

Olympic and Paralympic Games Park

The Olympic and Paralympic Games Park in Stratford will be the main focal point for the London 2012 Games and will include the following sporting venues:

- Olympic Stadium for track and field athletics
- Aquatics Centre for swimming and diving
- Velodrome for cycling
- Hockey Arena
- 3 indoor arenas for basketball, handball, fencing and modern pentathlon
- Tennis Training Centre
- Olympic Village – accomodation for athletes and officials

The focus of the London 2012 Games will be the Olympic Park in East London, which will house the new sports venues. The park is located in the Lower Lea Valley and is an area of great untapped potential. After the Games the area will be transformed into the largest urban park created in Europe for more than 150 years.



Olympic Park – Direct

Grade III
1 hour and 20 minutes
Approx 7400 steps
5.5 miles
375 kcal

- Starting point:**
Ilford Station, Cranbrook Road, Ilford, Essex, IG1 4DU
- Description:**
- Facing away from Ilford Station on Cranbrook Road walk to right
 - Continue to walk straight onto Romford Road
 - Continue through Manor Park, Forest Gate and Maryland on Romford Road and continue forward onto Broadway
 - End point – Stratford Station



Olympic Park – Scenic

Grade III
1 hour and 40 minutes
Approx 9250 steps
7 miles
470 kcal

- Starting point:**
Ilford Station, Cranbrook Road, Ilford, Essex, IG1 4DU
- Description:**
- Facing away from Ilford Station on Cranbrook Road walk to right
 - Continue to walk straight onto Romford Road
 - Turn right onto Rabbits Road
 - Turn left onto Forest View
 - Turn right onto Forest Drive
 - Turn left onto Capel Road
 - Turn right onto Woodford Road
 - Turn left onto Forest Road
 - Turn right onto Sidney Road
 - Continue onto Vansittart Road
 - Continue onto Cemetery Road and Buckingham Road
 - Turn right onto Crunkshank Road
 - Turn left onto Janson Road
 - Turn left onto Leytonstone Road
 - Continue onto The Grove and then onto Broadway
 - End point – Stratford Station



Walk to Health Programme

For further information about the Walking Maps and other activities taking place in the borough, please contact the Sport & Physical Activity Team on 0208 708 0952 or visit our website at www.redbridge.gov.uk

The London Borough of Redbridge runs a weekly Walk to Health programme. The programme offers free weekly walks of differing lengths in the parks throughout the borough with committed walk leaders. The walks are free for anyone to join and provide a great way for people to meet new friends, get some fresh air and exercise, all while enjoying the beautiful countryside and open spaces that Redbridge has to offer.

For information regarding any environmental or traffic issues please contact the London Borough of Redbridge on 0208 708 5000.

Walks in the Parks

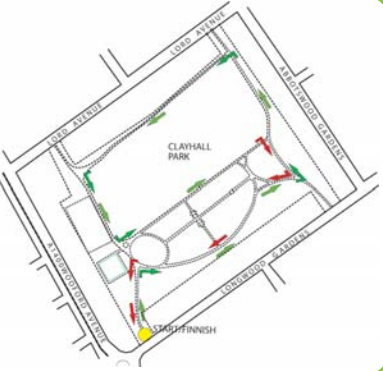
Fairlop Waters



Grade III
45 – 50 minutes
Approx 5300 steps
4 miles
260 kcal

- Walk anticlockwise around lake
- Turn off path and walk clockwise around golf course
- Turn back onto path around lake and walk anticlockwise around lake back to car park

Clayhall Park



Grade I
30 minutes
Approx 2900 steps
2.18 miles
145 kcal

- Entrance via Longwood Gardens
- Turn right in park and follow path
- Turn left at end and walk around perimeter of park
- Past tennis courts turn left and follow path to end
- Turn right and right again and follow path to Longwood Gardens entrance

Valentines Park



Grade I
20 minutes
Approx 1350 steps
1.2 miles
77kcal

- Car park off of Cranbrook Road entrance, turn left and walk along lake
- Continue to follow path between trees and turn right
- Follow path back towards the lake
- Continue to walk clockwise round lake back to car park

South Park



Grade I
20 – 30 minutes
Approx 2800 steps
2.1 miles
140 kcal

- South Park Road entrance (opposite Golfe Road)
- Walk in anticlockwise direction
- Turn left down path to continue to walk around lake
- Turn left and walk over bridge
- Continue to walk anticlockwise around park back to South Park Road entrance

Leisure Facilities

See map overleaf for location

1. Ashton Playing Fields

598 Chigwell Road, Woodford Bridge, Essex, IG8 8AA
020 8559 0486
Woodford Station (Snakes Lane East) – Central Line, Zone 4
Buses – 275

2. Fairlop Waters Complex and Golf Club

Forest Road, Barkingside, Essex, IG6 3HN
020 8500 9911
Fairlop Station (Forest Road) – Central Line, Zone 4
Buses on Barkingside High Street – 150, 167, 169, 247, 275, 362

3. Fairlop Sailing Centre

Forest Road, Hainault, Essex, IG6 3HN
020 8500 1468
Fairlop Station (Forest Road) – Central Line, Zone 4
Buses on Barkingside High Street – 150, 167, 169, 247, 275, 362

4. Fullwell Cross Swimming Pool

High Road, Barkingside, IG6 2EA
020 8550 2366
Barkingside Station (Craven Gardens/Station Road) – Central Line, Zone 4
Buses on Barkingside High Road – 150, 169, 275, 247

5. Hainault Forest and Country Park

Fox Burrow Road, Chigwell, IG7 4QN
020 8500 7353
Hainault Station (New North Road) – Central Line, Zone 4
Buses – 247, 362

6. Ilford Leisure Centre and Cricklefields Athletics Ground

468 High Road, Ilford, Essex, IG1 1UE
020 8553 0639
Cricklefields - 020 8478 1477
Seven Kings Station (High Road) – National Rail Services
Buses – 86

7. Ilford Town Hall

128-142 High Road, Ilford, Essex, IG11DD
020 8554 5000
(Healthy lifestyles 020 8708 3746)
Ilford Station (Cranbrook Road) – National Rail Services
Buses – 123, 145, 366, 128, 150, 25, 167, 369

8. Redbridge Cycling Centre

Forest Road, Hainault, Essex, IG6 3HP
020 8550 9359
Hainault Station (New North Road) – Central Line, Zone 4
Buses – 247, 362

9. Redbridge Sports and Leisure

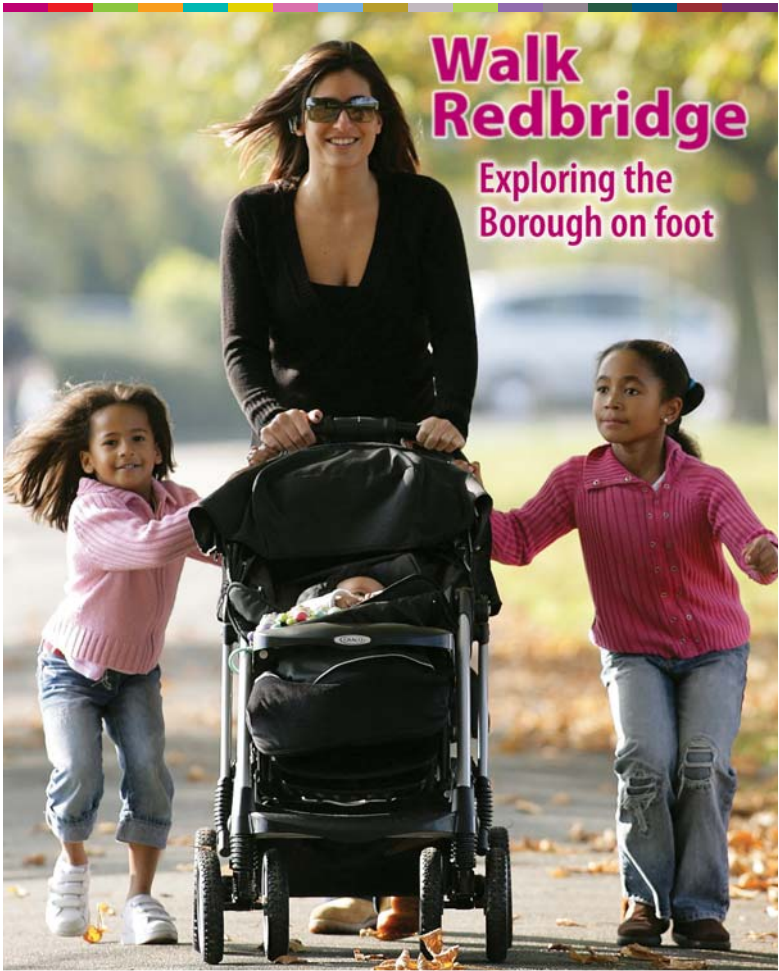
Forest Road, Barkingside, Essex, IG6 3HD
020 8498 1000
Fairlop Station (Forest Road) – Central Line, Zone 4
Buses – 150, 169, 275, 247

10. Wanstead Leisure Centre

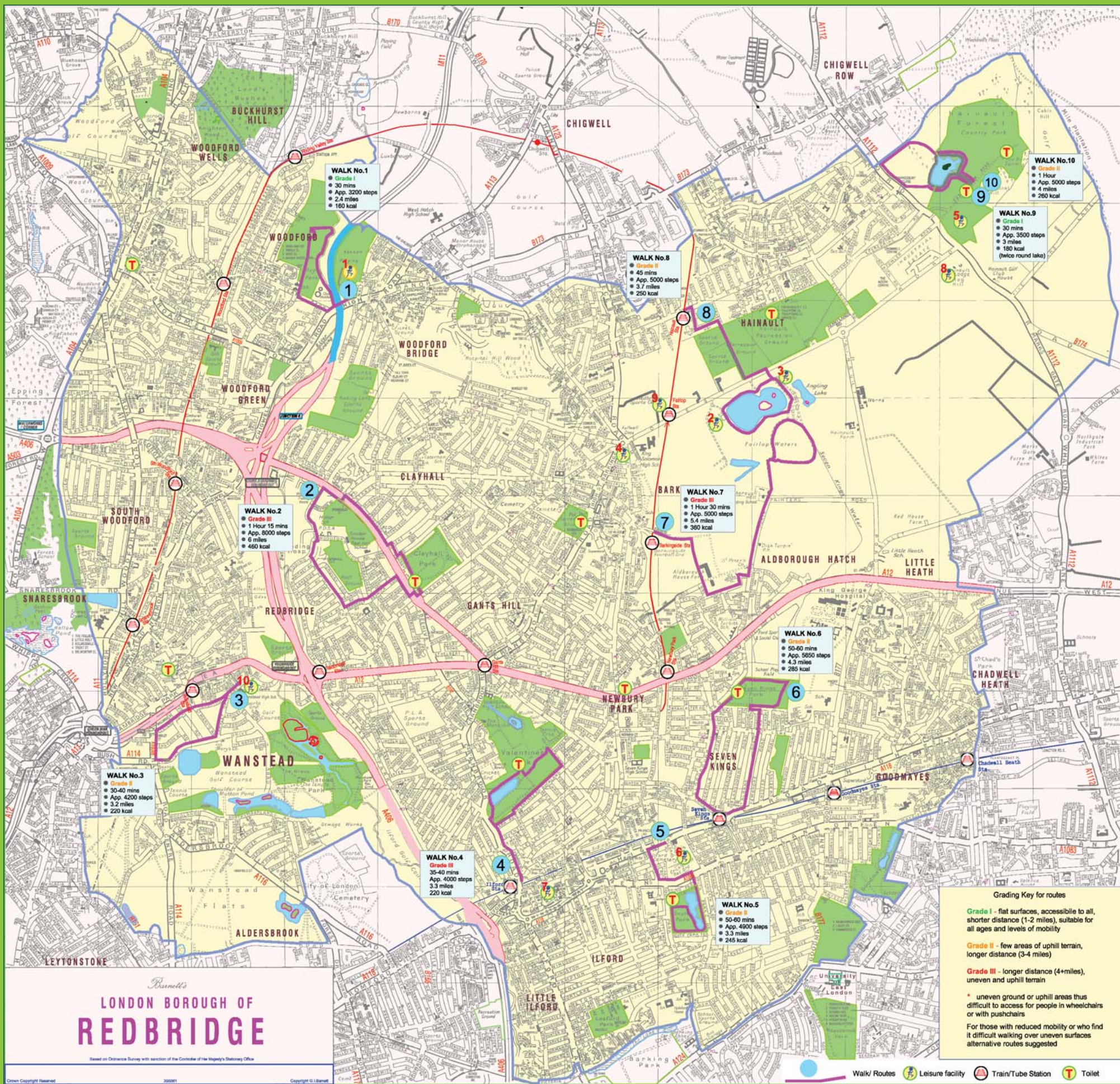
Redbridge Lane West, Wanstead, London, E11 2JZ
020 8989 1172
Wanstead Station (The Green) or Redbridge Station (Redbridge Lane East) – Central Line, Zone 4
Buses – 366, 145

www.redbridge.gov.uk

London Borough of
Redbridge



Walk Redbridge
Exploring the Borough on foot



1. Bus 275

- Facing away from Ashton Playing fields on Chigwell Road walk to the right and turn right down path by River Roding. Cross over footbridge into Ray Park
- Follow path all way round to come out near car park exit turning left onto Snakes Lane East
- Turn left onto Chigwell Road
- Cross over at pedestrian lights and walk left
- Cross over at pedestrian lights back to Ashton Playing Fields

2. Buses 123, 179

- Enter Clayhall Park from Longwood Gardens follow path round to left parallel to Woodford Avenue
- Exit on Lord Avenue and turn left
- Turn right down Woodford Avenue and onto Claybury Broadway
- Cross over Woodford Avenue at traffic lights
- Left onto Roding Lane South
- Left onto Falmouth gardens
- Left onto Bergholt Avenue and continue onto Keswick Gardens
- Turn right onto Woodford Avenue
- Cross Woodford Avenue back onto Longwood Gardens

3. Bus 145

- Facing away from Wanstead Leisure Centre turn left down Redbridge Lane West
- Turn left down Langley Drive
- Turn right onto Overton Drive
- Turn right onto Blake Hall Road
- Turn right onto Felstead Road
- Cut across George Green and back onto Redbridge Lane West back to Wanstead Leisure Centre
- * Langley Drive and Overton Drive slightly uphill thus alternative route continue along Redbridge Lane West to George Green, walk around George Green in clockwise direction and back down Redbridge Lane West

4. Buses: 123, 145, 366, 128, 150, 25, 167, 369, 179, 296, 364, 462

- Start opposite Ilford Station facing away from The Exchange Shopping Mall.
- Turn right along Cranbrook Road
- Enter Valentine's Park at first entrance
- Walk to left and continue to follow path around lake in clockwise direction
- After walking along 3rd side of lake, turn left and continue to walk along this path to exit the park onto Brisbane Road
- Turn right onto Auckland Road and continue along onto Valentine's Road and onto Park Avenue
- Turn left onto Cranbrook Road and back to Ilford Station

5. Bus 86 & buses 150, 145 and 128

- Start at Ilford Leisure Centre and walk left along High Road
- Left down Buckingham Road
- Left onto Green Lane
- Cross over at traffic lights before petrol station onto South Park Drive
- Enter South Park
- Walk with lake on right, follow path round past children's play areas, follow path round to right just after bowling green, walk with lake to left towards exit where park was entered
- Cross Green Lane walking to left
- Right onto Buckingham Road
- Right onto High Road and back to Ilford Leisure Centre

6. Bus 86

- On High Road facing Seven Kings Station walk left down High Road
- Turn left down St Albans Road
- Cross over using traffic lights onto Mordon Road
- Turn left down Epsom Road into Seven Kings Park
- Turn right into Seven Kings Park
- Follow path in anticlockwise direction, walking right around perimeter of park by walking on field alongside fence along stream. Exit park on Aldborough Road South
- Continue and turn left onto Cameron Road
- Turn left onto High Road
- * Walk around concrete path instead of on field along stream

7. Buses 169, 150, 247, 462, 275, 167

- Start at Barkingside Station, walk along Station Road, and follow dirt path into field area. Continue to follow footpath in fields and out onto Oaks Lane. Left onto Oaks Lane
- Right onto St Peters Lane
- Turn left onto Aldborough Road North
- Continue along path past riding school through fields
- Enter Fairlop Plain and turn right to walk in anticlockwise direction around golf course only
- Follow same route back to Barkingside Station
- * Follow route 8

8. Buses 150, 247

- Starting from Hainault Station, turn right along New North Road Turn right down Lancelot Drive
- Turn left down Walden Way
- Turn right down Iverness Drive
- Follow path along past field
- Cross over Forest Road into Fairlop Waters, walk round lake and back to station

9. Buses 247, 362

- Round lake only
- 10. Buses 247, 362**
- Round the edge of the forest

Why is walking good?

- Increases energy levels
- Burns calories
- Relieves stress
- Reduces risk of diseases such as diabetes, heart attacks and high blood pressure
- Improves muscle and bone strength
- Improves circulation