

**Capital Ring walk 9 - Greenford to South Kenton  
on Saturday 27<sup>th</sup> August 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 walk of about 6 miles mostly level and firm underfoot, but with two fairly steep hills rewarded by fine views. From Greenford station we soon cross Paradise Fields Wetlands, (once a golf course!) and then follow the canal towpath to a bridge which we cross. Soon we reach Horsenden Hill (optional side trip to Visitor Centre toilets), and ascend (slog) for extensive views. Descending through woodland there follows some suburbia pavement through Sudbury Hill (possible refreshment stop). There follows a slow ascent *via* Piggy Lane to Harrow-on-the-Hill with views of the famous school (REMS members are advised not to wear straw boaters to avoid a whacking). The lunch stop will be either at Sudbury or Harrow-on-the-Hill. Finally a descent by and across playing fields brings us to South Kenton station, the end of our walk.

**Travel:** We meet at Greenford station which is on the Central Line, also mainline trains. Please aim to be ready to start by 11:00. Return travel from South Kenton station using the Bakerloo Line or mainline trains. Buses may offer other options. 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.



Bridge on Grand Union Canal



Harrow School Buildings