

Waterlink Way (Lower Sydenham to Greenwich)		
1 st walk check	2 nd walk check	3 rd walk check
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Waterlink Way (Lower Sydenham to Greenwich)

Start: Lower Sydenham Station

Finish: Cutty Sark DLR

Length: 9.7 km (6.0 mi)

Ascent: negligible

For a shorter or longer walk, see *below* **Walk options**.

Time: 2 ¼ hours walking time.

Transport:

Lower Sydenham station is located in Zone 4 and served by Southeastern trains on the Mid-Kent line, which branches off from the South Eastern Mainline at Lewisham and leads to Hayes. Trains start from Charing Cross (some by-passing Lewisham, some not). Travel time is 25 or 27 minutes from Charing Cross and 15 or 18 minutes from London Bridge.

Walk Notes:

The route connects a number of attractive parks and green spaces in South East London, while following the Pool and Ravensbourne Rivers. It follows parts of the well-waymarked Waterlink Way, the London-part of the National Cycle Network Route connecting Eastbourne to the Thames. Large stretches of those rivers have in recent years been re-naturalised or at least sympathetically embedded in landscaped linear parks such as Ladywell Fields and Brookmill Park, and as such the route makes for a pleasant outing in a densely populated part of London, even though some formerly highly industrialised areas such as Deptford as well as some densely built-up areas such as Catford and Lewisham are passed through.

The Waterlink Way is a shared cycle-/footpath all the way through and as such avoids public footpaths. The route described diverts from the waymarked route where a better alternative for walkers exists.

The parks walked through generally close around dusk. If in doubt, check the respective council websites.

Walk Options:

The walk route runs past a few Railway and DLR Stations (Catford/Catford Bridge, Ladywell, Lewisham, Elverson Road and Deptford Bridge), enabling an earlier finish or later start.

The Waterlink Way goes through some attractive walking terrain even further south than Lower Sydenham, i.e. South Norwood Country Park, where it follows one of the Pool River's tributaries, and Cator Park and it also has a spur from further up the Ravensbourne in pretty Beckenham Place Park. But while largely leading through green spaces, these routes contain a fair amount of road walking through residential areas and/or industrial estates and are therefore not part of the main walk. Nevertheless, starts from railway or tram stations along, or close to, those routes (Arena, Ravensbourne, Kent House, Beckenham Road and Clock House) are described, adding between 2.0 km and 5.1 km to the total distance.

Notes:

Waterlink Way

The Waterlink Way is a cycle-path and walking route in South East London, following the Pool and Ravensbourne rivers while connecting a number of parks and green spaces – including Ladywell Fields and Brookmill Park. A Beckenham Place Park spur from further up the Ravensbourne River starts at Ravensbourne station and leads across Beckenham Hill, the watershed to the Pool river, and on to Lower Sydenham. It is an established part of the National Cycle Network Route 21, linking Eastbourne to the Thames and well waymarked. The route was designed to be accessible, with a large number of railway and tram stations en route, in SE London including Kent House, Clock House, Lower Sydenham, Ladywell, Lewisham and Greenwich. In Cator Park, Beckenham it links with the Capital Ring and Green Chain Walk. Find a map here: <https://lewisham.gov.uk/inmyarea/sport/get-active/walking/waterlink-way>

South Norwood Country Park

South Norwood Country Park is one of the largest open spaces in the Borough of Croydon and was only created at the end of the 20th century. The 47 hectares (116 acres) park is a mix of countryside, parkland, and land formerly used for sewage farms serving London (largely unsuccessfully because of the heavy London Clay subsoil). These days it has lakes, a visitor centre, a children's playground and plenty of paths. With a wide range of different habitats, the country park is a haven for wildlife and a Local Nature Reserve.

Ravensbourne River

The River Ravensbourne is a 17 km (11 mi) long tributary of the Thames in south London. It flows through the Boroughs of Bromley, Lewisham and Greenwich and enters the tidal River Thames at Deptford, where its tidal reach is known as Deptford Creek. The Ravensbourne rises at Caesar's Well, Keston, 6 km south of Bromley town centre. For the initial third of its length the river flows across common land (including Hayes and Bromley Commons) until it reaches the southern outskirts of Bromley town where it is joined by the Ravensbourne South Branch and the Ravensbourne East Branch, which substantially increase the flow. Its main tributaries are the Pool (joining in Catford), and the Quaggy (joining in Loampit Vale, Lewisham).

Pool River

The River Pool is a 5 km (3 mi) long tributary of the River Ravensbourne, rising with its tributaries The Beck and the Chaffinch Brook between Addiscombe and West Wickham in Croydon. It is called 'Pool' from the confluence of these tributaries in Cator Park and then flows northwards through Beckenham and Sydenham, to join the Ravensbourne in Catford. For much of its length the river lies in a floodplain and at Sydenham, a section of the river that ran in a culvert under some gas works has been opened up and landscaped.

Beckenham Place Park

Beckenham Place Park is Lewisham Borough's largest green space, extending to 96 hectares (237 acres) and including a wide range of facilities, including a lake, ball court, football pitches, tennis court and sensory garden. It was established between 1757/60 and 1785 by John Cator the Younger who had acquired the rights of the Manor of Beckenham. The park is named after Beckenham Place, a Palladian-style mansion which now serves as a community centre and café. A railway line splits the park into two distinct parts and the only routes from one part to the other are at the northerly and south easterly ends. These days the park is a Local Nature Reserve and a Site of Metropolitan Importance for Nature Conservation and the Green Chain Walk and Capital Ring run through it. It is considered one of the finest wildlife sites in the borough, containing ancient woodland as well as a variety of other habitats.

https://en.wikipedia.org/wiki/Beckenham_Place_Park <https://www.beckenhamplace.org/>

Eat/Drink (details last updated 19/08/2024) [All Ladywell options are about 4.5 km from the start]

Good Hope Café Ladywell Fields, Ladywell Road, London SE13 7XA (<https://forjimmy.org/ladywell-fields/>).

Le Delice 38 Ladywell Road, London SE13 7UZ (020 8690 3238). Open to 19.00 Mon-Fri & 18.00 Sat-Sun.

Mama Dough 40 Ladywell Road, London SE13 7UZ (020 8690 7550, <http://mammadough.co.uk/>).

Café Oscar's 48 Ladywell Road, London SE13 7UX (020 8314 5581, <https://www.cafeoscars.co.uk/>). 4.5 km from the start. Open to 14.00 weekdays and to 15.00 weekends.

The Ladywell Tavern 80 Ladywell Road, London SE13 7HS (020 8690 9747, <https://www.ladywell.pub/>).

Wilson's 77 Ladywell Road, London SE13 7JA (<https://www.wilsonslondon.co.uk/>). Open 17.00-22.00 Wed-Fri, 12.00-22.00 Sat and 12.00-16.00 Sun.

The Larder 71 Ladywell Road, London SE13 7JA (020 8314 5797, <http://thelarderdeli.com/>). Open Tue-Fri 09.00-18.00, Sat 10.00-17.00 and Sun 10.00-16.00.

The Brookmill 65 Cranbrook Road, London SE8 4EJ (020 8333 0899, <https://www.thebrookmill.co.uk/>). 2.6 km from the end.

The Birds Nest 32 Deptford Church Street, London SE8 4RZ (020 8690 1928, <http://www.thebirdsnestpub.co.uk/>). 1.9 km from the end.

Little Faith Taproom 3 Creekside, London SE8 4SA (020 8692 7612, <https://littlefaithbeer.com/>). 1.8 km from the end. Open from 17.00 Wed-Fri and from 14.00 weekends.

Coffee Island Glaisher Street, London SE8 3ET (020 8691 6499). 900m from the end.

Plenty of other options in Greenwich - near and just beyond the end; see text below for details.

WALK DIRECTIONS

Arriving at **Lower Sydenham Station** from Central London on platform 2, take either of the two overbridges (on the platform or just outside the station) to go across to the other side of the railway tracks onto the forecourt there. [Arriving from further south, just leave through the station building onto the forecourt.] *Turn right* along the pavement past the station building, parallel to the railway line in a northerly direction, with a signpost for the **Waterlink Way** (WW) and **National Cycle Network Route 21**. In 60m continue in the same direction along a tarmac path by the first of many WW waymarker discs on the ground, with the **Lower Sydenham Pocket Park** on the right and the railway line beyond it. In 25m *fork right* along a path through the scrubs and re-join the tarmac in 130m. In 30m continue in the same direction along a residential road at a bend. In 120m at the bottom of the road continue in the same direction through bike barriers and to the right of the **Railway Tavern** and cross **Southend Lane** (the A2218) carefully (the Ravensbourne Start joins from the right).

***)** You enter a linear park (**The Riverview Walk**, as identified by a large corten steel totem sign) by an info panel on the Waterlink Way and follow the tarmac shared cycle- and footpath through the park, in 40m crossing the **Pool River** on a bridge and turning left along the river (ignore a right turn under the railway line). In 250m *turn left* across a bridge over the river and *turn right* on the other side, by the ex-gasworks site at **Bell Green**. In 270m you pass a few picturesque boulders along the riverside by a weir, where there is a little local nature reserve around a pond on the left. In 50m you go through a locked open gate, leaving the Riverview Walk, and *turn right* at a T-junction by **Bellingham Play Park**. In 100m *turn right* across a bridge over the river by a totem sign for the **River Pool Linear Park** and with a signpost for 'Catford' and *turn left* on the other side, ignoring the route straight ahead across the tracks to 'Bellingham'.

You mostly have trees on the left and the river close by and in 670m, by the **confluence of the Pool River and the Ravensbourne River**, *turn left* across another bridge and *turn right* on the other side. The path runs between trees and in 60m a tributary stream joins from the left. In 190m you emerge from the trees in an open grassy area and *turn right* along the Ravensbourne ('Catford', 'Ladywell'), ignoring a left fork towards a road. In 30m *turn right* across a bridge over the river and *turn left* on the other side, leaving the **River Pool Linear Park**. In 60m go under the railway viaduct and enter a small industrial estate. *Turn left* along a road towards **Catford Stations**, in 40m passing the **HQ Jerk Shack** in the car park on the right, and in another 65m (with **Catford Station** opposite the road) *turn right this side of the raised Stanstead Road (the A205), signed 'Ladywell 1' and 'Peckham 3 ½'.*

In 80m cross the river and *turn left* through a subway under the road, signed 'Ladywell 1', 'Lewisham 1 ¾'. You continue through a landscaped area to the left of **Catford Bridge Station** and to the right of the Ravensbourne and in 130m continue along **Adenmore Road** past some residential newbuilds on your right-hand side, ignoring a left turn. In 100m *turn left* through a subway under the railway line with a 'Ladywell 1', 'Lewisham 1 ¾'-signpost. In 35m ignore a right turn to some tennis courts and cross the Ravensbourne River on a bridge to enter **Ladywell Fields** by an info panel on the left. *Turn right* along a tarmac path, past a newly planted **community orchard** to the left on a sloping meadow (an info panel with a list of the trees is 20m away to the left).

[!] In 70m – just before a fork in the tarmac path – *turn right* down some steps to follow an earthen path close to the river across a viewing platform and in 100m re-join the main path. In 25m ignore a right turn across the river towards **Ladywell Bowling Club**. In 15m *turn right* to follow another looped path close to the river, this one giving good views of a **river backwater** on the other side, one of the features re-created to re-naturalise the formerly straightened river. In 70m re-join the main path and in

another 60m, where a path joins from the left down the slope, *turn right* across the river, ignoring the continuation path past some steps down to the river. You *turn left* on the other side by another info panel and in 30m go under the railway line.

You have the river and some old trees on your left and the widening parkland on the right, with some new residential houses along its boundary. In 120m you pass the **Lewisham Dutch Elm**, one of the few remaining mature trees of its kind in London and in another 30m pass a wide wooden bridge across the river. There are now a few corten steel water pumps installed on the right on what looks like an old river course, and in 40m you *fork left* along another looped path running down close to the riverbank. In 100m re-join the main path and in 40m ignore a bridge on your left across the river to a residential road and *turn right* with a 'Ladywell' and 'Hither Green' signpost to cross a railway line on an overbridge with looped ramp ascents on either side. On the other side, in front of **Ladywell Stadium**, *turn left* at a T-junction with a tarmac path, immediately forking left to cross the Ravensbourne into a third part of **Ladywell Fields**.

In 15m *turn right* with an NCN 21-marker post to the right of a fenced playground along the river and the right-hand boundary of the park and in 110m ignore a right turn to Hither Green. You now have **University Hospital Lewisham** on your right and in 130m some fenced tennis courts on the left. In 80m cross a bridge over a newly created river channel and ignore another bridge on the right into the hospital site. In 50m ignore a left fork and in another 120m cross the river channel where it re-joins, on a gently rising bridge. Ignore another right turn to the hospital and in 90m leave Ladywell Fields onto **Ladywell Road** [unless you want to visit the **Good Hope Café** away on the left.] *Turn left* along the road and cross a bridge over the railway line by **Ladywell Station** and on the corner of **Railway Terrace** find the recommended **Le Delice** café. In the next house along is **Mama Dough** pizzeria and a few doors down **Café Oscar's** (and in 100m at the corner of **Slagrove Place**, **The Ladywell Tavern**).

Turn right at a set of lights and – with **Wilson's** restaurant to the left – continue to the right of **The Larder** along **Algernon Road**, signed 'Lewisham ¾, Deptford 2 ½'. In 50m, *fork right* with Algernon Road, ignoring the left fork of Vicar's Hill. In 120m *turn right* along **Marsala Road**, signed 'Lewisham ½', 'Deptford 2 ¼' and in 60m *turn left* with the road. In 450m at a T-junction with **Ellerdale Street**, *turn right* to go under the railway line into **Lewisham** and *bear left* with the road (now called **Elmira Street**). Ignore the right turn Silver Road and the following right turn Smead Way. In 40m, *turn right* at the next right turn (**Pine Tree Way**) and follow it to the **Ravensbourne River** in 80m, where you *turn left* along **Waterway Avenue**. In 60m continue in the same direction where the road turns left and go through **Cornmill Gardens** along its right-hand side with a signpost for 'Deptford 1' and 'Greenwich 2 ½'. In 120m by the railway line on your right, curve to the left around a large building on the left (the **Glass Mill Leisure Centre** and swimming pool) and slowly converge with **Loampit Vale**, the A20.

Just beyond the end of the building on the left, *turn right* across the A road at a set of lights and continue along the left-hand pavement of **Thurston Road**, away from the A road, with **Lewisham Station** a little ahead on the right. In 75m cross a drive into a car park on the left and in 40m the exit from it. In 40m cross **Jerrard Street** and *turn right* across Thurston Road to continue along a paved drive going through a subway under the railway line. On the other side continue in the same direction through a residential estate and across a road to the Ravensbourne River (running behind a high wall and complemented by the inflow of the **Quaggy River**) and *turn left* along a paved path along it. You have the Lewisham – Canary Wharf DLR line beyond it on the right.

In 190m *turn right* across a bridge over the river and *turn left* on the other side, passing **Elverson Road DLR Station**. In 70m stay to the left of the cantilevered ramp leading across the tracks and pass Elverson Road to enter **Brookmill Park**, a narrow linear

park with a large pond and some ornamental gardens. Stay on the rightmost path whenever there is a fork or turn (without actually crossing the river) until in 450m you reach the ornamental gardens around a fountain at the far end. *Bear left* through the ornamental garden and in 130m leave the park.

The recommended pub **The Brookmill** is 150m to the left back along the road. You cross a drive to the **Stephen Lawrence Centre** (<http://www.stephenlawrence.org.uk/>) on the right and cross the river on a bridge by a totem sign for **Broadway Fields**. On the other side *turn left* by an info panel, initially to the left of the raised DLR, in 40m ignoring a bridge on the left, then go under the DLR and in 80m *fork left* with an NCN 21-marker to leave the small park in its left corner in 80m. At a T-junction with the A 2 **New Cross Road** by **Deptford Bridge DLR Station** on the right, cross the road at a set of lights and *turn left* on the opposite pavement, past **Lewisham College**. In 50m *turn right* along the equally busy A2209 **Deptford Church Street**, carefully minding the cyclepath weaving along the pavement. In 150m at a crossroads by **The Bird's Nest** pub on the right, you *turn right* along **Creekside**.

The road runs through the **Deptford Arts Quarter** and broadly follows the **Deptford Creek**, the tidal arm of The Ravensbourne, with the raised DLR weaving along the creek up high. You have old industrial buildings either side, many turned to artist's studios these days, as well as some newbuilds, both galleries and residential buildings (some of the yards on the right are worth exploring, but the routes inevitably end at the creek). In 50m you pass the **Little Faith Taproom** on the left. The road bears left in 50m and in 170m you go under **London's oldest railway line**, opened 1836 (Spa Road Bermondsey, later London Bridge, to Greenwich). In 120m pass **Ferranti Park** on the left and **Trinity Laban Conservatoire of Music & Dance** on the right. At the end of the Laban building, *turn right* along **Copperas Street**, signposted 'Greenwich' and 'Rotherhithe', still on the Waterlink Way and the NCN 21-route. You pass a new high-rise development on the left (Harmony Place) and near the end of the street some more high rises, as you curve left with the road. You reach **Creek Road** (the A200) at a T-junction. This is the – rather unglamorous – **end of the waymarked Waterlink Way**.

To continue, cross the road at a set of lights and continue to the right of the (defunct) **The Hoy** pub/restaurant with a **Thames Path**-sign. The road curves to the left and in 70m you *turn right* with a Thames Path and NCN 21-sign. In 20m you have the Deptford Creek on your right and can see the high rises of **Canary Wharf** ahead across the Thames River. In 80m by **Coffee Island** on the left, walk up some steps to a swing bridge and *turn right* across it to the other side of the creek. *Turn left* on the other side to gain the river bank and follow it towards the **Greenwich Foot Tunnel**, **Greenwich Riverboat Pier** and the **Cutty Sark**, 650m away, en route passing **The Oystercatcher** and **The Sail Loft** pubs. At the landscaped large square by the foot tunnel, the best café option is the **Café in The Painted Hall** at The Old Naval College. Else *turn right* past the Cutty Sark and the **Gipsy Moth** pub to a **Waterstone's** with an in-store café.

- **Cutty Sark DLR Station** is 50m away to the right along a shopping passage;
- **for other food and drink options** continue further into Greenwich;
- for **Greenwich Mainline Station**, either take the DLR, or continue along the main road, curving to the right in a long bow and in 600m you reach the station.

Ravensbourne Start – a stop on the Catford Loop Line (Thameslink) from Blackfriars via Elephant & Castle to Sevenoaks (add 4.3 km/2.6 mi and 60m ascent)

Eat/Drink:

Beckenham Place Café Beckenham Place Mansion, Beckenham Place Park, Beckenham, BR3 1SY (<https://www.beckenhamplace.org/bar/>). Open 09.00-17.00 Tue-Fri, 09.00-18.00 Sat-Sun.

Leave the station up a ramp or through the station building onto **Crab Hill** (road) and *turn down to the right* along it. In 80m at a T-junction with **Ravensbourne Avenue**, *turn left* and follow the Avenue gently downhill. In 150m enter **Beckenham Place Park** through a wooden barrier and past a map to follow a wide gravel path (a shared cycle- and footpath) with **The Ravensbourne River** away to the right and **Summerhouse Field** on the left. In 700m, having gone through a belt of trees en route, ignore a right turning path and in another 100m, near the end of the park, *fork left*. In 50m at the park boundary *turn left* along a tarmac path at a T-junction with the **Capital Ring** (CR) and (another branch of) the **Green Chain Walk** (GCW).

In 190m *turn left* along a tarmac path with the CR and the GCW. In 75m *bear right* with the path, now gently ascending between rows of trees and in 100m cross the railway line on a bridge. In 75m at a T-junction with another path, *turn left* along a gravel-and-earth track. In 110m you pass a GCW- and CR-marker post and in 55m – at a three-way fork - ignore the right fork, leading around a newly re-created lake, and take either of the other two, leading around an area of **wet woodland**. The paths re-join in a good 200m and you continue broadly in the previous direction (i.e. *turn left* if you took the left fork, and *turn right* if you took the right fork) through **Ash Plantation** (bluebells in season). In 140m at a fork, you *fork right* with a marker post and in 40m continue up some steps a little to the right, where another path joins from the left.

In 70m at a three-way signpost, *turn right* with the CR ('Crystal Palace Park 4 m') and pass a map of the GCW section between Hither Green and Kent House. There is a fenced clearing on the right with some far views to houses on higher ground and in 75m you continue in the same direction ignoring a left turn, and soon curve to the left between metal fences. In 75m pass an info panel on Beckenham Place Park **Ancient Woodland** and in 35m the path continues as tarmac where you emerge from the trees into open parkland. The path curves to the left and drops to the valley bottom where in 150m you cross the stream feeding the lake on your right.

Re-ascend the slope on the far side of the valley, in 20m ignoring a right turn along the lake shore. In 50m *turn left* with the path towards the Palladian **Beckenham Place**, en route passing on the right a path to the **Pleasure Grounds** and some steps to the **Formal Gardens**. At the mansion, there are several paths forking right to the upper level main entrance, but the **Beckenham Place Café** has its easiest access from the lower level at the left-hand side of the mansion. Make your way around or through the mansion to the front entrance of the mansion and head away from the mansion, cross a tarmac lane and continue gently uphill, signposted 'Woodland, Pond'. The path curves to the right (with Shooters Hill in the distance; on a bearing of 47°) and enters a wood and after 180m from the house turns hard left. In 70m leave the park, cross the A2015 **Beckenham Hill Road** (there is a median to the left) and *turn left* on the far side.

You are at **the highest point of the walk**. In 30m *turn right* along **Braeside**, a residential road and follow it gently downhill. In 200m at a three-way junction by a triangular green, *turn left* further downhill along **Overbrae**. In 150m at a T-junction *turn right* along **Worsley Bridge Road**. In 150m continue in the same direction at a crossroads and soon you have sports fields on both sides. In 300m from the crossroads you cross the **Pool River** and *turn right* immediately, along a paved path to the left of the river. In 200m, just before a bridge, the path rises to a road (**Meadowview Road**) and you *turn left* along it. In 100m *turn right* at a T-junction, back on **Worsley Bridge**

Road. In 250m, at a T-junction with **Southend Lane** (the A2218), *turn left* along it and go under the **Mid-Kent Line**. In 30m the main walk joins from the left down a cul-de-sac, this side of **The Railway Tavern**. *Turn right* across the road and pick up the directions above in the main text at the asterisk *).

Arena Start – a stop on the Tramlink (add 5.1 km/3.2 mi)

Leave the tram stop in a northerly direction off the platform for trains towards Elmers End/Beckenham Junction, i.e. through bike barriers and along a tarmac path into a grassy area and *turn right* past a **Waterlink Way**-enscribed, yellow-ringed wooden pole with a National Cycle Network NCN 21-marker. In 70m go through some bike barriers and *turn right* to cross the left forking tram line heading towards Beckenham Junction and *turn left* immediately, before crossing the other tram line heading towards Elmers End. You enter **South Norwood Country Park** and go along the left-hand boundary of a grassy field, parallel to the tram line on your left. In 140m go up to the left up some steps onto a gravel-and-earth path at a T-junction, by a tram line crossing away on the left, and *turn right* along the elevated path.

In 110m ignore a left fork through a belt of trees and in 75m continue in the same direction at a crosspaths. In 90m ignore a left turn and *bear right* and in 30m continue in the same direction at a crossing with a narrow path past a bench on the left. In 40m, where another narrow path joins from the left, you *turn right* with the wider path. In 150m ignore a right turn and cross a brook on a two-railed footbridge and *turn left* on the other side, following the brook on the left (all the broods and ditches in this park are unnamed tributaries of the **Chaffinch Brook**). In 200m you pass a cycle-/footpath marker post and in 75m *turn left* with the path. In 50m *turn right* with the path and in another 50m at a four-way junction, continue in the same direction.

You have a ditch on the right as well as a **Soccer Centre**, with **Elmers End tram and rail station** beyond it, and a large pond on the left behind reedy growth. In 70m a left turning path leads to a viewing platform by the pond 50m away and in 60m you cross a culverted stream on an earth bridge and *turn left* with the path, where a right fork leads to a main road. In 75m a left turning path leads to another viewing platform by the pond 20m away and in 50m you *turn right* towards the main road and leave the park in 25m through a fence gap. *Turn left* along the pavement of **Elmers End Road** (the A214). In 25m ignore Dorset Road on the right and in 60m cross the stream draining the Country Park. In 100m by **Beckenham Cemetery** on the left behind a wall, *turn right* to cross the road (there is a median on the left) and continue along **Beck Lane**.

In 250m continue in the same direction through some bike barriers where the road turns left around **Central Terrace** and in 40m go through the opposite set of barriers and continue along the road. The road continues as **Churchfields** and in 175m, by Clement Road on the left, you pass a Primary School and then a Recycling Centre on the right. In 120m *turn right* along **Play Ground Close** and in 30m go through a metal fence gap into **Churchfields Recreation Ground**. Follow a tarmac path along its left-hand side, in 70m and in 60m ignoring left turns out of the park and in 20m *turn right* with the path. In 60m *turn left* between wooden fences (notice the **Victorian Stink Pipe** on the right) to leave the recreation ground and in 30m continue along **Kendall Road**, a quiet residential street. In 140m the road continues a little to the left as **Sidney Road**, where Kendall Avenue joins from the left.

In 230m you reach **Beckenham Road** (the A234) at a T-junction. **Beckenham Road tram stop** is on the left and **Clock House station** on the right. Cross the road carefully and continue opposite along **Chaffinch Road**. In 70m a tarmac path joins from the

right from Clock House station and in 10m you *turn left* along **Thayers Farm Road**. In 50m *turn left* with the road and in 10m *turn right* along a tarmac path between houses.

***)** In 40m go through a subway under the tram and railway line. Follow the path through some allotments, ignoring a path from the left en route, and in 120m go through a subway under another railway line. In 70m cross **Kings Hall Road** at a T-junction and continue in the same direction along a tarmac path. The **Waterlink Way** has re-joined from the left along the road. In 60m you enter **Cator Park** and *fork left* to continue to a signposted multi-path junction 100m away. The **Capital Ring** and the **Green Chain Walk** cross, the **Waterlink Way** continues half left ('Lewisham 4 ½').

****) In 230m *turn right* at a four-way junction of tarmac paths by a road away on the left. In 90m *turn left* with the tarmac path, now with the culverted **Pool River** on your right behind a metal fence in a concrete culvert (and already an impressive little river, about 100m after the **confluence of Chaffinch Brook and The Beck**). In 80m you pass a fenced **Tiny Forest** away on the left and in 30m an NCN 21 signpost on the left and leave Cator Park through bike barriers and cross **Lennard Road** (leading to **New Beckenham Station** on the right). Continue along the fenced off river with **Kent CCC's County Ground** beyond it, and past some school buildings on the left. In about 400m cross a two-railed footbridge over a tributary flowing in from the left and *turn left* with the path. In another 10m *turn right* with a 'C18 Lower Sydenham' sign.**

You follow **Kangley Bridge Road** for 600m, past a water treatment plant, a sports ground and assorted small industrial estates and eventually *turn right* with a Waterlink Way sign along **Westerley Crescent** towards **Lower Sydenham Station** 30m away. *Turn left* this side of the station, along the pavement parallel to the railway line, with a signpost for the **Waterlink Way** ('Catford') and the **NCN Route 21**, and pick up the directions in the main text halfway down the first paragraph ("In 60m...").

Beckenham Road Start – a stop on the Tramlink (add 2.3 km/1.4 mi)

Leave the platform down a ramp or some steps to **Beckenham Road** and *turn left* along it. In 70m *turn left* along **Thayers Farm Road**. In 160m *turn left* along a tarmac path between houses and pick up the directions in the **Arena Start** at the asterisk ***)**.

Clock House Start – a stop on the Mid-Kent Line to Hayes (add 2.2 km/1.4 mi)

Leave the station out to **Beckenham Road**, cross the road at a set of lights and continue down some steps on the other side. In 50m cross **Chaffinch Road** a little to the right and continue along **Thayers Farm Road**. In 50m *turn left* with the road and in 10m *turn right* along a tarmac path between houses and pick up the directions in the **Arena Start** at the asterisk ***)**.

Kent House Start – a stop on the Chatham Mainline from Victoria (add 2.0 km/1.2 mi)

Turn left out of the station in the direction of travel from Victoria, signed 'Green Chain Walk' and 'Capital Ring'. Go through some bike barriers and follow signs for the Capital Ring and the **Waterlink Way** along **Kent House Station Approach** (road) to a main road. In 80m at a T-junction *turn right* along **Kings Hall Road**. In 40m *turn left* along **Aldersmead Road** and in 100m – by **Ringwold Close** on the left – *turn right* into **Cator Park**. Follow a tarmac path into the park and in 100m ignore a left fork to continue to a signposted multi-path junction in 25m. The Waterlink Way re-joins from the right and continues to the left (Lewisham Town Centre 4 ½).

Turn left and pick up the directions in the **Arena Start** at the double asterisk ****))**.