

**Capital Ring walk 7 - Richmond to Osterley Lock
on Saturday 30th April 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. Maps and route details can be downloaded from the Walk London website www.walklondon.org.uk/leaflets.asp, but the free descriptive leaflets by post are no longer available.

Description: This section of 5 to 6 miles provides easy and level walking. From Richmond station we retrace our steps across Richmond Green to regain the Thames towpath, and proceed downstream past Old Deer Park with views of the King's Observatory and the meridian obelisks. We cross the Thames at Richmond tidal lock, and continue downstream crossing the river Crane, taking a short detour around Nazareth House, crossing the Duke of Northumberland's River to reach Syon Park which we traverse, viewing Syon House (possible stop for coffee). Leaving the park we reach the Grand Union Canal at Brentford Lock, and have our lunch stop at a nearby pub or café. The remainder of the walk follows the canal towpath past Boston Manor Park and under the M4. Just before Osterley Lock, we leave the canal to follow a short route to Boston Manor Underground station, the end of our walk.

Travel: We meet at Richmond station entrance hall (street level); the station is on the District Line and the Overground, as well as mainline trains from Waterloo (eg 10:28 fast reaches Richmond 10:47). We plan to leave by 11:00; early arrivals may wish to use the refreshment booth on platforms 2/3. Please check times and your route eg using the tfl website. Please aim to be ready to start by 11:00. For return journey Boston Manor station is on the Piccadilly Line with frequent trains. Drop out points, and toilets will be advised on the day. Latecomers can contact me (Margaret Stedman) on my mobile number 07947 018 241.



Crossing Richmond Lock



Syon House