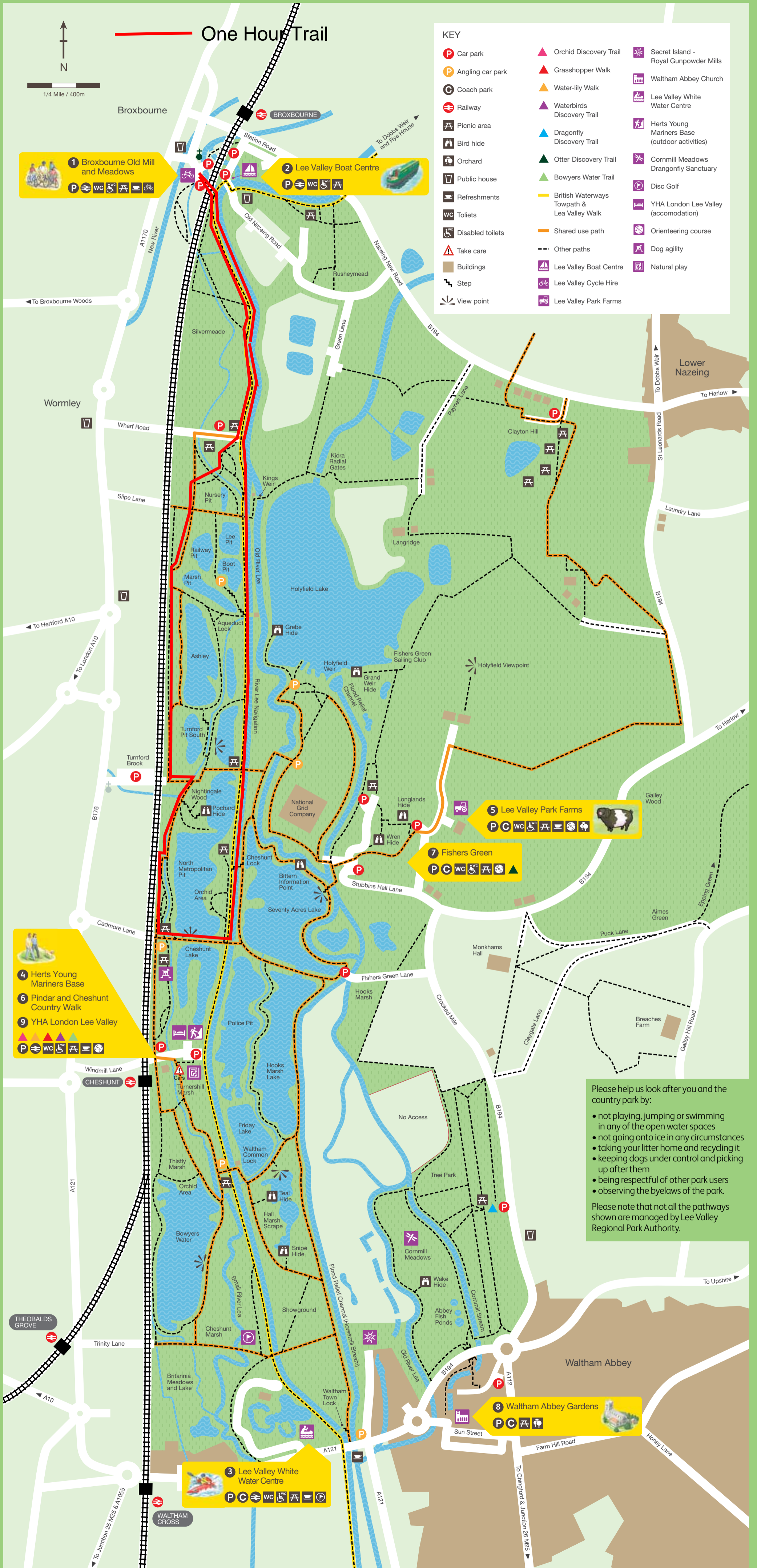


River Lee Country Park

This green open space is ideal for everyone to enjoy the outdoors.

A large network of pathways makes it an ideal place for walkers, runners and cyclists to explore. With well surfaced pathways running throughout the country park that are suitable for wheelchair users and buggies, this green open space is ideal for everyone to enjoy the outdoors. The pathway network

includes part of the Sustrans National Cycle Network – Route 1, the Lee Valley Pathway and the Lea Valley Walk. Why not pick up a copy of our Get Active booklet, which lists 40 different routes throughout the whole of the park or our park guide to discover what else you can do in Lee Valley Regional Park.



KEY					
	Car park		Orchid Discovery Trail		Secret Island - Royal Gunpowder Mills
	Angling car park		Grasshopper Walk		Waltham Abbey Church
	Coach park		Water-lily Walk		Lee Valley White Water Centre
	Railway		Waterbirds Discovery Trail		Herts Young Mariners Base (outdoor activities)
	Picnic area		Dragonfly Discovery Trail		Cornmill Meadows Dragonfly Sanctuary
	Bird hide		Otter Discovery Trail		Disc Golf
	Public house		Bowyers Water Trail		YHA London Lee Valley (accommodation)
	Refreshments		British Waterways Towpath & Lea Valley Walk		Orienteering course
	Toilets		Shared use path		Dog agility
	Disabled toilets		Other paths		Natural play
	Take care		Buildings		Lee Valley Park Farms
	Buildings		Step		
	Step		View point		

Please help us look after you and the country park by:

- not playing, jumping or swimming in any of the open water spaces
- not going onto ice in any circumstances
- taking your litter home and recycling it
- keeping dogs under control and picking up after them
- being respectful of other park users
- observing the byelaws of the park.

Please note that not all the pathways shown are managed by Lee Valley Regional Park Authority.