

The Lea Valley Walk

One-week walk from Leagrave to the heart of London

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A guidebook to the Lea Valley Walk, a 50-mile route following the River Lea from its source near Leagrave to East India Dock. The route is almost entirely level and suitable for all abilities.

- Presented in 5 stages (13-28km (8-17 miles)) with an **alternative finish option** (Stage 6)
- Can be completed over a **long weekend**, over the course of a **week**, or across **multiple weekends**
- A 6km (4-mile) circular walk (**Tour of the Olympic Park**) is also described
- **1:50,000 OS maps** feature alongside route description
- Invaluable **railway links** provided, offering myriad itinerary flexibility
- **Facilities table** to help you plan your itinerary
- **GPX files** available to download

Key marketing points

The Lea Valley Walk is well maintained and mostly flat, making it ideal for walkers of all abilities. Features optional exploration of the Olympic Park. Most of the route is also suitable for cyclists.

About the author

Leigh Hatts has been walking the Thames towpath and exploring the river and Docklands since 1981, when he worked on the feasibility study that resulted in the decision to establish the route as a National Trail. He worked as a reporter with the walkers' magazine TGO and as arts correspondent of the Catholic Herald. He is co-founder of Bankside Press, a small family-run web and print publishing business based in London SE1.

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