

**Capital Ring Walk 13 –Stoke Newington to West Ham  
on Saturday 23<sup>rd</sup> March 2013**

This walk has been organised by Reinalt Vaughan-Williams.

The Capital Ring is a walking circuit rather like the London LOOP, but of about half the total length (78 miles), officially divided into 15 legs averaging about 5 miles each. It is fully described in a Guide by Colin Saunders, list price £12.99. Outline information can be found on the Transport for London website at [www.tfl.gov.uk/gettingaround/walking/localroutes/1160.aspx](http://www.tfl.gov.uk/gettingaround/walking/localroutes/1160.aspx). Maps and route details can be downloaded from the Walk London website [www.walklondon.org.uk/leaflets.asp](http://www.walklondon.org.uk/leaflets.asp).

**Description:** This walk is about 6½ miles long. It is the penultimate walk, the final one being from West Ham to Woolwich. The first 4 miles of the walk are almost entirely level on a tow path, which is narrow and rough in places. After about ½ mile of suburban road walking, we enter Springfield Park, from where there are great views of Walthamstow Marshes. After crossing the park, we walk along the tow path of the River Lea for 3 miles. The path passes Walthamstow Marshes and its nature reserve on the left and the river on our right. After the marsh, we pass the disused Middlesex Filter beds, which are now a wildlife reserve where there are more than 200 species of plant including cuckoo flower, purple loosestrife and birds such as reed warblers and greater spotted and green woodpeckers. For art lovers, there is “Ackney Enge”, Hackney’s own version of Stone Henge. We follow the tow path along Hackney Cut, the navigable part of the River Lea, with Hackney Marsh and then some recreational grounds on our left. When we reach Hackney Wick, the river path follows the boundary of the Olympic Park. Just after the Old Ford Locks, we leave the river and walk up to The Greenway, which is a 6 mile elevated bank between Hackney and Beckton. From that, we get more extensive views of the Olympic Park. At one point, we have to leave The Greenway because of the Crossrail building works, but we rejoin it at Newham, where we pass the intriguing Strand East Tower in Dane’s Yard. We continue along The Greenway until we reach West Ham.

**Lunch:** I will select a suitable place for lunch, when I repeat the walk nearer the date.

**Travel:** We will meet at Stoke Newington station ticket office any time after 10:30 and depart at 11:00. The station is on a railway line from Liverpool Street station. Trains run every 15 minutes and take 13 minutes. There are cafés at Stoke Newington for the usual purposes.

We finish the walk at West Ham station, which is on the District Line, Jubilee Line, Hammersmith & City Line, Docklands Light Railway and North London Railway.

Latecomers can contact me (Reinalt Vaughan-Williams) on my mobile number: 07758 085741.



Springfield Park



River Lea