



Lea Valley Walk Section 3

The third section of the Lea Valley Walk takes in Markfield Park, Springfield Park & Marina as well as Walthamstow Marshes Nature Reserve.

Distance 3.2 kilometers / 2 miles

Duration 40 minutes



Water feature



Great views



Refreshments



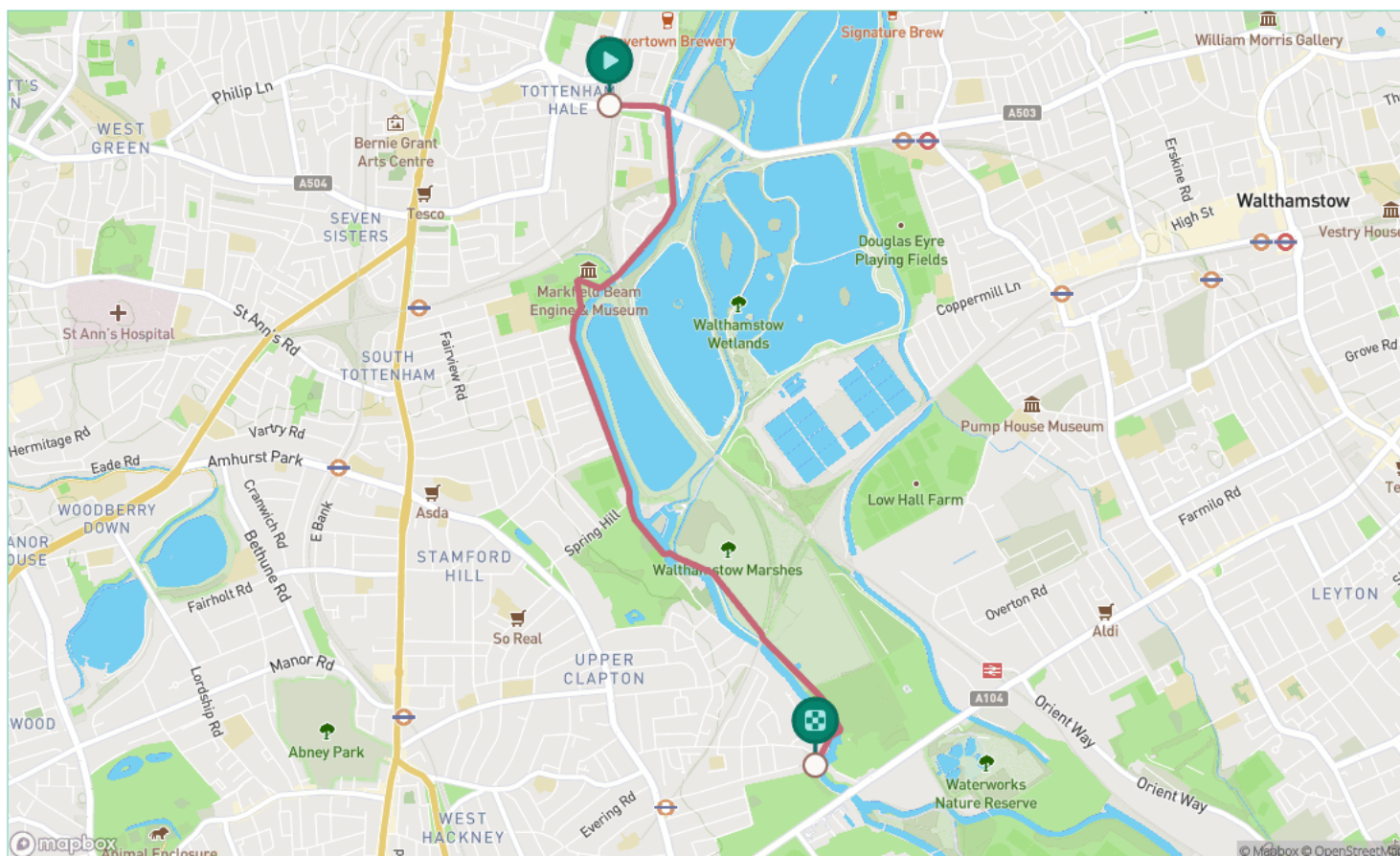
Public transport



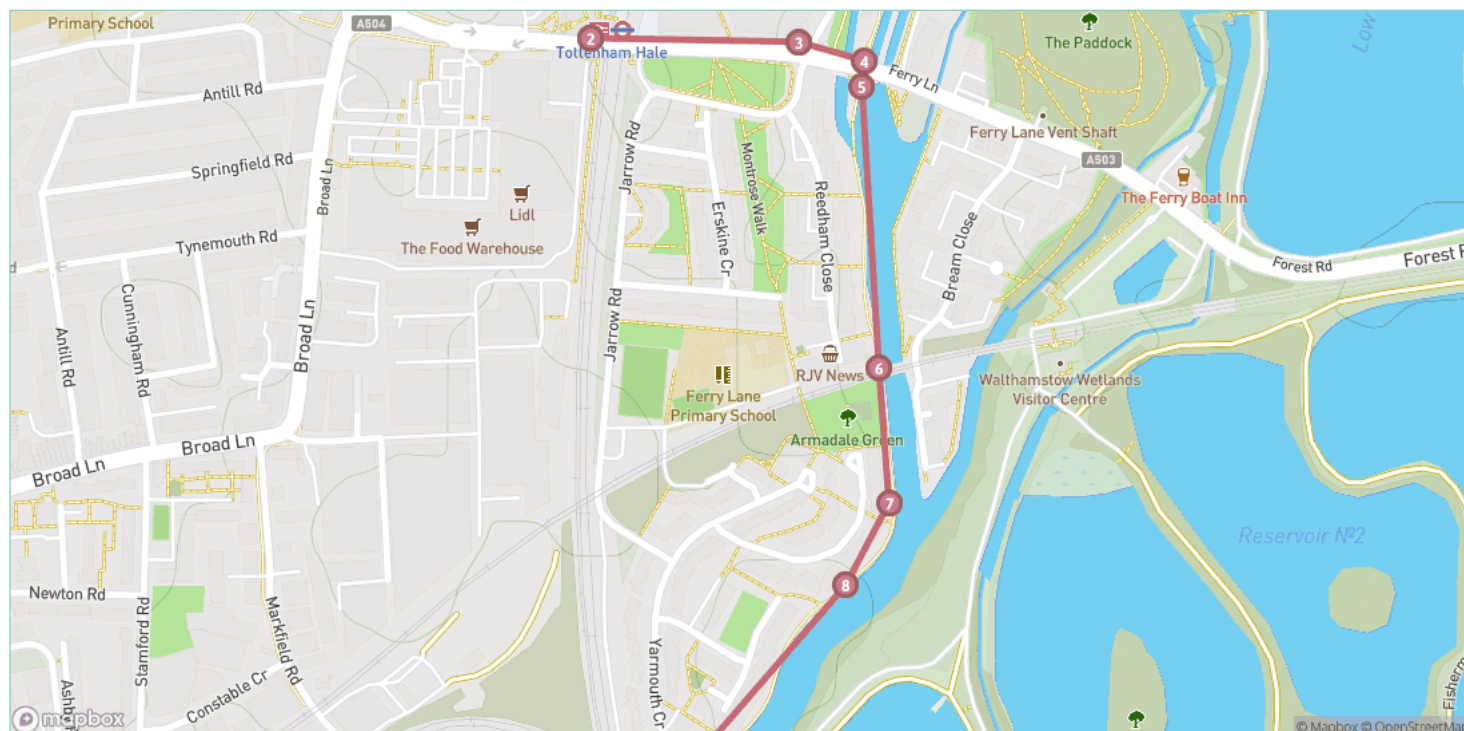
Picnic spot



Child friendly



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Step 1: Welcome to Section 3 of the Lea Valley Walk. This walk follows the Lea Navigation towpath from Tottenham Hale to Lea Bridge.

Step 8: On the other side of the river are the Walthamstow Reservoirs.

Step 2: From Tottenham Hale station, turn left out of the station onto Ferry Lane. Continue up the hill and straight on.

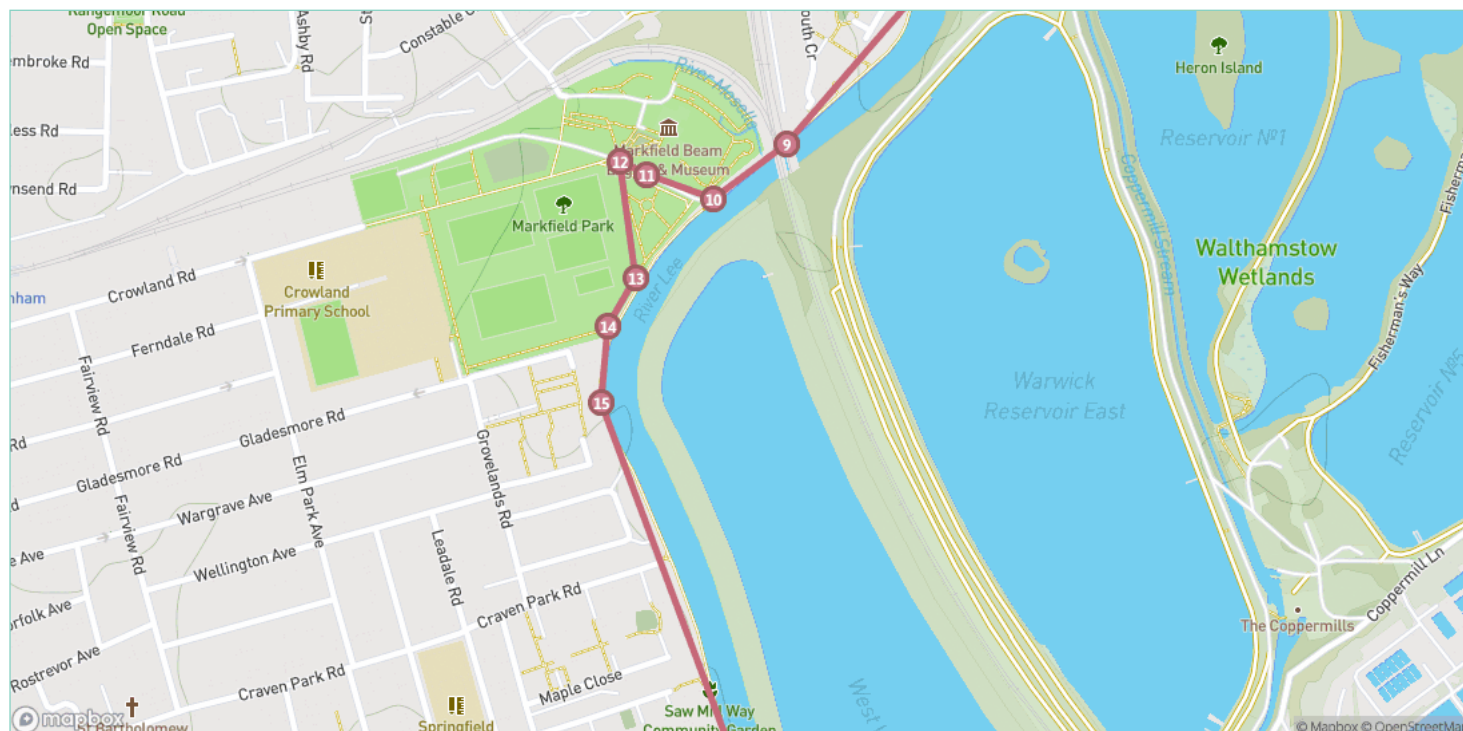
Step 3: Cross Mill Mead Road towards Tottenham Locks.

Step 4: At Tottenham Lock turn right down the slope to start on the towpath of the River Lee Navigation. Note that the ramp is cobbled so might not be accessible to all.

Step 5: Continue south down the River Lee Navigation.

Step 6: Pass under the first of two railway lines.

Step 7: Just after this turn the River Lee Navigation joins the River Lea again.



Step 9: Pass under the second railway bridge.

Step 10: Enter Markfield Park through the entrance on your right.

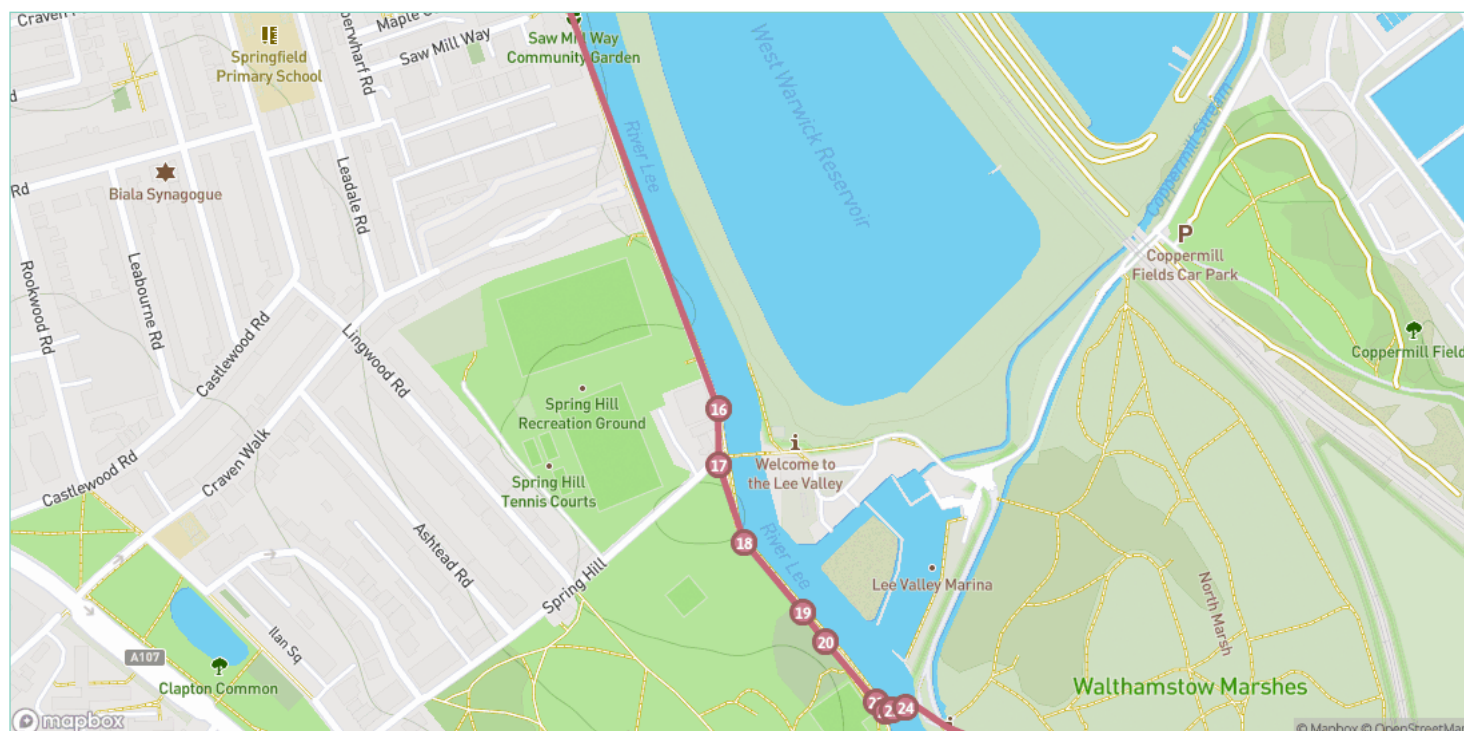
Step 11: In here you can find the Markfield Beam Engine and Museum as well as a cafe.

Step 12: This remarkable engine was built by Wood Brothers, of Sowerby Bridge, Yorkshire, and was commissioned on the 12 July 1888. The engine can be viewed on selected Sundays throughout the year.

Step 13: Rejoin the River Lea by passing through the park with the river to your left.

Step 14: Pass through the gates to rejoin the walk.

Step 15: There are more peaceful views over the water as you head towards Springfield Park.



Step 16: You will come to the Lea Rowing Club and Boathouse Cafe. Continue past this, taking the path out on the right.

Step 17: Crossover the road and either walk through Springfield Park or continue alongside it with the park to your right.

Step 18: You can take a tree lined walkway or inside the park, up the hill you can find another cafe and some toilets.

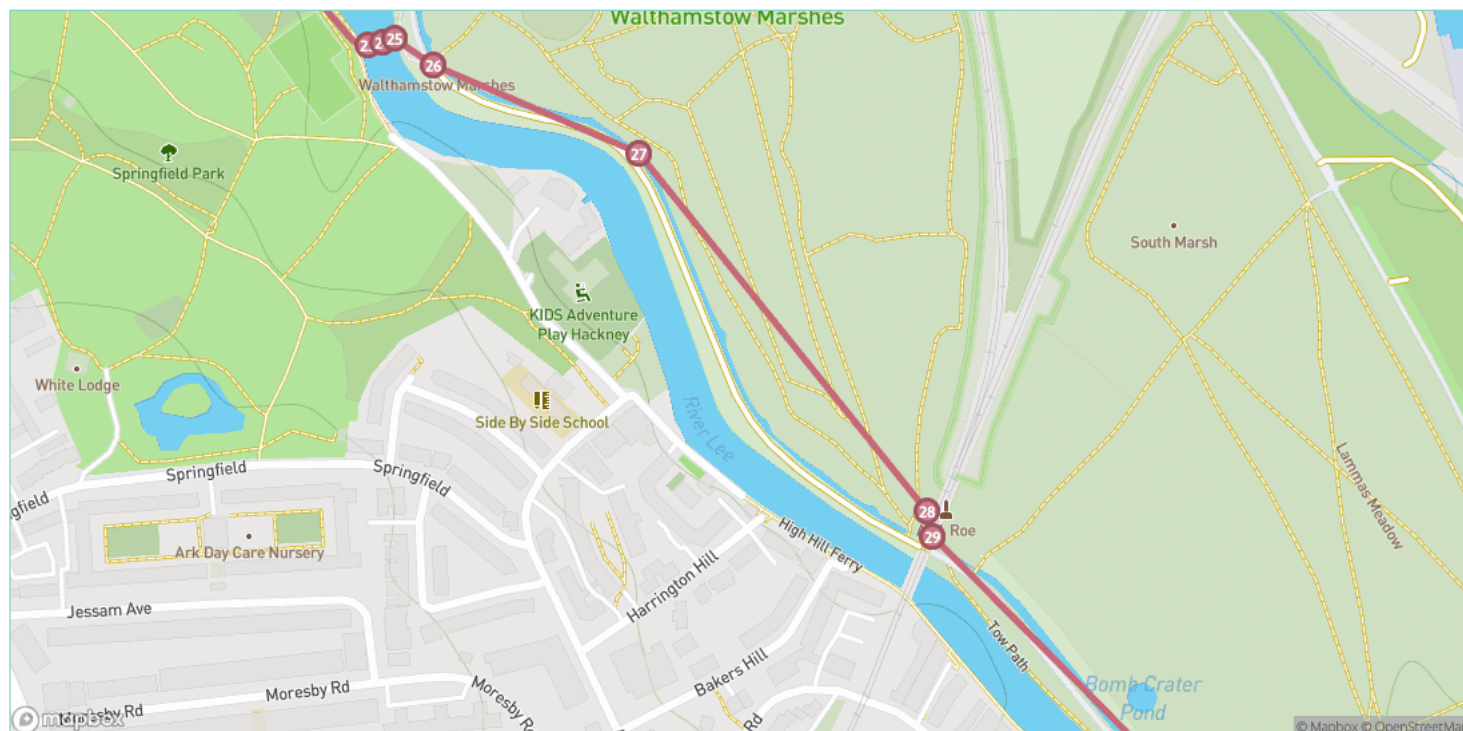
Step 19: Springfield Park was created in 1905 from the grounds of three 19th century houses.

Step 20: The climb to the top of the hill, created by deposits from the Ice Age, gives great views of London.

Step 21: Cross over the Horse Shoe Bridge, opposite the park tennis courts, into Walthamstow Marshes.

Step 22: For centuries the River Lea formed the boundary between Essex and Middlesex. Now it is the boundary between Hackney and Waltham Forest.

Step 23: Over that time the spelling of the river has caused problems as originally it was Ley, a field covered with grass.



Step 24: Acts of Parliament called it Lee although it appeared as Lea on many maps. Following disputes over the spelling it was decided the natural aspects of the river would be spelled LEA and man-made parts like the canal would be LEE.

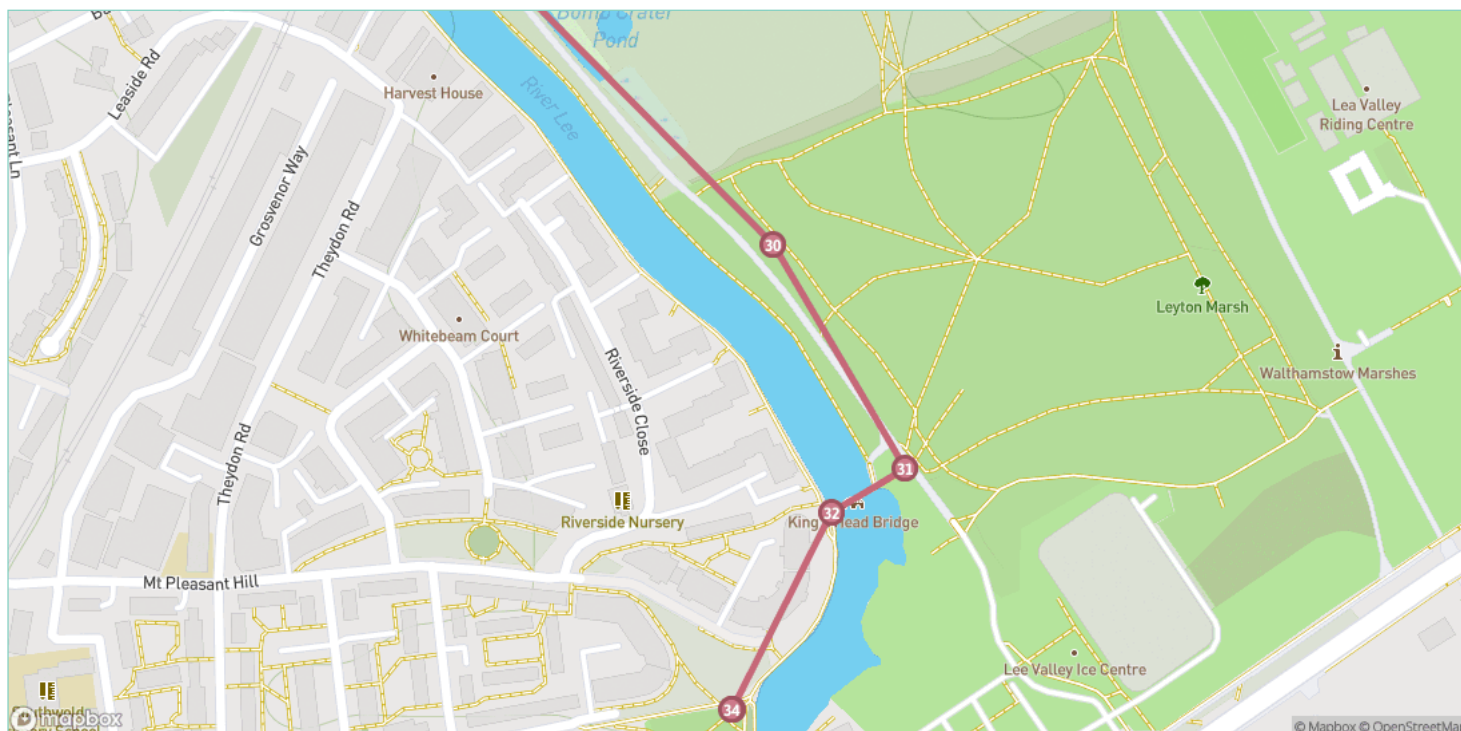
Step 29: His 'Yellow Terror' tri-plane was built under these arches and flew an historic 900 feet across the Marsh. His inspiration for doing this had been the first powered flight of the Wright Brothers in 1903.

Step 25: On the left as you cross the bridge is Springfield Marina, created in 1970 by excavating silt from a meander in the old river course.

Step 26: Continue walking south with Walthamstow Marshes on your left. This section of the walk also joins the Capital Ring.

Step 27: Walthamstow Marsh is a Site of Special Scientific Interest and home to water voles, Dotted Fanfoot moth, and Webb's Wainscot moth.

Step 28: A plaque on the railway arches commemorates A V Roe's first all-British powered flight in 1909.



Step 30: Follow a sandy track under the railway arches with Walthamstow Marsh Nature Reserve on your left.

Step 31: Continue on to the black 'Kings Head' footbridge on the right. Cross the bridge and turn left at the end.

Step 32: Beyond the bridge, the weir to your left separates the flow of the old River Lea from the canalised section of the Lee Navigation.

Step 33: Clapton station can be reached by taking the path to the right along the edge of Millfields Park (North) and walking along Southwold Road. Turn left onto Upper Clapton Road to reach the station.

Step 34: You've now completed this section of the Lea Valley Walk. How about moving on to the next section towards Three Mills?