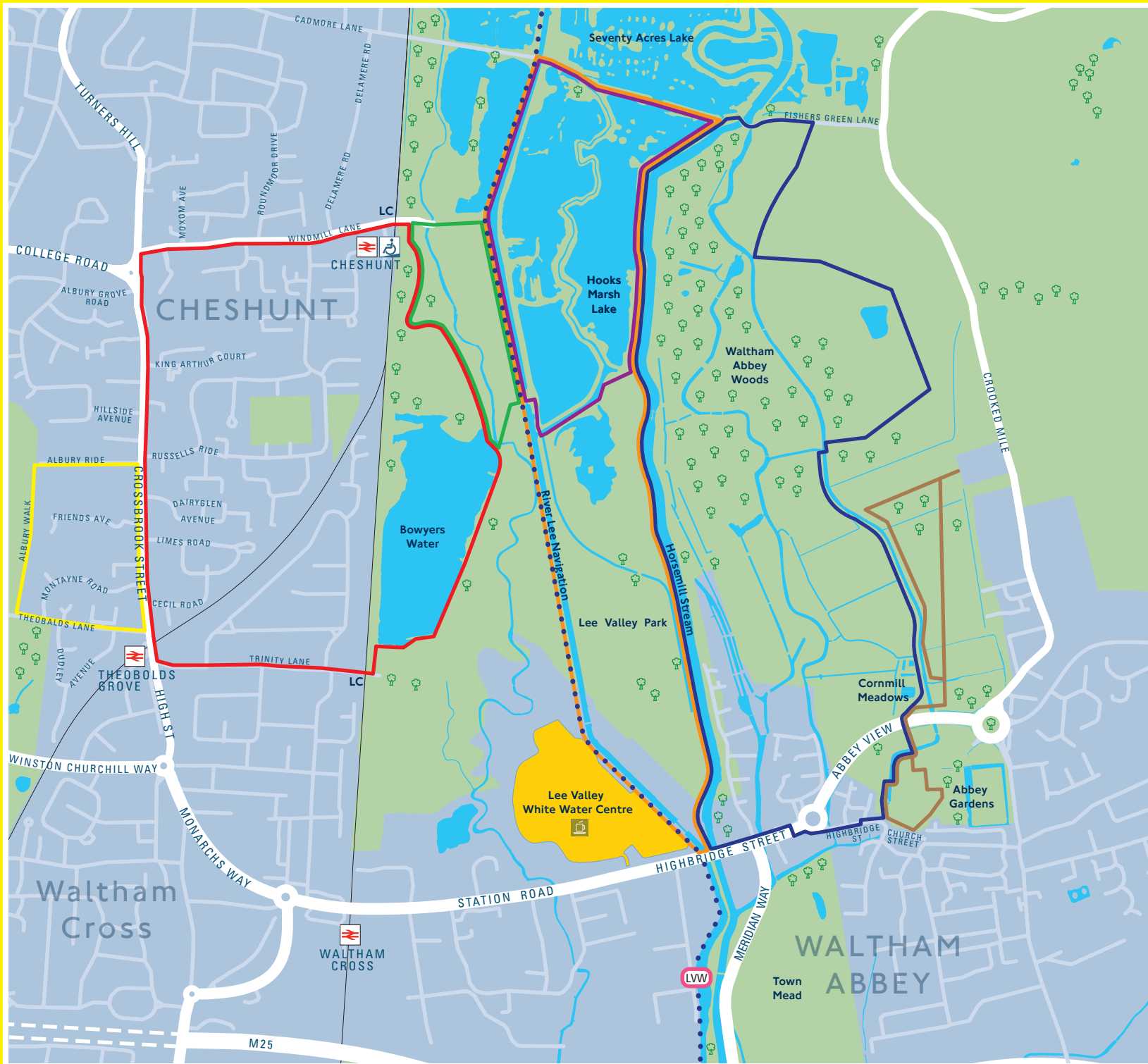











walk 4 life

lee valley



-  **Lea Valley Walk**
-  **Station Alternatives**
2.6 miles / 52 mins
-  **Four Marsh Round**
3.3 miles / 60 mins
-  **Locks and Bridges**
1.8 miles / 36 mins
-  **Quieter Parts**
3.6 miles / 72 mins
-  **Abbey Walk** 1.9 mile / 38 mins
-  **Walk4Life Mile** 1 mile / 20 mins
-  **Walk4Life Mile** 1 mile / 20 mins
-  National Rail station
- LC** Level Crossing

These routes will be subject to change during the London 2012 Olympic and Paralympic Games. Some routes may not be accessible from June to September 2012.

For more walks and
to track your progress visit
www.walk4life.info



Lee Valley

The Lee Valley has seen much industrial activity in the past but now is home to a wide variety of wildlife. The Lee Valley White Water Centre, which will host the Canoe Slalom competition during the London 2012 Olympic Games, is adjacent to a Site of Special Scientific Interest, part of the Lee Valley Special Protection Area. Great care was taking during construction of the site to avoid disturbance to local wildlife.

Seventy Acres Lake

The old gravel pits, now flooded, support large numbers of wintering wildfowl. In spring you may see the mating 'dance' of Great Crested Grebes. Looking north from the footbridge across Seventy Acres Lake you can see the extensive reedbeds created for Bittern and other wildlife. Around the muddy margins you may see Snipe and Lapwing.

Bowyers Water

In May and early June it is worth making a short detour to the north end of Bowyers Water where a boardwalk leads to a colony of Pyramidal and Early Marsh Orchids.

Waltham Abbey Woods

The Alder woodland around the former explosives factory on the side of Horsemill Stream was grown for charcoal for gunpowder, it now provides cover for wildlife. The large mounds to the west were rocket motor test stands, used in the 1950s in developing the Blue Streak missile which was intended as Britain's nuclear deterrent.

Abbey Gardens and Cornmill Meadows

Cornmill Meadows support dragonflies in summer and waders throughout the year. The ponds just north of Abbey View are former fish ponds, from the days when the monks from the nearby Abbey ate fish every Friday. You can get good views to Waltham Abbey Church, next to the remains of the Abbey, allegedly the site of King Harold's grave.

Windmill Lane

Look out for the unusual 'mammilated sarsen' rock mounted in front of one of the offices on the north side of Windmill Lane.

Photos: Lee Valley Regional Park Authority



Kingfisher



Great Crested Grebe



Pyramidal Orchid



Accessibility Information

The Walk4Life Miles, Four Marsh Round and Locks and Bridges walks are all barrier free and have firm, relatively flat surfaces.

Station Alternatives walk has two level crossings with two gates and has firm relatively flat surfaces.

Abbey Walk has uneven surfaces including grass.

Quieter Parts walk has one gate and one stile and has some uneven surfaces including grass.

About this map

The Olympic and Paralympic Games offer an opportunity to inspire everyone across the UK to do something different, including the way we travel.

The London 2012 Active Travel programme aims to build on the opportunities offered by the Games to encourage more walking and cycling in the lead-up to, during and after the Games. It is a UK wide programme jointly delivered by Transport for London, the Olympic Delivery Authority (ODA) and the London Organising Committee of the Olympic and Paralympic Games (LOCOG).

This map is one of a series of 12 that have been delivered as part of the London 2012 Active Travel programme. They carry the London 2012 Inspire mark; a mark of excellence awarded to projects that encourage participation in opportunities inspired by the Games.

The maps have been specially designed to encourage short local walks around the venues that will be used to host the London 2012 Games. Getting around by foot or bike is a great way to incorporate physical activity into busy lives and we hope these maps may inspire you to explore on foot, helping London 2012 meet its aim of delivering a truly sustainable Games.