A large network of pathways makes it an ideal place for walkers, runners and cyclists to explore. With well surfaced pathways running throughout the Country Park that are suitable for wheelchair users and buggies, this green open space is ideal for everyone to enjoy the outdoors. The pathway network includes part of the Sustrans National Cycle Network – Route 1, the Lee Valley Pathway and the Lea Valley Walk.

Why not pick up a copy of our "Get Active" booklet to discover 40 different routes throughout the Regional Park.

Please help us to look after the Country Park by:
· Taking your litter home and recycling it
· Keeping dogs under control and picking up after them
· Being respectful to other park users
· Observing the byelaws of the Regional Park

Please note not all pathways shown are managed by Lee Valley Regional Park.

Public Transport
River Lee Country Park is easily accessed by train with stations at Broxbourne, Cheshunt and Waltham Cross on the London Liverpool Street to Stansted line.

Traveline
08712 002 233

London Transport Travel Information
020 7222 1234

In the Country Park there are six way-marked trails. The start points are all indicated by a route marker on the map above. Why not take the time to explore them:

- Orchid Discovery Trail – 2 miles (3¼km)
- Grasshopper Trail – ½ mile (800m)
- Water-lily Wander – 2 miles (3¼km)
- Dragonfly Discovery Trail – 2 miles (3¼km)
- Otter Discovery Trail – 1¾ miles (3km)
- Waterbirds Discovery Trail – 4 miles (6½km)