It's quite right that we started at a Transport for London Station. Henry Charles Beck (1902-1974) was born at 14 Wesley Road. Harry was a draughtsman for London Underground Signals Office. In his spare time he drew a map of the underground network and presented it to his bosses in 1931.

Unfortunately it wasn't immediately popular and not until after a successful trial in 1932 was it promoted by London Underground the following year.



■ The former home of Harry Beck

He was never officially commissioned to do the work and therefore never paid and in the 1960s amendments were made to it without his involvement including the addition of the Victoria Line.

It wasn't until the 1990s that Harry got the recognition he deserved with a blue plaque here and at Finchley Station near where he lived in his later years. In addition, official versions of the underground map now include 'this diagram is an evolution of the original design conceived in 1931 by Harry Beck' printed on them.

- 2) Continue walking up Wesley Road and turn right at the end onto Leigh Road and then immediately left onto Forest Drive West. The Victorian architecture of Forest Drive West is very typical of the housing stock of central Walthamstow, though larger than most.
- 3) Walk to the end of Forest Drive West and turn right onto Essex Road, go to the end of Essex Road and turn left onto Hainault Road. If you look behind you at this point you can see a great view of the City and the Leytonstone Pentecostal Church. Continue down Hainault Road and turn right onto Woodriffe Road crossing over on the zebra crossing outside Gwyn Jones Primary School.
- 4) Travel all the way down Woodriffe Road and turn right onto Walwood Road. On the opposite side of the road you will see a blue plaque on number 69, the former home of David Bailey.

David Bailey

David Bailey is a world famous photographer. During his illustrious career Bailey is credited along with Terence Donovan and Brian Duffy (collectively known as 'the Black Trinity') of helping create and capture the 'Swinging London' of the 1960s. He captured a number of famous faces in his 'box of pin-ups' of 60s icons including the Beatles, Terence Stamp, Mick Jagger and east end gangsters the Krays.

- 5) Walk along Walwood Road until you get to Fairlop Road.

Fanny Craddock

On the corner of Fairlop Road you will see Fairwood Court where celebrated TV Chef Fanny Craddock was born. In a time when our food tastes were less adventurous Fanny was credited with introducing the nation to exotic 'foreign food' from countries such as France and Italy and inventing the prawn cocktail.

- 6) Carry on down Fairlop Road towards Leytonstone Underground Station. Take your second right, Bulwer Road, then first left, Chelmsford Road. At the end turn right into Fillebrook Road, almost straight in front of you on the left is number 21.

Damon Albarn

Number 21 is the home of our next former resident, namely Damon Albarn. Damon is the singer of the indie pop band Blur. He was born at nearby Whipps Cross Hospital and lived at 21 Fillebrook Road before moving to Colchester with his family. Blur have been performing since the early 1990s selling millions of records and were a pillar of the Britpop movement of the 1990s. Damon has gone on to have both critical and commercial success with a number of other bands including Gorillaz and The Good, The Bad and the Queen.

In 2014, Damon released a solo album called Everyday Robots which is written about his life, including growing up in Leytonstone. It features the song which includes a sample of a Central Line train leaving Leytonstone and children playing in the playground of George Tomlinson Primary School which he attended.

*Chill on the hollow ponds
Set sail by a kid
In the heat wave that hit us all, 1976*

*I felt the percussion
The green man had gone
Half my road was now a motorway, 1991*

*I was by the Black Sea
Two hours in time
Spiny urchins and a new school bell, 1979*

*Changed into lakeside
In January (hollow ponds)
Modern life was sprayed onto a wall in 1993*

*Where the horses and passing trains
A pentangle reveals
In the green woods where you walked with me
Ship on hollow ponds was filled
Up with the dreams we've share on our CDs
Every moment now and everyday
Every moment now and everyday*

Hollow Ponds by Damon Albarn

A Waltham Forest blue plaque was unveiled in October 2014 by Cllr Clyde Loakes. To mark the occasion of his solo album Damon performed secret gigs in the nearby Old Red Lion on Leytonstone High Road (which is about a 10 minute stroll from the end of this walk).

Fillebrook Road

Fillebrook Road is named after the Philly Brook River (one of east London's lost rivers) which ran close to the road until it was piped underground. If you listen carefully on nearby Southwest or Queens Road you can apparently hear the water flowing beneath you.

- 7) Continue right and turn left when you reach Drayton Road, walk a short distance to Grove Green Road and cross over onto the other side using the zebra crossing.
- 8) Turn right towards the bridge, when you walk under the bridge on your left you will see a series of murals dedicated to Stuart Freeborn.

Stuart Freeborn

Stuart Freeborn (5 September 1914– 5 February 2013) was born in Leytonstone and became interested in make-up for theatre and film. He struggled to get into the industry and was 'found' while pulling an elaborate stunt dressing as Ethiopian Emperor Haile Selassie and driving around South London. He was arrested by police but this alerted a studio he had previously contacted for work who then employed him.

He went on to work for Denham Studios working on make-up and hair for Alec Guinness. He is also responsible for the make-up on Stanley Kubricks 2001: A Space Odyssey and Peter Sellars various faces in Dr Strangelove.

He was the make-up supervisor for the Superman films but is most famous for his work on Star Wars. Stuart was responsible for all of the characters including Chewbacca and Yoda (known to be based on himself and Albert Einstein) the Ewoks and the original Jabba the Hutt puppet.



Star Wars Mural

You can get a better view of the mural and a well earned drink from the Heathcote Arms on the other side of the road.

- 9) Once you've had a rest in the Heathcote continue down Grove Green road until you get to Dyers Hall Road (South) on your left where you will see a footbridge over the A12.
- 10) If you're walking go up the steps and over the footbridge, you will come out on Norman Road, turn right and a few doors down on the right you will see no. 155. If you're cycling continue down Grove Green Road, turn left at the Cathall Road junction and cycle over the A12.
- 11) Continue to the first roundabout, turn left into Marchant Road, left again into Mayville Road and at the top of the road turn right into Norman Road. On the left just after the junction with Short Road you will find number 155.

David Beckham

This is the first house of David Beckham, former England Captain and player for Manchester United, Real Madrid, AC Milan, Paris Saint Germain and L.A Galaxy.

- 12) Once you've daydreamed about being David or Victoria walk or cycle back towards the footbridge passing it on your left and take the first right down Woodlands Road.
- 13) Take the first left down Granleigh Road, up ahead you will see Leytonstone High Road station where this journey ends.

What to do afterwards?

If the walk has whet your appetite you can walk a little bit further into Leytonstone for a drink and something to eat at one of the many cafes or pubs.

----- end of route -----

Feel Good Walks

Would you like to join a walking group?

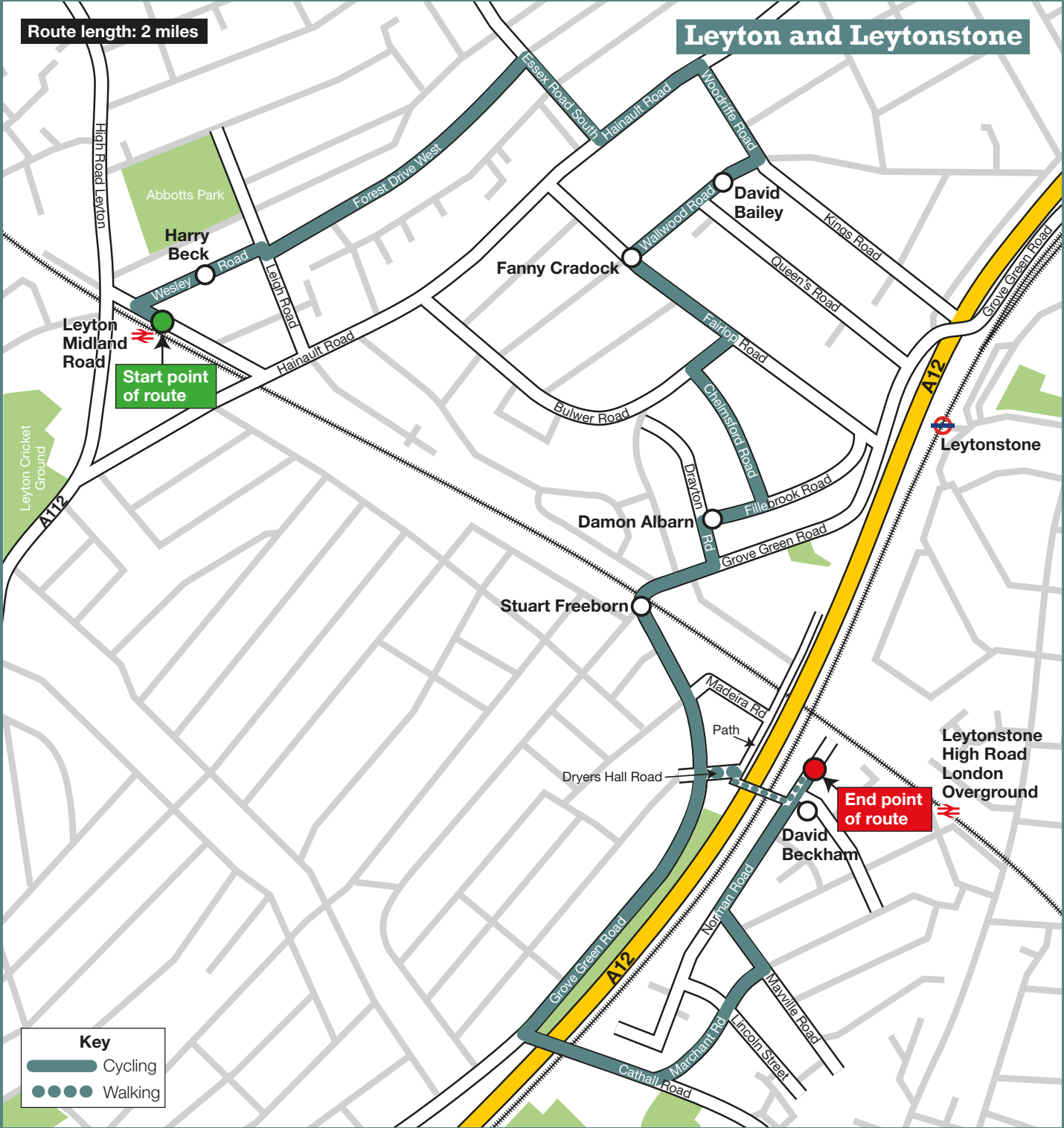
Our Feel Good Walks are suitable for anyone to join and are **FREE**. They provide a great way for people to get out and about, meet new people and explore some of the beautiful green spaces Waltham Forest has to offer.

Walks are led by trained volunteers and take place across the borough with options for shorter and slower-paced walks. To find out more, or to join a walk, please visit the Walking for Health website.



Route length: 2 miles

Leyton and Leytonstone



Start point of route

End point of route

Key

- Cycling
- Walking

Waltham Forest's Industrial Past

This route begins at Highams Park Overground station and takes you on a trail to discover Waltham Forest's fascinating industrial past. Highlights include visiting the sites where the factories once stood for some of Britain's most renowned manufacturers. The route ends at the Vestry House Museum where you can see some of the manufacturer's original collections.

	Walking
Distance	9km
Duration	90 minutes
Conditions	The route is mostly flat with a few uphill roads on even ground.
Public Transport	The route starts at Highams Park Station on the London Overground and ends at the Vestry House Museum. The closet station to the Vestry House Museum is Walthamstow Central which is on the Victoria Line and London Overground. Highams Park Station is on the 212, W16 and 275 bus routes and Walthamstow Central is on the 97, 212, 230, 275, 357, 908, W12, W15 and W19 bus routes.

1) The Elephant & The Tortoise

The route begins at Highams Park Station. Exit the station at the level crossing and turn right onto Larkshall Road. Then head towards Tesco Superstore on Signal Walk.

Outside Tesco you will see the Elephant & The Tortoise steel sculpture standing 4x2m tall commemorating the British Xylonite Halex Factory which stood on this exact site in Highams Park between 1897 and 1971. One of their original trademarks was an etching of an elephant and tortoise walking arm in arm, which the artist used as inspiration for the sculpture. The factory was famous for its production of Xylonite, the first artificially made commercial plastic. They famously manufactured table tennis balls and other items such as combs, toothbrushes, cutlery, and boxes and became one of the largest employers in Waltham Forest.



Elephant & The Tortoise steel sculpture



British Xylonite hat brush.
Image: http://plasticquarian.com/?page_id=14219

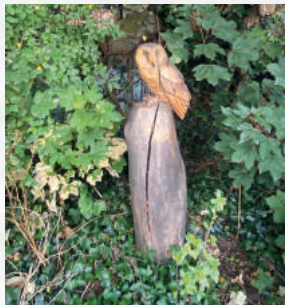
2) Fulbourne Road

Next, take a stroll towards Fulbourne Road to see how its transformed since the 1900s.

From 1908 to 1954, Ensign Camera Factory (known as 'Ensign Works') operated from Fulbourne Road, Walthamstow. By 1949, the company employed around 900 people and claimed to be the biggest camera manufacturers in Europe. In 1939 they introduced the English Ful-Vue box camera, one of the most popular cameras of its time in the UK. The factory was eventually destroyed by enemy bombing during WWII on 24 & 25 September 1940. On the opposite side of the road, the ASEA & Fuller Electric factory stood where ASEA (Great Britain) Ltd and Fuller Electric Ltd manufactured electric motors and transformers from 1919.



Ensign Ful-Vue box camera.
Image: Vestry House Museum



Wooden owl sculpture
(part of the Highams Park Animal
Sculpture Trail) carved from local
trees by Marshall Lambert

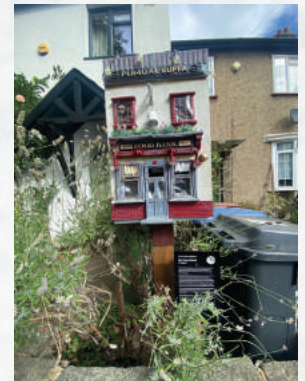
To get to Fulbourne Road, take a right onto Broadway Road and continue straight on Winchester Road. Halfway along Winchester Road you'll see the magnificent owl street art on River Walk and wooden sculpture calved from local trees camouflaging in the bushes. Continue straight on Winchester Road until you reach the short underpass and continue onto Forest View Road. Then turn right onto Queenswood Avenue and left onto Fulbourne Road.

3) Sutherland House

Next, visit Sutherland House which possess a rich history. Britains Toys Ltd was founded by William Britain Jr in 1907. Britains Toys originally operated in Walthamstow from the North Light Building on Stirling Road where they manufactured lead model soldiers and farm and country village sets. Their success led to the purpose-built Sutherland House, which they relocated to in 1958. Sutherland House provided employment in Walthamstow for over 750 people in its premises and a further 3,000 home workers. Today, Sutherland House operates as a business centre, providing affordable office space, workshops, and studios to the local community.



Factory workers in Britains Toy
Factory. Image: Hulton-Deutsch
Collection/CORBIS/Corbis via
Getty Images



One of the mini handmade and 3D
printed community food banks in
Walthamstow created by artist
Sean Rodrigo

Continue walking and take a right onto Brookscroft Road. Continue straight past Brookscroft Park and look out for its community library and then continue straight until you reach St John's Church. Then turn left onto Chingford Road, right onto Bedford Road and continue straight until you reach the entrance to Lloyd Park. Enter Lloyd Park and turn right to walk a half circle of the island, bearing right. Exit the park onto Winns Avenue and look out for the Mini Food Bank Project as you walk past no.172.

Then take a right onto Higham Hill Road, left on Higham Street and a final left onto Sutherland Road. Continue straight until you reach Sutherland House and Blackhorse Workshop, an industrial hub still present in Waltham Forest today.

4) Vestry House Museum

Your final stop is the Vestry House Museum, Waltham Forest's local history museum capturing the unique heritage of the local area. Take a stroll around the exhibits and look out for the Bremer car (the first car with a combustible engine, engineered by Frederick Bremer) and displays on local manufacturers which you have learnt about on this trail including British Xylonite, Ensign Works and Britains Toys Ltd.

To get there, head south on Sutherland Road and take a right onto Higham Street followed by a right onto Higham Hill Road. Then turn right onto Forest Road until you reach Fellowship Square (Waltham Forest Town Hall) and take a right onto Hurst Road. Continue straight onto The Drive and then stroll through St Mary's Church active travel corridor until you reach Vestry Road where you will reach your final stop!



Bremer Car. Image: www.bbc.co.uk / Contributed by Vestry House Museum

FREE CYCLE TRAINING

Would you like to learn how to cycle, or build your confidence cycling?

We offer free cycle training for adults who live, work or study in Waltham Forest. Whether you are a novice, returning to cycling after a break, or an experienced rider wanting to expand your knowledge of the local area, our training partners can help you.

We offer all levels of training including:

- One-to-one or group sessions with an experienced cycle leader, seven days a week, at a location to suit you
- For new commuters, we'll work with you to identify a safe convenient route for you to cycle between home and work
- Way to go online route planning sessions

If you don't have your own cycle, we have a limited number of loan cycles, subject to availability.



Waltham Forest's Industrial Past



A Tale of Three Boroughs

This walking route begins at Wanstead Park in Newham and weaves through Redbridge before ending at Leytonstone in Waltham Forest. Experience some of the quieter streets that have been created as part of the South Leytonstone Low Traffic Neighbourhood before exploring the wonders of Wanstead Flats in Epping Forest. You'll end in the newly created Business Low Emission Neighbourhood (BLEN) in Leytonstone where you'll be able to visit a range of local amenities and businesses.

	Walking
Distance	6km
Duration	60-75 minutes
Conditions	The route is flat however the middle section goes through Wanstead Flats which may be uneven and/or muddy depending on the time of year.
Public Transport	The route starts at Wanstead Park Station and ends at Leytonstone High Road Station which are both on the Gospel Oak to Barking Overground Line. Wanstead Park Station is on the 58, 308 and 330 bus routes and Leytonstone High Road Station is on the 257 and W14 bus routes.



1) Wanstead Park Station

This route begins at Wanstead Park Station. If you arrived via Overground, exit the station onto Woodgrange Road and turn right to begin walking north. After approximately 100m you will reach a pedestrian crossing – cross Woodgrange Road here and turn left into Dames Road.

2) 'Bloomin' Forest Gate'

At the junction of Dames Road and Woodgrange Road you will notice a large, raised flowerbed that is maintained as part of the 'Bloomin' Forest Gate' initiative.



The programme was initiated via the Forest Gate citizens assembly and developed by local residents and partners, with thousands of flower bulbs planted by the Forest Gate Greening and Gardening group, local residents and community groups throughout Forest Gate in parks, raised beds, schools, churchyards, verges and more. Keep your eyes open and see how many different locations you can find them in, and why not take a photo and share the beauty on social media using #Bloominforestgate.

3) Street signs with a connection to Dame Vera Lynn

Turn left into Dames Road and walk past the Forest Gate Learning Zone which offers a range of courses for adults. Ahead of you on your right is Vera Lynn Close. Dame Vera Lynn was born in Thackeray Road, East Ham, in 1917, and to mark the milestone of her 100th birthday in 2017 Newham Council erected new signs in streets with a connection to Dame Vera, including Thackeray Road,

Ladysmith Avenue, and at Dame Vera Lynn Close in Forest Gate, where the unveiling was supported by members of Newham-based G Company 7 Rifles.

4) Bengal Tiger street art

Next, turn left into Bignold Road where the former Forest Glen pub used to be, then right at its junction with Station Road onto Station Road. Continue along Station Road onto Winchelsea Road and into Waltham Forest (but beware of the Bengal Tiger!)



This stretch of Winchelsea Road is home to several bars and cafés including The Wanstead Tap and Burgess and Hall Wines. Why not take a break and relax in the parklet outside!

5) Winchelsea Road Parklet

Turn left into Huddlestone Road opposite the parklet, then right into Odessa Road. Continue along Odessa Road until you reach Cann Hall Road, then turn right. Opposite you will see



Cann Hall Park which features a skate park, a café, and a farmer's market which takes place on Sundays.

6) Cann Hall Park

Continue along Cann Hall Road until you reach the crossroad with Dames Road, Harrow Road and Lakehouse Road. At this point you can either cross Dames Road at the pedestrian crossing and walk straight ahead onto Wanstead Flats, or alternatively take a short detour to The Holly Tree on Dames Road where you can ride on their miniature railway in their garden.

7) The Holly Tree and miniature railway

When you reach Jubilee Pond (and Redbridge) turn right and follow the path around the pond anti-clockwise – keep an eye out for the aquatic plants and wildfowl such as coot, mallard and moorhens.



8) Jubilee Pond

Once you have completed your lap of the pond, turn right towards the car park and follow the track, keeping the car park on your left. Go through the trees to a clearing and keep going straight until you reach a crossroads in the tracks. Keep walking straight

ahead until you reach Lakehouse Road. Cross the road (there is no pedestrian crossing here so be careful of the traffic) and turn right towards the mini-roundabout.

9) Lakehouse Road

At the mini-roundabout bear left, then turn left onto Blake Hall Crescent. Follow the road around and then turn right at the junction with Belgrave Road and then immediately left onto Blake Hall Road. Walk to the bus stop, and immediately behind the bus stop there is an entrance to Bush Wood.

10) Bushwood

From Blake Hall Road a long avenue of trees stretches in an easterly direction towards Leytonstone. This is Evelyn's Avenue, part of the elaborate system of tree-avenues that radiated from the estate of Wanstead House. The remains of secondary avenues, leading off the main one, are also present in Bush Wood and include the remaining specimens of sweet chestnuts that were planted over 300 years ago.

11) Holly trees

Bear left at the fork in the track and continue walking along the path past the holly trees.



12) Clearing of trees

When you arrive at the next crossroads, bear left and walk towards the clearing in the trees.



13) View of the shard

Continue walking straight ahead – if you look closely you'll be able to see The Shard between the trees!



14) Davies Lane Primary School

After approximately 0.5km (5 minutes) you will reach an open expanse of land with a crossroads. Turn right at the crossroads and walk towards Davies Lane (you should be able to see the large buildings of Davies Lane Primary School ahead of you). At this point you are now re-entering Waltham Forest.

15) Drinking Fountains

On your right you will be able to see one of the few surviving drinking fountains provided by the Metropolitan Drinking Fountain and Cattle Trough Association in Leytonstone, constructed of polished red granite. The association itself was established in 1859 by philanthropists Samuel Gurney MP of Ham House and Edward Wakefield to provide free drinking water.

16) Davies Lane rain gardens

Continue walking down Davies Lane, past the new rain gardens which have been introduced as part of the Business Low Emission Neighbourhood 'Green Links' project to provide a nature corridor between Leytonstone High Road and Wanstead Flats.

17) Leytonstone High Road / Town Centre

At the end of Davies Lane, you can either turn right onto Leytonstone High Road into Leytonstone Town Centre or left towards Leytonstone High Road Overground Station. The Station is accessed via the black gates on the right immediately after the 'Leytonstone' railway bridge.

Dr Bike

Free Dr Bike checks for your bike!

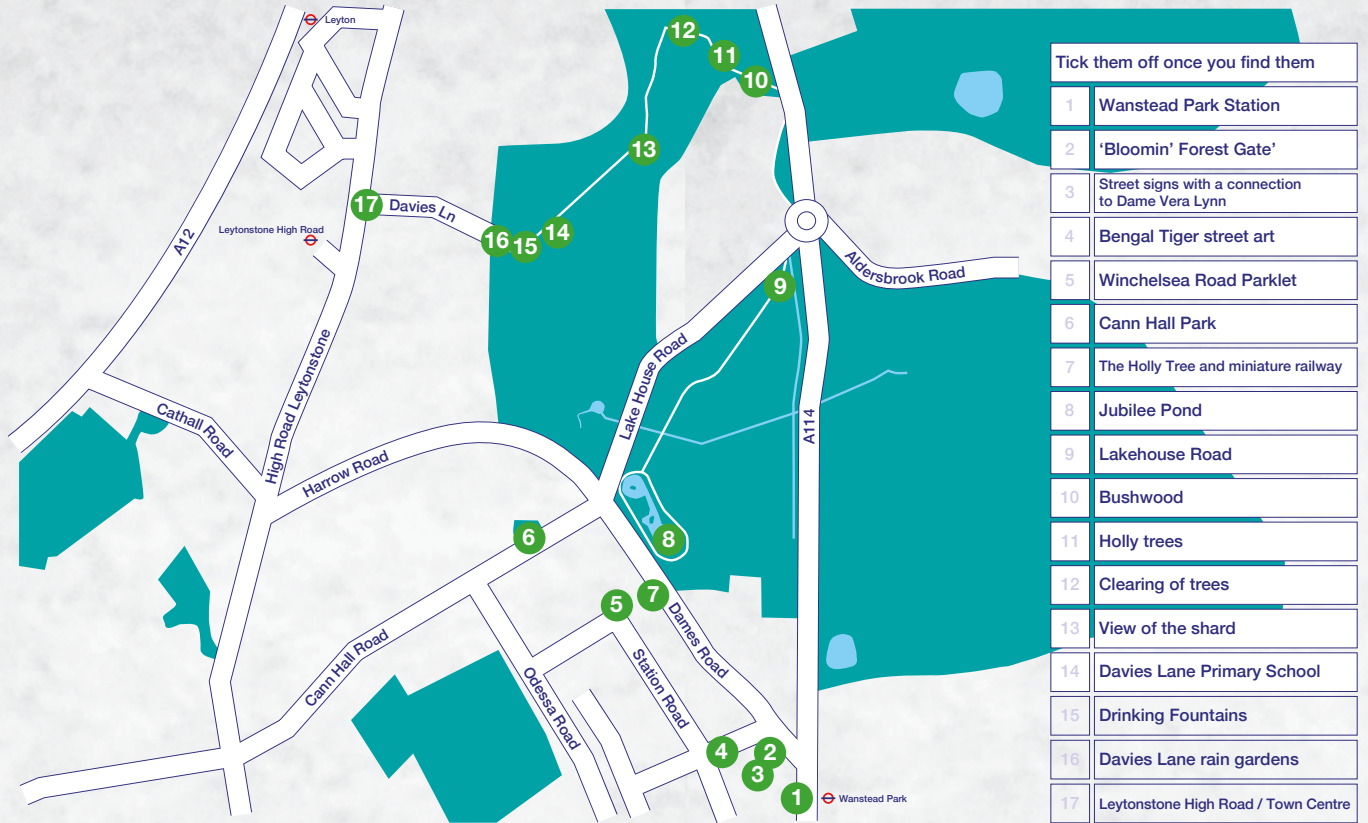
We offer free Dr Bike sessions where our experienced mechanics check everything on your bike from wheels, brakes, gears and tyre pressure to lights, racks, pedals, saddles and more.

They can make any minor adjustments there and then, and anything they can't fix on site they will let you know exactly what needs doing and a rough guide to what it should cost at a bike shop.

Please visit the Cycle Confident website (via the QR code) to find out the dates and locations of our next Dr Bike sessions.



A Tale of Three Boroughs



Wild About Highams Park Animal Sculpture Trail

Discover the 12 animal sculptures carved from local trees by chainsaw carver Marshall Lambert.

	Walking
Distance	9km
Duration	90 - 120 minutes
Conditions	The route is hilly with even ground.
Public Transport	The route begins and ends at Highams Park London Overground Station. Highams Park Station is on the 212, W16 and 275 bus routes.

1) Richmond Crescent

The route begins at Highams Park Station. Exit south onto Hale End Road and take a sharp left onto The Avenue. Then take another left onto Richmond Avenue until you reach the fork in the road where you will see the first sculpture!

2) Abbotts Crescent

Next, bear right along Richmond Crescent until the bend in the road and follow the public footpath on your right through to The Avenue. Then turn left until you reach the corner of Abbotts Crescent where you will find the second sculpture.



3) Larkshall Crescent

Now turn left onto Abbotts Crescent and take a sharp left onto Harman Close. Continue onto The Bramblings footpath, then turn left onto Blackthorne Drive, left onto Hatch Lane and then take a right onto Russets Close via the underpass. Turn left again to stay on Russell Close and left onto Larkshall Road/B160 until you reach Larkshall Crescent. Turn right onto Larkshall Crescent and continue north until you see sculpture three.



4) Ropers Avenue

Take a sharp left to stay on Larkshall crescent and then turn right onto Larkshall Road/B160. Continue until you reach the junction of Ropers Avenue where you will find sculpture four.



5) Aldriche Way

Next, continue on Larkshall Road and turn right onto Selwyn Avenue. Then take a right onto Aldriche Way and continue until you reach sculpture five.



6) River Walk

Head South on Aldriche Way and turn left on Selwyn Avenue. Then turn right onto Haldan Road and slide right onto Winchester Road. Then cross the zebra crossing to River Walk (toward Beech Hall Road) where sculpture six will be on the left.

7) The Hale

Continue down River Walk and turn right onto Beech Hall Road. Then turn left onto Morley Avenue and cross the road. Between the two junctions of The Hale you will find Sculpture seven.

8) Oak Hill Crescent

Now, continue on Morley Road and turn left onto Hale End Road. Then turn right onto Forest Mount Road and turn left onto Oak Hill Close. Then turn left onto Oak Hill Crescent for 60m and sculpture eight will be on the right.

9) Vincent Road

Next, turn left onto Oak Hill Crescent followed by a left onto Oak Hill and then turn right onto Hale End Road. Then take a final right onto Vincent Road and continue straight until you reach sculpture nine.



10) Handsworth Avenue

Head north-west and follow the footpath accessed at gate no.196 until you reach Gordon Avenue. Then turn right onto Falmouth Avenue and continue onto The Charter Road. Then enter The Highams Park and walk towards Humphry's Café. You will see the swan coated Bikehangar and sculpture ten to its left.

11) The Highams Park

Head north along the footpath in front of Humphry's café and bear right. Look out for the additional sculptures next to the playground and turn right onto Henry's Avenue. Then turn right onto Beechwood Drive where you will find sculpture 11.

12) Beechwood Drive

To find your final sculpture, walk towards Henry's Avenue and turn left. Then continue onto Charter Road, slide left onto Falmouth Avenue and turn left onto Handsworth Avenue. Continue until you reach sculpture 12.

13) Highams Park Station

To make your way back to Highams Park station, head north on Handsworth Avenue and turn right onto Hale End Road and then right again into Highams Park Station.



Wild About Highams Park Animal Sculpture Trail



Tick them off once you find them	
1	Richmond Crescent
2	Abbots Crescent
3	Larkshall Crescent
4	Ropers Avenue
5	Aldriche Way
6	River Walk
7	The Hale
8	Oak Hill Crescent
9	Vincent Road
10	Handsworth Avenue
11	The Highams Park
12	Beechwood Drive
13	Highams Park Station

You can download this guide and the individual routes at www.enjoywalthamforest.co.uk/waltham-forest-wanders.

