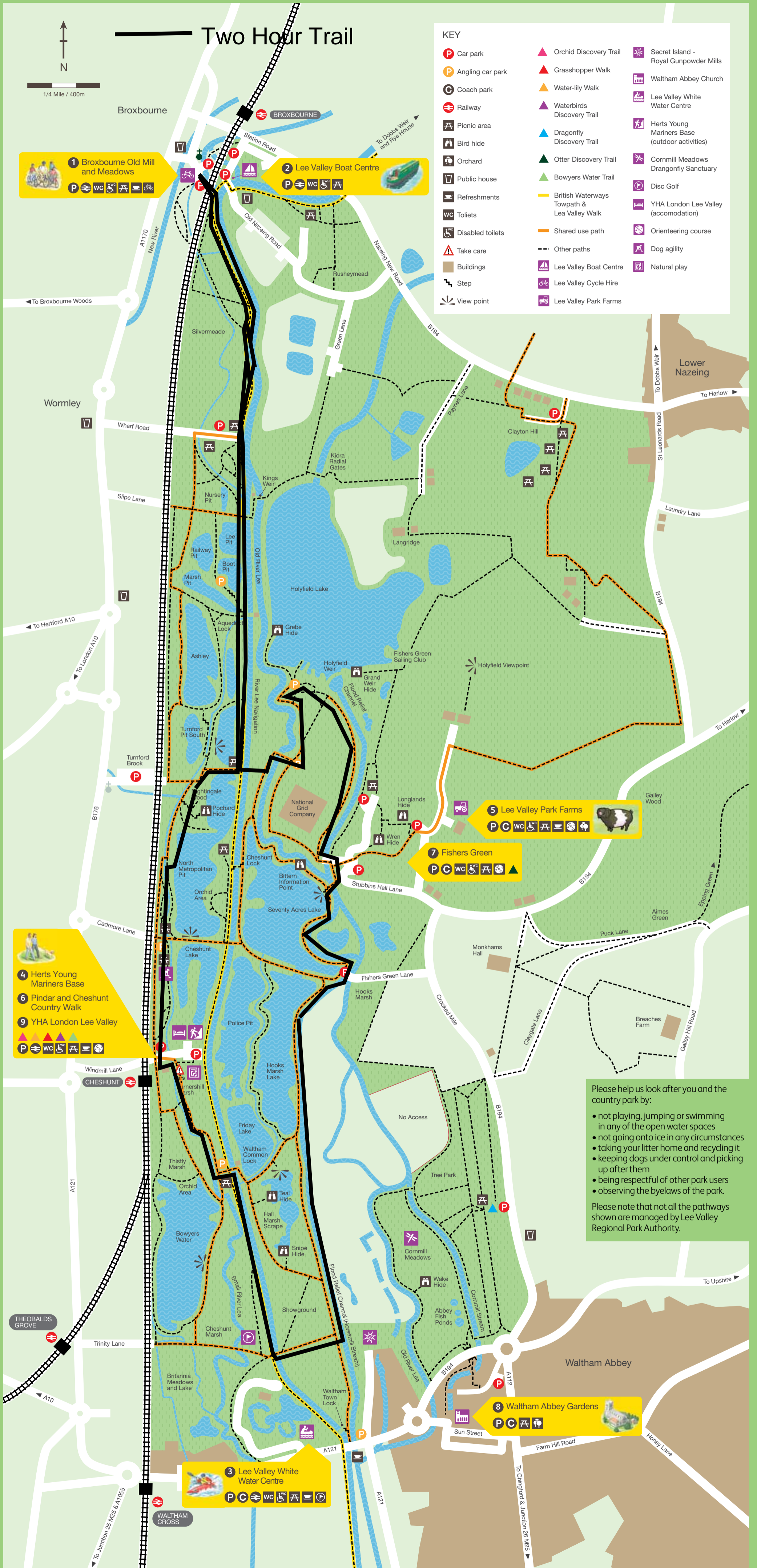


# River Lee Country Park

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.



## Two Hour Trail

| 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                                      |
|     | Orchard          |  | Bowyers Water Trail                         |  | YHA London Lee Valley (accommodation)          |
|     | Public house     |  | British Waterways Towpath & Lea Valley Walk |  | Orienteering course                            |
|     | Refreshments     |  | Shared use path                             |  | Dog agility                                    |
|     | Toilets          |  | Other paths                                 |  | Natural play                                   |
|     | Disabled toilets |  | Buildings                                   |  | Lee Valley Boat Centre                         |
|     | Take care        |  | Step  |  | Lee Valley Cycle Hire                          |
|     | View point       |  | Lee Valley Park Farms                       |  |  |

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.