

explore

Your guide to the wonderful Lee Valley Regional Park



Discover

award winning sport
and leisure sites

Entertain

fabulous events for all

Go wild!

parks, nature, heritage
and gardens



Open spaces and sporting places

www.leevalleypark.org.uk

explore

Welcome to Lee Valley Regional Park

Lee Valley Regional Park has a unique mix of sport and leisure activities, heritage sites, gardens, nature reserves and riverside trails. Stretching over 10,000 acres the Regional Park winds its way 26 miles along the banks of the River Lee from Ware in Hertfordshire, down through Essex, North London and past Olympic Park to East India Dock Basin on the River Thames.

We're easy to reach by cycle, car, bus, train or on foot. So whether you want to walk or ice skate, visit our farms or historic gardens, are on holiday or just out for the day, we hope that you enjoy the many different experiences that the Regional Park has to offer. Bring your friends and family and come and explore, discover and enjoy your Regional Park.

Towards 2012

Lee Valley Regional Park Authority is playing an active part in the London 2012 Olympic and Paralympic Games. The new Broxbourne White Water Canoe Centre, the VeloPark and

Eton Manor Training Centre will all be owned and run by us following the Games in 2012. They'll join our existing facilities including Lee Valley Athletics Centre, Riding Centre and Ice Centre to create a chain of sporting excellence through the Regional Park. Local and regional communities, clubs, schools, people who've never tried sports before as well as elite athletes will use these world class venues.

What's on?

Looking for something to do? There's something for everyone in our events programme with many of our special days completely free! From wildlife weekends to pony rides, guided walks to 10k runs and outdoor theatre to bat nights. Whether you're looking to take the family out for the day or to learn more about your local history and wildlife or watch top sporting action, then check out our 'What's On' guide and visit us at one of our many events.



explore



Showers



Toilets



Disabled toilet



Baby changing facilities



Café



Vending machine



First aid



Cycle parking



Free parking



Disabled parking



Deaf loop



Shop facilities



Telephone



Tents



Motor caravans



Touring caravans



Electrical hook-up



Water



Gas



Shaver points



Chemical toilet disposal



Laundry



Ironing facilities



Bar



Children's playground



Golf



Fishing



Cinema



TV



Dogs permitted

Map locations

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explore

Ware

Hoddesdon

Broxbourne

Cheshunt

Waltham Cross

Enfield

Ponders End

Chingford

Tottenham Hale

Walthamstow Central

Hackney

Limehouse

East India

Stratford

Canning Town

Newham

The O2

River Lee

River Thames

Country Park

Ware

Harlow

J7

M25

M11

J25

J26

J27

A10

A406

A104

A13

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The Regional Park stretches over 26 glorious miles of Hertfordshire, Essex and London. This guide starts at the northern gateway to our 10,000 acres and travels down to the Thames. Check the map on page 42 for key road and transport links.

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activities

Walking, running, cycling, wildlife watching...

The Regional Park offers many riverside trails, country parks, nature reserves and urban oases.

We make being more active easy, you can go for a cycle ride, a run or a simple stroll in any one of our numerous open spaces – it's free and we're open 365 days a year.

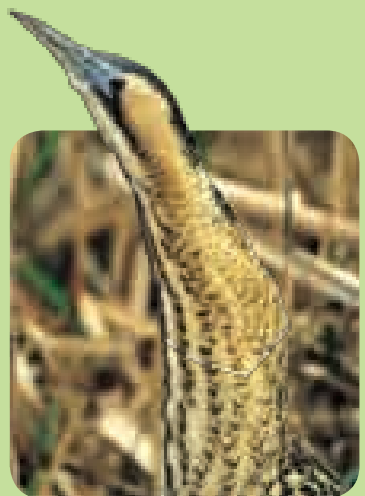
Surfaced pathways crisscross many of our sites making them accessible whatever the weather and provide good access for wheelchairs and pushchairs.





Our “Get Active in the Lee Valley Regional Park” booklet shows 40 routes of various lengths throughout the Regional Park suitable for walking, running and cycling. If you want more of a challenge, why not try the Lee Valley Pathway or the Lea Valley Walk which offers a 50 mile route following the River Lea from its source in Luton down to the Thames in East London.

Whilst exploring you’ll never know what you may come across, from the rare and elusive Bittern hiding in the reeds, the beautiful Bee Orchid to the Blue-tailed Damselfly. There’s an abundance of wildlife just waiting to be discovered. Details of our sites are listed in this brochure, or for more information just give us a call or visit our website.



Bittern

biodiversity

Biodiversity & the Countryside Code



Bee Orchid

Lee Valley Regional Park offers an impressive and easily accessible range of habitats and wildlife throughout the year. Whether you're on the lookout for the unusual or close up

views of the familiar, there should be something for everyone.

The landscape of the Lee Valley has been dramatically altered during the last century. The traditional hay meadows of the valley floor have been replaced by new wetland habitats, created by the extraction of sand and gravel and the construction of water supply reservoirs. This mosaic of wetlands has created internationally important areas for birds and much of it has been designated as a Special Protection Area.

The modern Lee Valley, contains a diverse mix of wildlife habitats, supporting over 500 species of flowering plant. In recent times the valley has attracted over 200 species of birds, with around 150 occurring annually. Plus 35 species of mammal and over half the UK's dragonfly species have been recorded.

Conserving biodiversity in the Regional Park doesn't only mean protecting rare and endangered wildlife but also identifying what needs to be done to ensure that our most common and familiar wildlife remains abundant.

Wildlife in Lee Valley Regional Park contributes to the biodiversity of Hertfordshire, Essex and London. It's important that we coordinate what happens within the Regional Park boundaries with other work that's going on across the region. This is achieved through a partnership of organisations working together to ensure that the Lee Valley becomes an even better place for wildlife in the future. To help us do this we have produced the Lee Valley Biodiversity Action Plan. This focuses on a number of key priority habitats and species for which Action Plans have been prepared, visit our website for more information.

Countryside Code

The countryside, its peace, quietness, space, fresh air and scenery are there to enjoy. Please keep to the Countryside Code to ensure that it remains that way.

- Be safe – plan ahead and follow any signs
- Gates and property – please leave any gates and property as you find them
- Protect plants and animals – we've a responsibility to protect our countryside so don't harm animals, birds, plants or trees
- Litter – please take all your litter home
- Dogs – it's every owner's duty to make sure their dog is not a danger or nuisance to farm animals, wildlife or people. All dog mess should be cleared up, failure to do so could lead to an on-the-spot fine

Parks and nature

Amwell Nature Reserve



Tufted Duck

Explore the Herts & Middlesex Wildlife Trust's nature reserve at Amwell and discover a very important place for wildlife. A former gravel pit, now flooded, Amwell forms a vital link in a chain of wetland sites that stretch through the Regional Park.

Nationally significant numbers of birds use the nature reserve as a safe haven and in summer, dragonflies and damselflies are abundant around the lake. The three hides and viewing areas around the nature reserve have been created to give you the best possible chance of seeing the wildlife.

The lakes and their habitats attract breeding birds such as Little Grebe, Great Crested Grebe, Pochard, Tufted Duck, Little Ringed Plover, Common Tern, Kingfisher, Sedge Warbler, Reed Warbler and Reed Bunting. Wintering birds such as Gadwall, Shoveler, Smew and Bittern can also be found.

The reserve is one of the most important sites in Hertfordshire for Otters, following their reintroduction in 1991. Reptiles and amphibians such as Grass Snake, Common Newt and Common Frog can be found here and it's also the richest site in the county for water beetles and water bugs.

With picnic areas, bird hides and viewing areas this is an ideal site for a little foray with nature. Voted one of the top 20 walks in the UK by The Times (April 2009).

Amwell Nature Reserve is owned and managed by the Herts & Middlesex Wildlife Trust.

Address

Amwell, Ware,
Hertfordshire SG12 9SN

Contact details

01727 858 901

Map location

1

Opening hours

Open 24 hours a day, everyday.

Transport

On street parking is available on Amwell Lane, and there's a small parking area off Hollycross Road.

The site can also be reached from St Margarets train station on the Liverpool Street line (20 minute walk).

Buses 524 and B11 (10 minute walk).

Price

Free.

Nearby...

- Stanstead Inns (see page 9)
- Rye House Gatehouse (see page 10)
- Rye Meads Nature Reserve

Marinas

Lee Valley Marina - Stanstead Abbots

Address

South Street, Stanstead Abbots, Hertfordshire SG12 8AL

Contact details

01920 870 499
01920 870 501 (Fax)

Amenities



Map location

2

Opening hours

Monday – Friday
09:00 – 16:30

Summer Weekend

09:30 – 16:30

Winter Weekend

Saturday 09:00 – 16:30
Sunday Closed

Transport

There's limited public car parking on site.

Trains stop at St Margarets on the Liverpool Street line (10 minute walk).

Buses C3, 351 and 524 also pass near the site, nearest stop is Stanstead Abbots (5 minute walk).

Price

Charges apply.



The marina is within a mile of the confluence of the Lee and Stort rivers at the gateway to the East of England.

Benefiting from access to the Hertfordshire countryside the marina is ideally placed for walking, cycling, fishing and birdwatching in Lee Valley Regional Park.

Offering 200 berths, all general boat yard facilities are on offer.

Boat yard services

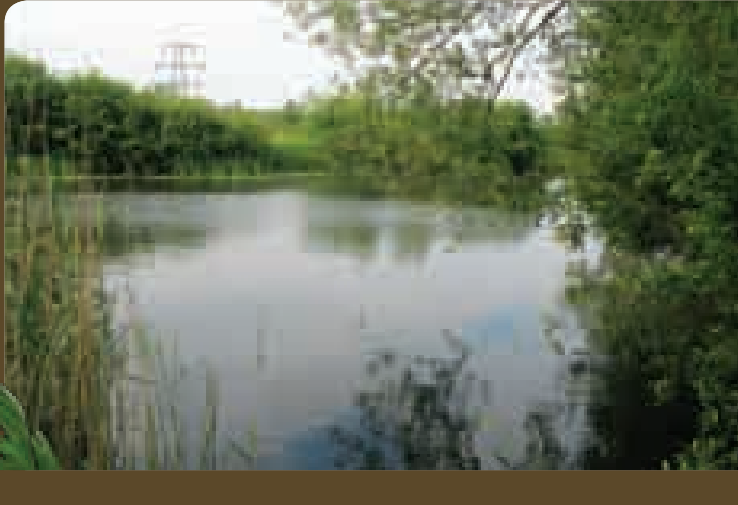
Boat repairs, engine servicing, boat fitting and painting. Boat craning up to 18 tonnes. Slipway use, diesel, coal and gas sales, pump out services. Chandlery on site.

Nearby...

- Amwell Nature Reserve (see page 7)
- Stanstead Innings (see page 9)
- Rye House Gatehouse (see page 10)
- Rye Meads Nature Reserve

Parks and nature

Stanstead Innings



This 122 acre site has at its heart old gravel pits which now form Abbots Lake and two smaller fishing lakes Banjo Lake and Stock Pit. Surrounding the lakes is a mix of meadow, marshland, reedbed and scrub. Close by, during the summer months you can see our cattle grazing at Ryegate Farm.

A circular walk of just less than two miles encompasses Abbots Lake which crosses the A414 to Rye Meads Nature Reserve, managed by the RSPB and the Herts & Middlesex Wildlife Trust.

The walk includes three bird hides:

- Water Vole Hide – overlooking one of the largest remaining areas of ancient wet grassland in the Lee Valley
- Shoveler and Sandpiper Hides – overlook part of Abbots Lake where birds including Tufted Duck, Gadwall, Shoveler, Kingfisher and Great Crested Grebe can be seen

Wet woodland, fen habitat, ditches and ponds provide a diverse home for many different species of dragonfly and damselfly. Large numbers of Bee Orchids can be seen flowering in June in the meadows.

Fishing at Stanstead Innings

Banjo Lake and Stock Pit (due to open in 2010) are managed by the Regional Park's Fisheries Team and both are primarily Carp lakes. Banjo is a bookable day/night ticket venue, see the angling section on page 37 or visit our website for more details.

Address

Marsh Lane, Stanstead Abbots, Hertfordshire SG12 8HL

Contact details

08456 770 600

Amenities nearby

Café and toilets are available from a variety of locations in the High Street Stanstead Abbots.

Map location

2

Opening hours

Open 24 hours a day, everyday.

Transport

Pedestrian access to the site is available at all times and a small car park is available at the entrance off of Marsh Lane.

There's also a car park a short distance from the site (pay and display) or you can walk from St Margarets train station on the Liverpool Street line (15 minute walk).

Buses C3, 351 and 524 also pass near the site, nearest stop is Abbots Rise (2 minute walk).

Price

Free.

Nearby...

- Amwell Nature Reserve (see page 7)
- Rye House Gatehouse (see page 10)
- Angling (see page 37)
- Rye Meads Nature Reserve

Rye House Gatehouse



Address

Rye House Quay, Rye Road, Hoddesdon, Hertfordshire EN11 0EH

Contact details

08456 770 600

Amenities



Toilets are available at the nearby Rye Meads Nature Reserve (restricted opening times).

Map location

3

Opening hours

Grounds open 24 hours a day, everyday. Gatehouse opens weekends and Bank Holidays from Good Friday until the end of September 11:00 – 16:00. Opening for groups and societies outside these times can be made by prior arrangement.

Transport

There's a car park on site, but the easiest way is by train from Rye House station on the Liverpool Street line (2 minute walk).

Buses C3 and 392 stop in Rye Road (10 minute walk).

Price

Free for grounds, charges apply for entry to the Gatehouse.



Rye House Gatehouse is all that remains of a once fantastic fortified manor house constructed by Sir Andrew Ogard in 1443. It was one of the first brick built buildings in the country and one of the finest medieval moated sites in Hertfordshire. The Gatehouse is a Grade I listed building.

The site has a vibrant history from the Rye House Plot – an unsuccessful attempt to assassinate King Charles II, to being a workhouse and a place where the Victorians came to enjoy landscaped gardens, banquets and the delights of the countryside.

Inside the building there's a staffed information point and visitors can discover the history of the Gatehouse through various displays, including an interactive touch screen. A winding staircase takes you to a viewing platform where you can take a close look at a fine example of a "Barley Sugar" chimney, along with views looking over the Lee and Stort valleys.

Nearby on the River Lee Navigation is Rye House Quay. Once a chandler's yard, it has been redeveloped to provide mooring for boats and an area for picnics.

If you want to make a day of it you can also visit Rye Meads Nature Reserve or try your hand at go-karting at Rye House Stadium. There's also a riverside pub, The Rye House, in case you get thirsty!

Nearby...

- Amwell Nature Reserve (see page 7)
- Stanstead Innings (see page 9)
- Glen Faba & Dobbs Weir (see page 11)
- Rye Meads Nature Reserve

Parks and nature

Glen Faba & Dobbs Weir



Glen Faba

These two man made lakes are the result of the once thriving sand and gravel extraction industry that existed in the Lee Valley. The largest of the lakes, Glen Faba is a mature gravel pit, the other to the north west of the site is known locally as Stort Pit.

The site is known for its waterbirds in winter with excellent views of Gadwall and Wigeon, as well as occasional visitors such as Black-necked Grebe.

Glen Faba can be fished as a permit only fishery. See the angling section on page 37 or visit the website.

Dobbs Weir

This collection of green space areas adjacent to the River Lee Navigation are ideal for walking, cycling and picnicking. Why not take a relaxing stroll along the tow path to see what wildlife can be found locally.

At the weir, remains the historically important manual gated weir, that used to control water levels in the navigation especially at the time of heavy rains. Behind the old structure the replacement "Auto Weirs" can be seen that now control the water flow in the Flood Relief Channel.

The waters can be fished on a day ticket. See the angling section on page 37 or visit the website.

Address

Glen Faba

Netherhall Road,
Hoddesdon CM19 5EX

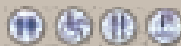
Dobbs Weir

Dobbs Weir Road,
Hoddesdon EN11 0AS

Contact details

08456 700 600

Amenities nearby



No amenities at Glen Faba

Map location

4

Opening hours

Open 24 hours a day, everyday.

Transport

A free car park is located opposite the Fish & Eels pub and is open 24 hours a day.

The sites can also be accessed on foot or bike via the towpath along the Lee Navigation from Broxbourne or Rye House train stations on the Liverpool Street line (both about 30 - 40 minute walk).

A limited bus service (320) is available to the site.

Price

Free.

Nearby...

- Stanstead Innings (see page 9)
- Rye House Gatehouse (see page 10)
- Lee Valley Boat Centre & Chalets (see page 12)
- River Lee Country Park (see page 14)
- Lee Valley Park Farms (see page 16)
- Angling (see page 37)
- Rye Meads Nature Reserve

Sport and leisure / Where to stay

Lee Valley Boat Centre & Chalets

Address

Old Nazeing Road,
Broxbourne,
Hertfordshire EN10 6LX

Contact details

01992 462 085
01992 440 235 (Fax)
www.leevalleyboats.co.uk

Amenities nearby



Chalets: Microwave, hob, fridge, TV, shower, toilet, heater.

Map location

5

Opening hours

All year except November.

Transport

Parking is available for the Boat Centre and Chalets. Broxbourne train station is nearby on the Liverpool Street line (5 minute walk).

Buses 320 and 392 (10 minute walk).

Price

Charges apply.



Boat Centre

Lee Valley Boat Centre is the ideal location for having fun on the river.

Seven narrow boats, once used for transporting goods up and down the waterways of Britain, are now comfortably fitted out for cruising and provide a base for exploring the Lee Valley. If narrow boats aren't your style there's a selection of 22 electric boats capable of seating up to seven people, ten rowing boats and six pedalos – a boat to suit everyone.

In addition, there are two large passenger boats with disabled access which are used for organised pleasure trips such as wedding receptions, birthday parties and staff training days. If you're interested in hiring or coming along on one of our organised trips please contact us.

Chalets

Whether you're looking for a quiet holiday or a few days break, these chalets provide an ideal location for walking, fishing and boating.

The chalets are designed to provide basic accommodation for five to six people. One chalet is suitable for wheelchair users and sleeps six people.

The Lee Valley Boat Centre & Chalets are run by Lee Valley Boat Centre Ltd on behalf of Lee Valley Regional Park Authority.

Nearby...

- Rye House Gatehouse (see page 10)
- River Lee Country Park (see page 14)
- Lee Valley Park Farms (see page 16)
- Waltham Abbey Gardens (see page 18)
- Rye Meads Nature Reserve



Address

Windmill Lane, Cheshunt,
Hertfordshire EN8 9AJ

Contact details

08453 719 057
08453 719 058 (Fax)
www.yha.org.uk

Amenities



Map location

6

Opening hours

Open all year with
24 hour access.

Transport

There's a car park on site and it's only 10 minutes from the M25 (J25), along the A10.

Easy access is also available via Cheshunt train station on the Liverpool Street line (2 minute walk), or via the River Lee on boat or foot along the towpath.

Bus C1 (5 minute walk).

Price

Charges apply.

YHA Lee Valley in Cheshunt is the perfect place to stay with your family, friends, school or youth group.

The six Scandinavian style lodges offer en-suite rooms including twins, doubles and family rooms. Other facilities include Sky TV, licensed restaurant, comfortable lounges, laundry and internet access. For a family get-together, private use of facilities can be booked in advance.

Situated in the beautiful 1,000 acre River Lee Country Park, it's the ideal location for birdwatching, walking, picnics, cycling, angling or nature studies. There's something for everyone nearby, boat hire, a multi-activity centre, Lee Valley Park Farms and an orienteering course.

London Liverpool Street is also only 20 minutes away by train, giving easy access to central London attractions.

This site is owned and managed by The Youth Hostel Association.

Nearby...

- Rye House Gatehouse (see page 10)
- River Lee Country Park (see page 14)
- Lee Valley Park Farms (see page 16)
- Waltham Abbey Gardens (see page 18)
- Rye Meads Nature Reserve

Parks and nature

River Lee Country Park

Address

Located in part of Essex and Hertfordshire

Contact details

08456 770 600

Amenities



Amenities vary by site, please visit our website or call for more details.

Map location

6

Opening hours

Open 24 hours a day, everyday. Car park opening and closing times are seasonal.

Transport

There are nine car parks of varying size throughout River Lee Country Park.

You can also reach the Country Park from Broxbourne and Cheshunt train stations. Waltham Cross is a 15 minute walk away. All stations are on the Liverpool Street line.

Price

Free.



This wonderful 1,000 acre Country Park stretches on either side of the River Lee between Waltham Abbey (Essex) and Broxbourne (Hertfordshire) and has been transformed from old gravel pits. There are four main access points to the Country Park at:

1. Old Mill & Meadows, Broxbourne
2. Lee Valley Park Farms/Fishers Green, Waltham Abbey
3. Windmill Lane, Cheshunt
4. Waltham Abbey Gardens, Waltham Abbey

It's a great open space for all the family to enjoy whether it's for an hour, a day or longer.

The area teems with wildlife. Cornmill Meadows Dragonfly Sanctuary is a Site of Special Scientific Interest, one of the best places in Greater London, Essex and Hertfordshire for seeing dragonflies. Between May and September you'll be able to see half of Britain's native species of dragonfly in this one location.

Birdwatching

The area is home to internationally important numbers of wildfowl and each season brings with it new birds to look out for including Bittern, Smew, Goosander, Common Tern, Reed Warber and Kingfisher. With free bird hides and viewing screens, including the Bittern Information Point at Fishers Green, the Country Park is one of the premier places in the country for birdwatching.

Nearby...

- Lee Valley Boat Centre & Chalets (see page 12)
- YHA Lee Valley (see page 13)
- Lee Valley Park Farms (see page 16)
- Waltham Abbey Gardens (see page 18)
- Myddelton House Gardens (see page 19)
- Gunpowder Park (see page 20)
- Angling (see page 37)

Walking, running and cycling

A large network of pathways makes it an ideal place for walkers and runners to explore and enjoy. We have six themed trails within the Country Park, from orchards to Otters and most of the pathways are well surfaced and suitable for wheelchair users and buggies. With areas of green open space the family can enjoy the outdoors in safe, well managed surroundings.

Nearly 11 miles of pathways have been designated shared-use paths which are ideal for family cycling and include part of the Sustrans National Cycle Network – Route 1. Cycle hire is available at Lee Valley Cycle Hire, Old Mill & Meadows, Broxbourne.

Fishing and boating

The Country Park is also home to many fantastic angling sites and day tickets for fishing can be purchased. You can also hire boats, pedalos or even narrow boats from the Lee Valley Boat Centre if you fancy a day out on the river. Herts Young Mariners Base offers outdoor adventure with sailing, canoeing and climbing.

The Broxbourne White Water Canoe Centre for the London 2012 Olympic Games is being built on the southern edge of the Country Park.

For more details including maps of the area you can either download them from our website or call our Information Service.



Farms

Lee Valley Park Farms

Address

Stubbins Hall Lane,
Waltham Abbey,
Essex EN9 2EF

Contact details

01992 892 781

Amenities



Map location

6

Opening hours

Everyday between
March – October
10:00 – 17:00

Transport

The Farms are located about 10 minutes from the M25 (J26) and have a large car park for both cars and coaches.

Cheshunt station on the Liverpool Street line is a 20 minute walk away through River Lee Country Park.

Price

Charges apply.



A great day out where you can go from petting our cuddly creatures and rare breeds to seeing our dairy cows being milked.

Hayes Hill Farm

With lots of different farm animals from rare breed pigs, sheep and cows to giant fluffy rabbits, scaly reptiles and llamas, there's something for everyone to enjoy. Take time to explore the farmyard, paddock pathways, Rabbit World, Cavie Canyon, Piglet's Paradise play area, Pet Centre and soft play 'Bundle Barn'. Once you've worked up an appetite visit the Orchard Café where drinks and freshly prepared food are served all day. You'll also have a chance to browse in the Farms' shop for local produce or a souvenir.

Nearby...

- Lee Valley Boat Centre & Chalets (see page 12)
- YHA Lee Valley (see page 13)
- River Lee Country Park (see page 14)
- Waltham Abbey Gardens (see page 18)
- Gunpowder Park (see page 20)
- Lee Valley Campsite (see page 22)

Even more

The Farms also hold regular events throughout the season and host birthday parties for that special day with a difference. You can also adopt your favourite animal – because we know you'd love to take them home, or buy an annual ticket – because once you've been to visit you'll want to come and see us again and again.

Holyfield Hall Farm

Also included in the fun when you visit us is our commercial dairy and arable farm which shows you best practice and the highest

farming standards. Come and see our dairy cows being milked, our calves in their special nursery and talk to our staff all about farming. With industry accreditations see how farming standards are maintained and improved with these modern facilities.

For the adventurous you can walk up the hill to the viewpoint to experience the fantastic views of the Lee Valley.

Learning is fun

The Farms are safe and welcoming, so you can relax while the kids enjoy fresh air and learn some cool stuff about farms and animals all at the same time.



Address

Abbey View,
Waltham Abbey,
Essex EN9 1XD

Contact details

08456 770 600

Amenities close by



Map location

7

Opening hours

The car park opening hours are seasonal (check our website for details or call our Information Service). Pedestrian access to the site is available at all times.

Transport

Waltham Abbey is 5 minutes from the M25 (J26). You can also walk from Waltham Cross station on the Liverpool Street line (15 minute walk).

Buses also go from the station to the town too (251).

Price

Free.



Waltham Abbey Gardens is an award-winning site steeped in history and set in the grounds of the Abbey, the last to be dissolved by Henry VIII and thought to be the site of King Harold's grave. The remains of some of the Abbey buildings can still be seen today, including the gatehouse and the passage from the cloisters to the sleeping quarters.

Come and enjoy a relaxing day with a family picnic and take in the sights and sounds of the wider countryside with wonderful walks along Cornmill Stream. Why not explore the old orchard which is home to traditional varieties of apples. In the autumn as the apples ripen visitors are encouraged to sample the delights of this community space.

Discover the beautiful Cornmill Meadows Dragonfly Sanctuary a Site of Special Scientific Interest, where over half of Britain's native species of dragonfly can be seen between May and September.

Close by, the historic market town also boasts a museum, shops and an excellent range of restaurants, cafés and pubs. The church, much of it dating back to the 12th century, is located on the edge of the Gardens. In the market town you'll find 16th century timber framed buildings and the art nouveau Town Hall, a testament to how the town's history has evolved.

Nearby...

- River Lee Country Park (see page 14)
- Lee Valley Park Farms (see page 16)
- Myddelton House Gardens (see page 19)
- Gunpowder Park (see page 20)
- Lee Valley Campsite (see page 22)
- Royal Gunpowder Mills

Heritage and gardens

Myddelton House Gardens



Address

Bulls Cross, Enfield,
Middlesex EN2 9HG

Contact details

08456 770 600

Amenities



Map location

8

Opening hours

Visit our website or call us regarding opening hours on events days. Normal hours are:

Monday – Sunday
(April to September)
10:00 – 16:30

Monday – Sunday
(October to March)
10:00 – 15:00

Transport

There's a large car park on site for cars and coaches. The gardens are less than 5 minutes from the M25 (J25). You can walk from Turkey Street station on the Liverpool Street line (15 minute walk).

Buses (217, 317) also stop on the nearby A10 Great Cambridge Road (5 minute walk).

Price

Charges apply.

Tucked away near Enfield this wonderful garden was neglected and forgotten for 30 years. From being hidden under layers of ivy and bramble this unique garden, created by EA Bowles, has undergone a painstaking restoration.

All of the hard work has now come to fruition, having been awarded a prestigious Green Flag Award. An impressive range of flora and fauna can be found within the estate. As formerly the ancestral home of the Parker Bowles family, these wonderful gardens are an enchanting place to visit at any time of year.

Throughout the changing seasons there's always something new and wondrous to catch your eye, look out for:

Spring – daffodils, tulips and the national collection of award-winning Bearded Irises

Summer – 106 year old Wisteria, 100 year old Pepper Tree and terraces exploding with tender exotics such as Agaves and Aloes

Autumn – with summer turning to rich autumn colours look out for Cyclamen and autumn crocus

Winter – masses of delicate Snowdrops adorn the ground and the Alpine Meadow bursts with colour.

A special event programme runs throughout the year, with open days and guided walks.

A grant from the Heritage Lottery Fund has been awarded to help in a two year project to restore several areas of the gardens to their former glory.

Why not make a day of it and combine your trip with two of Enfield's other famous gardens at Forty Hall and Capel Manor.

Nearby...

- River Lee Country Park (see page 14)
- Waltham Abbey Gardens (see page 18)
- Gunpowder Park (see page 20)
- Lee Valley Campsite (see page 22)
- Forty Hall & Capel Manor Gardens

Gunpowder Park & Sewardstone Marsh

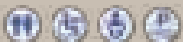
Address

Sewardstone Road,
Waltham Abbey,
Essex EN9 3GP

Contact details

08456 770 600

Amenities



Map location

9

Opening hours

A car park is available on site and has seasonal opening times but pedestrian access to the site is available at all times.

Transport

The site is around 5 minutes from the M25 (J26). Enfield Lock station on the Liverpool Street line (20 minute walk).

Bus 505 stops in Stewardstone Road (5 minute walk).

Price

Free.



Gunpowder Park is a 222 acre country park south of Waltham Abbey. Opened in 2004 it benefits lots of important wildlife whilst providing a wonderful day out for family and friends.

Formerly part of the Royal Gunpowder Mills used for the research and development of explosives, this land has now been regenerated into a great place for walkers and cyclists. A network of pathways makes the site fantastically accessible.

From gazing at the birds hovering overhead to listening for the insects shrouded by the undergrowth, this site is ideal to spend time in the great outdoors. Wide open spaces make it perfect for picnics.

For the wildlife enthusiast there's always something to be spotted, from Water Vole, dragonflies and butterflies, to Skylark, Tawny Owl and farmland birds such as Linnets and Yellowhammers. The diverse habitats include marsh, wildflower meadows, native trees, ditches and grass field margins providing a wonderful setting to nurture native wildlife.

Next to Gunpowder Park is the 36 acre Sewardstone Marsh. Take a wander here exploring the differing habitats. Look for Snipe and Water Vole in the wet meadow of Patty Pool Mead or listen for woodpeckers in the woods around Knights Pit.

Nearby..

- River Lee Country Park (see page 14)
- Lee Valley Park Farms (see page 16)
- Waltham Abbey Gardens (see page 18)
- Ramme Marsh & Swan & Pike Pool (see page 21)
- Lee Valley Campsite (see page 22)
- Lee Valley Camping & Caravan Park (see page 23)
- Lee Valley Athletics Centre (see page 24)
- Lee Valley Golf Course (see page 26)
- Royal Gunpowder Mills

Rammey Marsh & Swan & Pike Pool



Water Vole

Address

Rammey Marsh
London EN3 6JH

Swan & Pike Pool
London EN3 6GE

Contact details
08456 770 600

Amenities



Map location
9

Opening hours
Open 24 hours a day, everyday.

Transport

There's no car park on site but on street parking is available close by.

Enfield Lock station on the Liverpool Street line (15 minute walk).

Buses 505 (Stewardstone Road) and 491 (Mollison Avenue) travel near to the site.

Price
Free.

Rammey Marsh

Rammey Marsh is a small nature reserve located just south of the M25. Initially created by gravel extraction, subsequent back filling from projects such as the M25 motorway has resulted in grassland that now forms part of the Regional Park's Site of Metropolitan Importance for Nature Conservation in London.

225 different plant species have been recorded including a large colony of the beautiful Bee Orchid.

If you're very lucky you may be able to see Water Vole which live in the ditch that runs across the site. On a summers evening look out for bats flying along the line of large willow trees.

The site is also home to a model airplane club.

Swan & Pike Pool

Swan & Pike Pool comprises of two areas, Railway Spur and Turning Pool. The site is a good location for a relaxing picnic and part of the Sustrans cycle route 1 and Section 18 of the London Loop walk passes through the site.

A rare find at the site is the Musk Beetle, which depends on young willow woodland for its breeding and development.

Nearby...

- River Lee Country Park (see page 14)
- Lee Valley Park Farms (see page 16)
- Waltham Abbey Gardens (see page 18)
- Gunpowder Park & Sewardstone Marsh (see page 20)
- Lee Valley Campsite (see page 22)
- Lee Valley Camping & Caravan Park (see page 23)
- Lee Valley Athletics Centre (see page 24)
- Lee Valley Golf Course (see page 26)

Where to stay

Lee Valley Campsite, Sewardstone

Address

Sewardstone Road,
Chingford, London E4 7RA

Contact details

020 8529 5689
020 8529 4070 (Fax)

Amenities



Facilities within 3 miles include: golf course, fishing, bar, café.

Map location

10

Opening hours

March – November

Transport

Located on the A112 between Chingford and Waltham Abbey, 2 miles from the M25 (J26).

Price

Charges apply.



An ideal holiday venue for those who want to mix the pleasure of the countryside with the excitement of visiting central London. This campsite is just a short drive from the walking and picnicking areas of Epping Forest and the outstanding countryside of the River Lee Country Park and Gunpowder Park.

A regular bus service takes you to Walthamstow Central Underground Station from which a frequent service takes you right into the centre of London. Travelcards are available so shopping and sightseeing couldn't be easier.

The site has excellent facilities with an on-site shop and children's play area.

Nearby...

- River Lee Country Park (see page 14)
- Lee Valley Park Farms (see page 16)
- Waltham Abbey Gardens (see page 18)
- Myddelton House Gardens (see page 19)
- Gunpowder Park (see page 20)
- Lee Valley Athletics Centre (see page 24)
- Lee Valley Golf Course (see page 26)

Lee Valley Camping & Caravan Park, Edmonton



Address

Lee Valley Leisure Complex,
Meridian Way, Edmonton,
London N9 0AR

Contact details

020 8803 6900
020 8884 4975 (Fax)

Amenities



Facilities within 3 miles
include: fishing.

Map location

11

Opening hours

All year, except Christmas
and New Year.

Transport

Located around 6 miles
from the M25 (J25).
Ponders End train station
on the Liverpool Street line
(10 minute walk).

W8 buses also go direct
to/from the Complex.

Price

Charges apply.

Not only is this peaceful site within easy reach of central London, it's the ideal location for enjoying life in the Lee Valley Regional Park too. Our riding and ice centres are both close by.

An 18-hole golf course and Odeon cinema are also located on the complex. The site has fantastic facilities including an onsite shop and adventure playground for the children. Pets are welcome.

The West End, Trafalgar Square, Piccadilly Circus, Buckingham Palace and a host of other London attractions are less than 50 minutes away. Travelcards are available at reception.

For a different kind of relaxation you're very close to Epping Forest, the 1,000 acre River Lee Country Park and historic Waltham Abbey.

Nearby...

- River Lee Country Park (see page 14)
- Waltham Abbey Gardens (see page 18)
- Lee Valley Athletics Centre (see page 24)
- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)

Address

Lee Valley Leisure
Complex, 61 Meridian
Way, Picketts Lock,
London N9 0AR

Contact details

020 8344 7230

Amenities



Map location

11

Opening hours

Monday – Thursday
09:00 – 22:00

Friday – Sunday
09:00 – 17:00

Transport

Located around 6 miles
south of the M25 (J25).
Ponders End train station
on the Liverpool Street
line (10 minute walk).

W8 buses also go direct
to/from the Complex.

Price

Charges apply.



The architecturally stunning Lee Valley Athletics Centre is a state of the art training facility and aims to provide everything for athletes of all levels.

This award-winning facility is home to three of the four British track and field medalists at the Beijing Olympics. Combining excellent facilities, friendly service, expert coaching and competitions this centre can offer everything any athlete requires.

Athletics Academy

To encourage children (aged 8–14) to try athletics the centre runs tailor made sessions on Tuesdays and Thursdays after school along with an extensive programme of holiday courses in conjunction with UK Athletics.

Nearby...

- Lee Valley Campsite (see page 22)
- Lee Valley Camping & Caravan Park (see page 23)
- Lee Valley Golf Course (see page 26)
- Tottenham Marshes (see page 27)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)

Outdoor facilities include:

- 400m, 8 lane track
- field events facilities
- covered seating for 350 spectators

Indoor facilities include:

- 200m, 6 lane track
- 130m sprint straight
- permanent seating for 500 spectators
- full jumps provision
- specialist indoor throws area
- strength and conditioning suite

Birthday parties

Fancy something different? The centre offers activity based athletics parties, for full information see page 39 or contact the centre.



Sport and leisure

Lee Valley Golf Course

Address

Lee Valley Leisure
Complex,
Meridian Way,
Edmonton,
London N9 0AR

Contact details

020 8803 3611
(Golf Shop)

Amenities



Map location

11

Opening hours

Monday – Friday
08:00 – dusk

Weekends
07:00 – dusk

Transport

Onsite parking available.
Around 6 miles from
the M25 (J25), or access
is from Ponders End
train station on the
Liverpool Street line
(10 minute walk).

W8 buses also go direct
to/from the Complex.

Price

Charges apply.



This 18 hole parkland course has a reputation for always being in great condition with year round playability. It offers a challenge to players of all handicaps, with several holes running around a lake.

The course is open to all standards of players, members and non-members alike. It's an interesting and cleverly designed course with water in play on ten holes using the natural features of a large lake and the River Lee Navigation.

The lake is home to many birds and for those who enjoy nature there's even a specially designed bird hide so you can watch the wildlife on the lake.

The large rolling greens have earned a well respected reputation for their year round consistency and lightning pace.

Although a short yardage, a true test of golf is experienced by all standards due to the narrow fairways and water hazards. Visitors are challenged to play to their handicap!

There's a golf shop on site which sells a wide range of accessories, equipment and clothing.

Nearby...

- Lee Valley Camping & Caravan Park (see page 23)
- Lee Valley Athletics Centre (see page 24)
- Tottenham Marshes (see page 27)
- WaterWorks Golf Centre (see page 29)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)



Parks and nature

Tottenham Marshes



Located just six miles from the centre of London, this large public open space is a mosaic of trees, shrubs, rough grassland and waterways making it an important wildlife area. You can walk, cycle, run, watch wildlife, stop for refreshments and even hire a canoe or bike.

The marshes have a varied history, from Lammas meadows in the 19th century providing local people with food for their animals, to helping with food shortages during the First World War and the "Tottenham Outrage" in 1909 when a dramatic pursuit chased two robbers across the marshes and over Chalk Bridge.

Channel restoration on site has provided artificial nest sites for Sand Martin and Kingfisher. Other birds that can be spotted at the site include Great Spotted Woodpecker, Kestrel and Blue Tit.

The glorious grassland provides a home to a wide variety of plants and animals. Look out for Field Vole, Speckled Wood Butterfly, Wasp Spider and Bee Orchid. In the pond, see if you can spot the Smooth Newt which can be found during its breeding season in early spring. In the winter they hibernate under logs and stones.

Address

Watermead Way,
Tottenham,
London N17 0XD

Contact details

08456 770 600

Amenities



Map location

12

Opening hours

The car park and site are open 24 hours a day.

Transport

The car park can be reached from the A1055 which is close to the A406 (North Circular Road).

The nearest train station is Northumberland Park on the Liverpool Street line (10 minute walk).

Buses 76, 192 & 363 stop nearby on Watermead Way.

Price

Free.

Nearby...

- Lee Valley Camping & Caravan Park (see page 23)
- Lee Valley Athletics Centre (see page 24)
- Lee Valley Golf Course (see page 26)
- WaterWorks Nature Reserve (see page 30)
- Walthamstow Marshes (see page 34)
- Lee Valley Canoe Cycle

Marinas

Lee Valley Marina - Springfield

Address

Spring Hill, Clapton,
London E5 9BL

Contact details

020 8806 1717

Amenities



Map location

13

Opening hours

Monday – Thursday

09:00 – 17:00

Friday

09:00 – 15:00

Summer Weekend

09:00 – 16:30

Winter Weekend

Saturday 09:00 – 13:00

Sunday Closed

Transport

Limited parking on site.

The nearest train station is Clapton on the Liverpool Street line (15 minute walk).

Buses, 48, 55 and 56 stop on Lea Bridge Road. Buses 253 and 254 stop at the top of Spring Hill (5 minute walk).

Price

Charges apply.



Nearby...

- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)
- Walthamstow Marshes (see page 34)
- Three Mills Island (see page 35)

Sited on the lower reaches of the River Lee in east London this 200 berth marina is ideally placed to access the capital. Cruise the Thames and the Lee and visit the Regional Park's nearby open spaces and sporting facilities off Lea Bridge Road. These include award-winning nature reserves plus ice skating, horse riding and golfing facilities.

Boat yard services

Boat repairs, engine servicing, breakdown callout, BSS certificates, boat fitting and painting. Slipway use, diesel, coal and gas sales, pump out service. Amenities are for berth holders only.



Sport and leisure

WaterWorks Golf Centre



This testing 18 hole par 3 course can benefit both the beginner or the established player. Whether you're simply looking for a bit of fun or to improve your short game this course has it all.

If you're keen to develop your skills then there's a five bay driving range which is floodlit at night making it easy to call in after work all year round.

There's a café in the visitor centre where you can treat yourself to something freshly prepared from the menu.

Think you have potential to become a golfing champion? The centre offers a junior development programme and lessons with our professional for anyone over the age of five.

The centre also offers:

Membership – allows you to benefit from savings on activities at the centre, in the shop and café

Golf Membership – a monthly membership allowing regular golfers to save money on all those crucial rounds

Birthday parties – why not let friends discover the delight of tri-golf and take the stress out of organising any birthday event

Room hire – with a classroom on site that can seat up to 80 people the centre offers an ideal place to bring a school group, or a unique venue for a meeting or conference. Catering can be provided

Address

Lammas Road, off Lea Bridge Road, Leyton, London E10 7NU

Contact details

020 8988 7566

Amenities



Map location

14

Opening hours

Seasonal opening times.

Transport

There's a large car park for cars and coaches. Nearest train station is Clapton on the Liverpool Street line (15 minute walk).

Buses, 48, 55 and 56 stop on Lea Bridge Road (5 minute walk).

Price

Charges apply.

Nearby...

- Lee Valley Golf Course (see page 26)
- WaterWorks Nature Reserve (see page 30)
- Middlesex Filter Beds (see page 31)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)
- Walthamstow Marshes (see page 34)
- Three Mills Island (see page 35)
- Bow Creek Ecology Park & East India Dock Basin (see page 36)

WaterWorks Nature Reserve



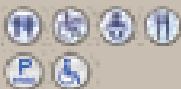
Address

Lammas Road,
Off Lea Bridge Road,
Leyton, London E10 7NU

Contact details

020 8988 7566

Amenities



Map location

14

Opening hours

Car parking available
for cars and coaches,
site open everyday
08:00 – dusk.

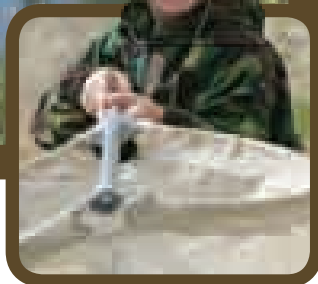
Transport

The nearest train station
is Clapton on the
Liverpool Street line
(15 minute walk).

Buses 48, 55 and 56
stop on Lea Bridge Road
(5 minute walk).

Price

Free.



As the name suggests this site, along with Middlesex Filter Beds, used to be used for water purification, but it's now a unique wildlife haven.

Here you'll find one of the largest birds hides in London which provides a fantastic close up experience for all our visitors. Nine of the original water filter beds remain and each radial bed is managed throughout the year to show the different stages of natural succession, ranging from open water to floodplain grassland through to dense reed and willow woodland. There's also a wildlife garden and a willow canopy boardwalk. Onsite there are over 500 species of plants and animals such as Grass Snake,

Common Lizard and Toad, as well as the enigmatic Edible Frog. Over 25 species of breeding birds, including Song Thrush, Sand Martin, Linnet, Pochard and Reed Bunting have colonised the site. Kingfisher breed nearby and winter offers good views of Gadwall, Snipe and Teal. It's also a great spot to see many of Britain's butterflies and dragonflies, including the rare Red-eyed Damselfly.

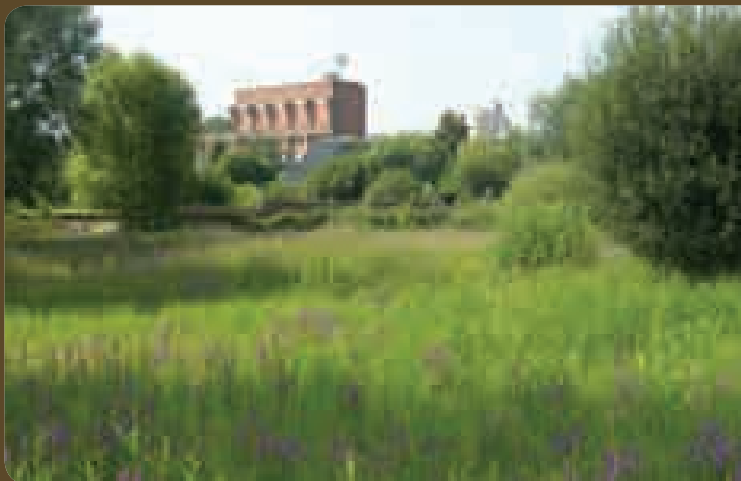
If all this nature makes you thirsty then visit the café at the WaterWorks Visitor Centre. For an interesting day out why not investigate the Regional Park's other sites along Lea Bridge Road including golf, riding and ice skating centres.

Nearby...

- WaterWorks Golf Centre (see page 29)
- Middlesex Filter Beds (see page 31)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)
- Walthamstow Marshes (see page 34)
- Three Mills Island (see page 35)
- Bow Creek Ecology Park & East India Dock Basin (see page 36)

Parks and nature

Middlesex Filter Beds



Address

Lea Bridge Road,
Leyton, London E5 9RB

Contact details

08456 770 600

Amenities



Map location

14

Opening hours

The site is open everyday
08:00 – dusk.

Transport

Car parking is available at
the WaterWorks Nature
Reserve & Golf Centre.

The nearest train station is
Clapton on the Liverpool
Street line (15 minute walk).

Buses, 48, 55 and 56
stop on Lea Bridge Road
(5 minute walk).

Price

Free.

The sister site to the WaterWorks Nature Reserve this ten acre haven for wildlife has seen many improvements since the Regional Park took over in 1988.

With habitats ranging from open water, marsh reedbed, swampy scrub and woodland this ensures a diverse mix of plants and wildlife. More than 200 species of plants have been recorded including Purple Loosestrife, Shining Crane's-bill and Lady's Smock (also known as Cuckoo Flower).

Some of the filter beds have been transformed by poplar and willow to form dense woodland. Natural glades provide an ideal habitat for the Speckled Wood butterfly. Mallard, Coot and Moorhen can be found on the open water swimming and feeding, whilst in the summer Reed Warbler flit through the reedbeds building nests and rearing young.

As well as the diverse wildlife the site also boasts two artwork features; Nature's Throne, where five huge granite blocks retrieved from the foundations of the 'Victoria' Engine House have been used to form a gigantic seat, carved with local flora and fauna, and the 'Rise n Shine Magic Fish', consisting of enormous ceramic fish tails and heads which emerge from the open waters in one of the filter beds.

For a totally fun packed day combine your trip and take time to visit our other two nature reserves and centres for horse riding, ice skating and golf, all located on Lea Bridge Road.

Nearby...

- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)
- Walthamstow Marshes (see page 34)
- Three Mills Island (see page 35)
- Bow Creek Ecology Park & East India Dock Basin (see page 36)

Sport and leisure

Lee Valley Riding Centre



Address

Lea Bridge Road, Leyton,
London E10 7QL

Contact details

020 8566 2629

Amenities



Map location

14

Opening hours

Monday – Friday
07:00 – 21:00

Saturday – Sunday
07:00 – 19:00

Transport

Large car park with space for coaches and horseboxes. The nearest train station is Clapton on the Liverpool Street line (10 minute walk).

Buses, 48, 55 and 56 stop on Lea Bridge Road outside the centre.

Price

Charges apply.



Lee Valley Riding Centre is set in 25 acres of wonderful open space in the heart of East London. We're British Horse Society accredited and provide accessible, affordable riding for the local community and across the region.

Catering for all abilities with our 50 safe, fun and well-schooled horses and ponies, we offer year-round riding in our floodlit indoor and outdoor arenas.

An extensive programme is on offer which includes "Have a Go" taster sessions, groups for experienced riders, a branch of the Pony Club,

lessons for people with disabilities in partnership with the Riding for the Disabled Association, private tuition, evening courses for British Horse Society Examinations, cross country jumping and Horseball lessons.

School and youth groups can book fun lessons or courses with us and during school holidays we provide children's activities such as "Own a Pony" mornings. You can also book a children's riding party or buy gift vouchers for lessons.

Lee Valley Riding Centre is the first equestrian centre in the country to receive Quest accreditation – a leisure industry award that recognises best practice.

Nearby...

- Lee Valley Athletics Centre (see page 24)
- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Middlesex Filter Beds (see page 31)
- Lee Valley Ice Centre (see page 33)
- Walthamstow Marshes (see page 34)
- Three Mills Island (see page 35)
- Bow Creek Ecology Park & East India Dock Basin (see page 36)



Sport and leisure Lee Valley Ice Centre



Where better to give ice skating a try than at Lee Valley Ice Centre, the regional centre

of excellence for London and the South East of England.

Public skating sessions are available to suit all ages and abilities. There's seating for up to 800 spectators and the Ice House Café where you can sit back and watch the fun if you don't fancy skating. Sessions include:

- general open skating – all welcome
- family skating
- Friday and Saturday disco nights
- Sunday chill out sessions

You can Learn to Skate by joining our National Learn to Skate Programme or have private tuition from one of our qualified coaches. For the more adventurous youngsters there's even a junior ice hockey club once you reach a Level 5 Learn to Skate.

For a cool birthday party why not come along with your friends to the Ice Centre, receive coaching, ice time and food (see page 39 for full details).

The Ice Centre can also be hired for corporate events, filming and private hire, as well as offering special discount rates for groups, schools and non-profit organisations.

Address

Lea Bridge Road, Leyton, London E10 7QL

Contact details

020 8533 3154

Amenities



Map location

14

Opening hours

Open every day for public skating, varying sessions, check for details.

Transport

Large car park on site, which has plenty of room for coaches. The nearest train station is Clapton on the Liverpool Street line (10 minute walk).

Buses 48, 55 and 56 stop on Lea Bridge Road outside the centre

Price

Charges apply.

Nearby...

- Lee Valley Athletics Centre (see page 24)
- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Middlesex Filter Beds (see page 31)
- Lee Valley Riding Centre (see page 32)
- Walthamstow Marshes (see page 34)
- Three Mills Island (see page 35)
- Bow Creek Ecology Park & East India Dock Basin (see page 36)

Walthamstow Marshes



Address

Lea Bridge Road, Leyton,
London E10 7QL

Contact details

08456 770 600

Amenities



Map location

14

Opening hours

Open 24 hours
a day, everyday.

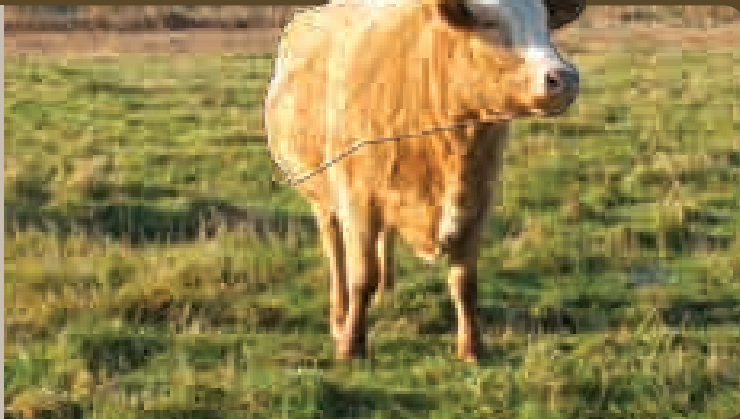
Transport

Large car park at the Ice Centre off Lea Bridge Road or at Coppermill Lane. The nearest train station is Clapton on the Liverpool Street line (10 minute walk).

Buses 48, 55 and 56 stop on Lea Bridge Road outside the Ice Centre.

Price

Free.



Tucked behind Lee Valley Ice Centre is a wonderful riverside nature reserve which has been designated a Site of Special Scientific Interest (SSSI) and is very important for certain rare plants and other wildlife.

The pathways that interlace Walthamstow Marshes make this an ideal place to take a stroll and get away from it all. Bridleways and cycle paths cross the site to allow access for horses and cyclists.

The SSSI is a fragment of once extensive marshes and traces of Ice Age river channels can still be seen when the water table is high. After a gap of nearly 100 years cows can now be seen grazing the marshes again, restoring an ancient tradition.

A diverse wildlife population is supported by the marshes. At the water's edge look out for Mute Swan, Grey Heron, Cormorant and Little Grebe. In the grasslands you may see Reed Bunting, Linnet, Kestrel, Green Woodpecker and Mistle Thrush to name a few. In spring Reed, Sedge and other warblers arrive. In winter look out for the thrushes Redwing and Fieldfare.

The site boasts flora such as Creeping Marshwort (one of Britain's rarest plants), Purple and Yellow Loosestrife, Yellow Iris and Meadowsweet whilst elsewhere Bee Orchid, Penny-royal and Slender Thistle can be seen.

As one of three nature reserves along Lea Bridge Road, there's a lot to explore for the wildlife enthusiast and family alike. With golf, ice skating and horse riding all on the doorstep of this nature reserve it's a great place to spend the day.

Nearby...

- Tottenham Marshes (see page 27)
- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Middlesex Filter Beds (see page 31)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)
- Three Mills Island (see page 35)
- Bow Creek Ecology Park & East India Dock Basin (see page 36)

Heritage and gardens

Three Mills Island



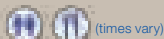
Address

Three Mills Lane,
London E3 3DU

Contact details

08456 770 600
www.housemill.org.uk

Amenities



Map location

15

Opening hours

Open 24 hours a
day, everyday.

Miller's House Cafe

Monday – Friday
10:00 – 15:00

House Mill

Open for tours.
Sunday 13:00 – 16:00

Transport

The Tesco car park
opposite has limited public
car parking. We strongly
advise that you travel by
train or bus to the site. Bow
Church DLR (10 minute
walk) or Bromley-by-Bow
underground station (5
minute walk).

Buses 448 and 108 stop
outside Tesco; D8 and
25 stop at Bow flyover (5
minute walk).

Price

Open spaces free.
Charge for House Mill tour

Three Mills was an important area for both agriculture and industry since the Saxon times (first noted in the Domesday Book which identified eight mills in the area). The House Mill closed due to heavy bombing in the area in 1941–42 and the Clock Mill continued until 1952. The island now includes the Grade I listed House Mill, believed to be the largest tidal mill in the world, the reconstructed Miller's House and the Grade II listed Clock Mill. The latter is part of 3 Mills Film Studio. Guided tours of the House Mill are available on Sundays and at other times by appointment.

There are also the Riverside Green and Three Mills Green, two open spaces that are perfect for relaxing, walking and cycling. You can walk and cycle along the river from here either down to the Limehouse Cut or go north towards Leyton, Tottenham and Hertfordshire.

Nearby...

- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Middlesex Filter Beds (see page 31)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)
- Walthamstow Marshes (see page 34)
- Bow Creek Ecology Park & East India Dock Basin (see page 36)
- Trinity Buoy Wharf

Parks and nature

Bow Creek Ecology Park & East India Dock Basin

Address

Bow Creek Ecology Park, Bidder Street
London E16 4ST

East India Dock Basin,
Orchard Place, London
E14 9QS

Contact details

08456 770 600

Amenities nearby



Map location

16

Opening hours

Open all week
08:00 – dusk

Transport

No parking on either site.

Bow Creek – Canning

Town station
(5 minute walk).

Bus (115) also stops at
Canning Town.

East India – East

India DLR (5 minute
walk). Canary Wharf
underground station
(20 minute walk).

Bus (227) bus stops
on Oregano Drive
(3 minute walk).

Price

Free.



These two sites, tucked between roads, railway lines, flats, buildings and businesses are hidden gems in London. You can walk, cycle, pond dip or just sit and relax at these surprisingly peaceful spots.

Bow Creek Ecology Park

Once used for iron works, shipbuilding and as a coal wharf, we've gradually redeveloped the site to provide tranquility in an urban landscape.

The site is a bloom of flowers and buzzing insects during the summer months. Interconnecting ponds teem with life such as newts and Water Scorpion. The surrounding tidal river attracts flocks of waders such as Redshank when the mud is exposed at low tide.

The site boasts an outdoor classroom that can be used by school and youth groups throughout the year. The site holds a prestigious Green Flag Award.

East India Dock Basin

The most southerly point and gateway of the Regional Park this site is steeped in history associated with the import and export of goods via ship in the 1800s. The Basin is the only remaining part of the docks.

With a mixture of open water, wildflower meadows, woodland scrub and the Lee Valley's only area of saltmarsh, it's a haven for many birds such as Kingfisher, occasional Black Redstart and nesting Common Tern.

Offering fantastic views of the O2 and Canary Wharf the site is an ideal place to relax from the hustle and bustle of the city.

Nearby...

- WaterWorks Nature Reserve & Golf Centre (see pages 29 & 30)
- Middlesex Filter Beds (see page 31)
- Lee Valley Riding Centre (see page 32)
- Lee Valley Ice Centre (see page 33)
- Walthamstow Marshes (see page 34)
- Three Mills Island (see page 35)
- Trinity Buoy Wharf

Angling



Address

Fisheries Team, Holyfield
Hall Farm, Stubbins Hall
Lane, Waltham Abbey,
Essex EN9 2EG

Contact details

01992 892 291



The Lee Valley Regional Park's an ideal place to get hooked on angling. It's renowned for excellent Carp, Chub, Bream, Tench and Barbel fishing. The Fisheries Team directly manage 11 angling venues throughout the Regional Park and have an active re-stocking programme from their Carp rearing facility.

Season permits

These are available on eight of our angling venues and price reductions are available for senior citizens, under 16s, unemployed, students in full time education and the registered disabled.

Day and Day/Night Tickets

There are currently three angling venues where tickets need to be purchased from the authorised Bailiff on the bank.

Full details of all our angling venues, charges and permit/ticket conditions can be found in our "Get Hooked" booklet or on our website.

Filming, site & room hire

Contact details

08456 770 600

Price

Charges apply



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With 26 miles of diverse parklands and modern built facilities the Regional Park offers opportunities for filming, outdoor site hire, facility and room hires.

Filming locations

Whether you're looking for historic gardens, award-winning architecture, beautiful lakes and rivers or working farms, sports facilities or a unitbase, the Regional Park has it – and all within a stone's throw of central London.

Site hire

The Regional Park has several key event parkland sites suitable for hire for small or large scale

events. Our sports facilities are also available to hire on an exclusive or shared use basis. Whatever your requirement – we can help.

Room hire

A range of meeting rooms in inspirational settings are available for conferences, meetings and training sessions. Accommodating up to 80 people, rooms are available at Myddelton House (page 19), Gunpowder Park (page 20), Lee Valley Athletics Centre (page 24), WaterWorks Golf Centre (page 29) and Lee Valley Ice Centre (page 33).

Birthday parties



What a way to celebrate! Birthday parties are a time for fun and here in the Regional Park we can offer five different venues and activity filled sessions to ensure you all have a fab fun day.

Lee Valley Park Farms (page 16)

Fun parties down on the farm let children get up close to animals as well as letting off steam in the indoor play area Bundle Barn. Parties include:

- dedicated party room
- party invites and goody bags
- birthday card
- party food
- party host

DIY packages are also available.

Lee Valley Athletics Centre (page 24)

Does your child enjoy athletics? Then why not let them and their friends come along to a special athletics coaching session with a qualified professional coach and party space.

WaterWorks Golf Centre (page 29)

Tri-golf is an exciting way to get young children interested in the game, so why not have a party with a difference – are you the next Tiger Woods? Parties include:

- qualified instructor and competitions
- party food
- dedicated party room

Lee Valley Riding Centre (page 32)

An ideal opportunity to let your child and their friends have a go at horse riding in a safe and secure environment with a qualified riding instructor.

Lee Valley Ice Centre (page 33)

What can be cooler than a party on the ice? Our qualified coaches will get you moving and not falling, with fun but safe skating techniques. Party food is included.

Please visit our website or contact the centres for more information and to book.

Volunteering

Address

Myddelton House,
Bulls Cross, Enfield,
Middlesex EN2 9HG

Contact details

Volunteers Officer on
01992 709 879



The Regional Park has a wide range of volunteer opportunities to get involved in from regular conservation tasks, to caring for animals, or assisting sports coaches. Volunteering for us not only benefits us, but we can help you, giving you information about the Regional Park, introducing you to people with similar interests and providing you with training where necessary.

Volunteering opportunities are available in:

- conservation
- leisure
- sport

Corporate away days can also be arranged. From a practical hands on conservation task to a team building orienteering exercise, the Regional Park has something different to offer. Visit our website or call for full details.

Educational & group visits



Contact details

Environmental and heritage education call the Youth and Schools Service on 01992 702 227

Sporting activities call 08456 770 600

Price

Charges apply.



Get out and explore our 10,000 acre classroom!

Environmental and heritage education

Our Youth and Schools Service offer programmes for all ages and abilities at locations throughout the Regional Park.

Primary schools – a wide range of programmes linking to the National Curriculum cover topics such as habitats, rivers, adaptations, farming, water cycles, canals and riverside history and orienteering.

Secondary schools, colleges & universities – sessions on leisure and recreation, ecology, conservation and orienteering.

Youth groups – fun activities include conservation projects, orienteering, habitat studies and farm visits. Self-led visits are also available.

Special needs students – the innovative ‘Explore’ programme provides bite-sized sensory,

art and environmental activities. Alternatively programmes adapted to suit the needs of the group can be run on a wide range of topics including practical conservation, orienteering, habitats and farming.

Family events and project weeks – these are run throughout the year, please check our website for further details.

Sporting activities for young people

With an experienced and enthusiastic team who deliver sports activities, our award-winning facilities can offer schools different sporting opportunities as part of their school sport programme.

Why not choose from:

- athletics (page 24)
- golf (pages 26 & 29)
- horse riding (page 32)
- ice skating (page 33)

explore

Lee Valley Regional Park

Tel 08456 770 600 | www.leevalleypark.org.uk

