

**Capital Ring walk 8 - Osterley Lock to Greenford  
on Saturday 18<sup>th</sup> June 2011**

This walk has been organised by Margaret Stedman.

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), but the free descriptive leaflets by post are no longer available.

**Description:** This is a green walk of about 6 miles mostly along the Grand Union Canal and the River Brent, with only short slopes. From Boston Manor station we retrace our steps to the canal and Osterley Lock. At the Hanwell Locks we join the Brent and after crossing the Uxbridge Road we see ahead the impressive Wharnecliffe Viaduct, built in 1838 by Isambard Kingdom Brunel. We continue into Brent Lodge Park, and stop for lunch/refreshment at the café. We continue to follow the river passing Bitterns Field and at Perivale Park we turn north leaving the Brent. Crossing the A40 by footbridge, we continue to Greenford Station, the end of our walk.

**Travel:** We meet at Boston Manor station which is on the Heathrow branch of the Piccadilly Line with frequent trains; also 195 and E8 buses. Please aim to be ready to start by 11:00. Return travel from Greenford station using the Central Line or mainline trains (also 92, 105 and E6 buses). But please check times and your route eg using the tfl website. Drop out points and toilets will be advised on the day.

Latecomers can contact me (Margaret Stedman) on my mobile number 07947 018 241.



Hanwell Bottom Lock



Wharnecliffe Viaduct

Pictures from [www.luphen.org.uk](http://www.luphen.org.uk)