

Waltham Abbey to Tottenham Marshes



Starting at Lee Valley White Water Centre, a true legacy of the London 2012 olympics, you will see a new side of the industrial northern suburbs of London, finishing at Stonebridge Lock in the heart of the Tottenham Marshes. This route takes you under both the M25 and the A406 (North Circular). There are a number of locks to portage on this route.

Distance: 7 miles

Time: 2 - 4 hours

Start: Lee Valley White Water Centre, Station Rd, Waltham Cross, Herts, **EN9 1AB**

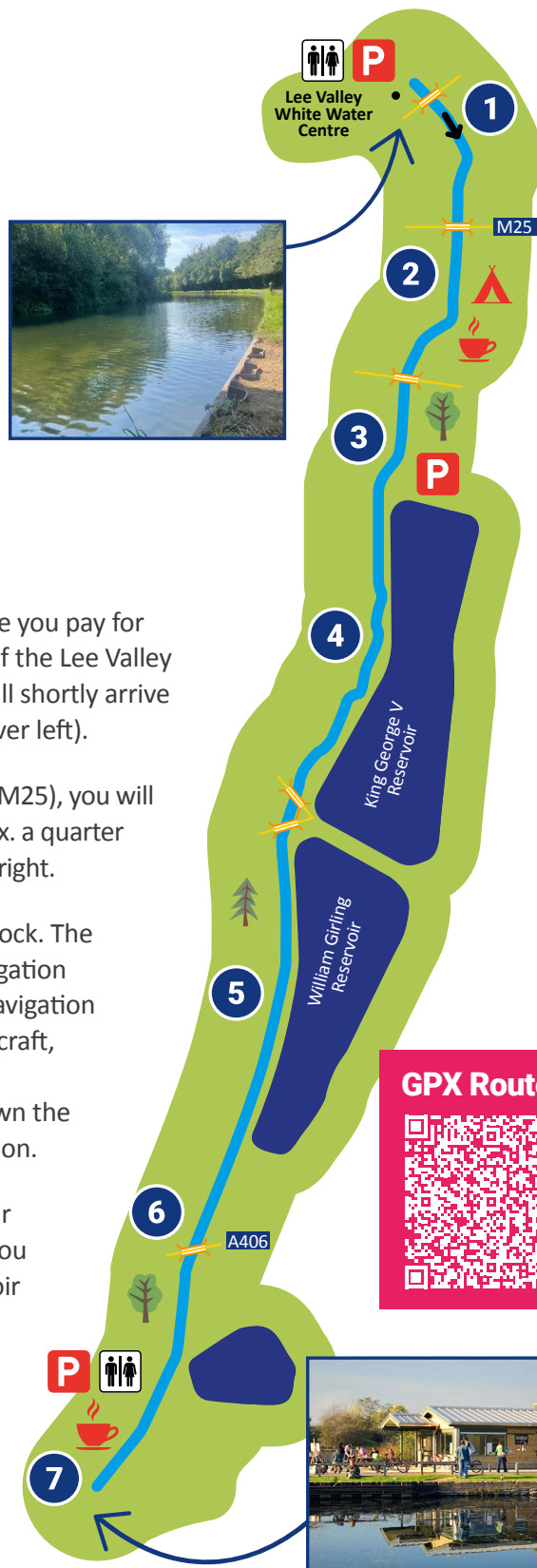
Finish: Stonebridge Lock & Waterside Cafe, Watermead Way, London, **N17 0XD**

OS Map: Explorer 174



For more information

scan the QR code or go to
gopaddling.info/rivers/river-lea



- 1** Park at Lee Valley White Water Centre (EN9 1AB) - make sure you pay for your parking. Find your way out of the centre to the banks of the Lee Valley Navigation. Put in directly as you arrive on the banks. You will shortly arrive at Waltham Town Lock where there is a short portage (on river left).
- 2** A short while after going under your second road bridge (the M25), you will reach Ramney Marsh Lock (portage is on river right). In approx. a quarter of a mile, the navigation will split and you want to stay to the right.
- 3** Approximately half a mile further on you will reach Enfield Lock. The portage here is more complicated. You need to exit the navigation on river right. Continue along the towpath, cross over the navigation (take care on the road) and follow the towpath. For smaller craft, it is possible to find a way down to the canal to get back on, however, with a canoe you will need to continue further down the towpath, cross over the footbridge and re-enter the navigation.
- 4** Just after Enfield Lock you will pass Enfield Dry Dock (on your right), later Turkey Brook will enter from your right and, as you continue, you will be paddling beside King George V Reservoir (which provides some of London's drinking water).
- 5** When you reach Ponders End Lock, there is a simple portage on river left. Continue your journey by paddling beside William Girling Reservoir, another of the reservoirs that provide London's water (named after a former chairman of the Metropolitan Water Board).



- 6 After a further mile or so, you will reach Pickett's Lock. Here there is a simple portage on river left. You will now continue for approximately a mile where your journey will take you under the A406 (North Circular).
- 7 You've now got just over 1.25 miles left of your journey. Initially the final part of your journey will take you through an industrial area with factories, warehouses etc. on both sides of the navigation. Finally you will be paddling with the marshes and Lockwood Reservoir surrounding you. As you approach the final lock, you want to finish your journey on river right and you can top your day off with a well-earned visit to the Waterside Cafe.

Discover More

Lee Valley Regional Park offer lots of activities and information about additional trails.

The Lee Valley White Water centre was built for the 2012 London Olympic where Team GB picked up both Gold and Silver in the C2 event. Members of Team GB train regularly at the centre, so you may be able to see them in action for yourself.

The River Lea & Lee Navigation is home to many different species of bird, but if you're lucky you may hear the distinctive booming cry of the Bittern or even spot this elusive bird.

With so many reservoirs on your route, you are truly paddling by the source of much of London's fresh water.

Useful Links

For more information about Lee Valley Regional Park visit: visitlee valley.org.uk

For more information about British Canoeing visit: britishcanoeing.org.uk

For more information about getting started in paddling visit: gopaddling.info

Who not contact your local club - www.leevalleypaddlesportsclub.org

Our members and the wider paddling community can get in touch with us at T. 0300 0119 500

Licence

We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.

Paddle Safe. Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

Paddlers Code:

Paddle Responsibly. Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

Licences:

The waterways in this trail are managed by the Canal & Rivers Trust and require paddlers to hold a licence. British Canoeing membership includes a full annual licence for this waterway - please take your membership card with you as this acts as your licence. Non-members can either purchase a British Canoeing membership from www.britishcanoeing.org.uk or buy a licence direct from www.canalrivertrust.org.uk

