

**Capital Ring Walk 14 – West Ham to Woolwich Arsenal
on Saturday 25th May 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. Maps and route details can be downloaded from the Walk London website www.walklondon.org.uk/leaflets.asp.

Description: This walk is about 6 miles long. It is the final section of the Capital Ring. We turn left out of the station and left along Manor Road and, just before the second bridge, walk up the slope or steps to The Greenway. We walk along this elevated bank with views over the surrounding houses, schools and hospitals through Plaistow towards Beckton. Before reaching Beckton, we turn right off The Greenway and make our way through houses to the Beckton District Park, then through more houses to the New Beckton Park. That is the last bit of greenery that we see. We walk down to the Royal Albert Dock at Cyprus and, passing through the modern looking University of East London, we walk beside the dock in an easterly direction with views of London City Airport, cross over the Steve Redgrave Bridge and make our way through housing to the River Thames. We head for the Woolwich Ferry and either walk through the foot tunnel, if it is open, or hitch a free ride on the ferry to the south side of the river. It is a short walk from there to Woolwich Arsenal.

As this is the last section of the Capital Ring, I propose that we have a celebratory drink at the Dial Arch pub in the grounds of the Woolwich Arsenal itself before making our way to the station.

Lunch: A lot of the facilities were not open when I walked this section in February. I'll re-walk the section nearer the date and let you know where we'll have lunch on the day.

Travel: We will meet at West Ham station ticket office any time after 10:30 and depart at 11:00. The station is served by the District and Jubilee Underground Lines, the Docklands Light Railway, the Hammersmith & City Line and a railway line from Fenchurch Street station. There is a café opposite the station entrance, which you might like to use. The only toilet facilities in the area are an automatic one just outside the station. If you are worried about this, I suggest that you make use of the facilities at another nearby station first, such as Canary Wharf or Stratford, from where it is a short walk to both shopping centres.

We finish the walk at Woolwich Arsenal station, which is served by the Docklands Light Railway and a railway line running from London Bridge.

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



The Greenway



Woolwich Foot Tunnel, north entrance