

RIVER LEE COUNTRY PARK HUB

Between Waltham Abbey and Broxbourne (map references 2 - 3 on sections G - K)

This huge 1,000 acre country park, just north of the M25, is our most popular spot. It has glorious wide open spaces, traffic free trails ideal for walking, running and cycling, a wealth of wildlife which changes with the seasons plus the world class Lee Valley White Water Centre, a perfect place to refuel or get some adrenalin action.



Our highlights:
Wildlife Discovery Centre
Our elegant state of the art wildlife centre has a viewing tower with panoramic lake views, a discovery room and bird hide.

Disc golf
Frisbees at the ready to take on the nine hole course!

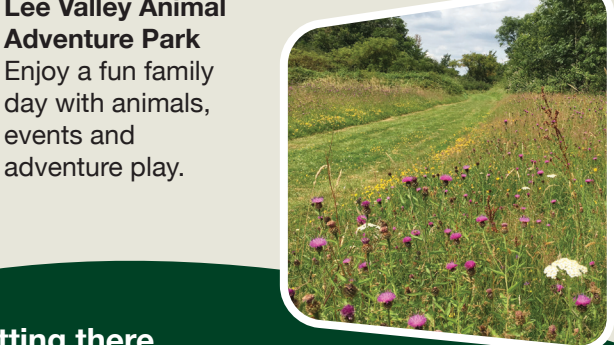
Dog agility course
Put your pooch through their paces on this purpose built course.

Walking and running routes
Trails and paths criss-cross the park – find your own way or explore one of our mapped routes.



Watersports at Lee Valley White Water Centre
A top spot for water adventures from white water rafting to canoeing and stand up paddleboarding - there's a bar and café too.

Royal Gunpowder Mills
Immerse yourself in the explosive history of this site – great for children and adults alike.



Lee Valley Animal Adventure Park
Enjoy a fun family day with animals, events and adventure play.

Getting there

- **By public transport:** jump on the train at London Liverpool Street and start your exploration from Cheshunt, Broxbourne or Waltham Cross
- **By bike:** the Sustrans Route 1 cycle path runs up the spine of the park - exploring by bike couldn't be easier
- **By car:** there are plenty of car parks, full details at visitleevalley.org.uk

LEA BRIDGE ROAD HUB

Leyton, east London (map references U1 - 2)

This area in the heart of east London mixes the delights of open spaces, important habitats, wonderful heritage and some great sporting days out. Go from exploring ancient marshland and rejuvenated filter beds to ice skating, hitting the gym and horse riding.



Our highlights:

Walthamstow Marshes and Leyton Marsh
Serene historic floodplain marshland and open spaces – a precious urban refuge for over 400 plants and animal species. Often grazed by native breed cattle.

WaterWorks Centre nature reserve
A lovely peaceful open space created from Victorian water filter beds with one of London's largest bird hides. Come and see what you can spot.

Middlesex Filter Beds
Gorgeous wildlife habitats reborn from old water works – there's a giant fig tree too, see if you can find it.



Lee Valley Ice Centre
The UK's newest rink – take to the ice in public skating sessions, learn to skate with courses, or kick your fitness up a gear in the gym and fitness studio.

Lee Valley Riding Centre
Saddle up at this British Horse Society accredited venue which offers lessons either on horseback or on an equestrian simulator, and livery services.



Getting there

- **By public transport:** Lea Bridge station is a short stroll away and buses run every few minutes along Lea Bridge Road
- **By bike:** cycle pathways run the length of Lea Bridge Road making it easily accessible by bike, and Sustrans Route 1 goes through the area
- **By car:** there are car parks at Lee Valley Ice Centre (charges apply) and the WaterWorks Centre. EV charging points are available at Lee Valley Ice Centre

QUEEN ELIZABETH OLYMPIC PARK HUB

Stratford, London (map references V3 – W3)

Created for the London 2012 Games, Queen Elizabeth Olympic Park has undergone massive changes since those exciting days. With sport and leisure venues delivering a lasting legacy, stunning parklands and gardens, a packed events calendar alongside arts and cultural quarters - people travel from across the world to visit this bustling park.



Our highlights:
Lee Valley VeloPark
Get those pedals turning with four cycling disciplines in one location. Whether you want to experience the thrill of track cycling, tackle the bumps and berms of the BMX track, ride the road circuit or hit the mountain bike trails this venue can offer it all. There's also a gym, fitness studio and classes and café.

Lee Valley Hockey and Tennis Centre
Have a smashing time as you take to the court – play tennis with friends, sign up for lessons or take part in pickleball. If hockey's your thing check out the clubs that play here or come and watch thrilling international events.



Tours and trails of the park
Set across hundreds of acres you'll find fantastic themed trails and a range of guided tours available.

East Bank cultural quarter
East Bank is the cultural quarter at the heart of Queen Elizabeth Olympic Park. A dynamic hub for art, education and imagination, it's open to everyone so pay a visit and be inspired.

Events
A show stopping events calendar has everything from international cycling, to music concerts, festivals and riverside markets.

Find out more at queenelizabetholympicpark.co.uk

Getting there

- **By public transport:** Stratford, Stratford International, Leyton and Hackney Wick stations are all close by, with regular buses through the park
- **By bike:** there are cycle pathways through the area and Sustrans Route 1 runs up to Hackney along the edge of the park. Santander Cycle stations are also available.
- **By car:** there are car parks at key venues (check for any charges) as well as Westfield Stratford City

WORKING FOR WILDLIFE

We work hard to manage the park so that it offers great days out while also being a haven for plants and wildlife. The park and wildlife change enormously with the seasons, so come back again and again to explore the wealth of flora and fauna.

Some of our wildlife favourites include:

Bittern. A winter visitor to the reedbeds, this camouflaged member of the heron family can be hard to spot. The best place to see them is from the Wildlife Discovery Centre in River Lee Country Park.

Kingfisher. Look low over the valley's waterways for the flash of cobalt blue as one dashes by. A good place to find them is the WaterWorks Centre nature reserve.

Water Vole. Stroll along the river and waterways and listen out for the 'plop' as these secretive creatures dive into the water. A good place to find them is Silvermeade near Broxbourne Old Mill and Meadows.

Orchids. There are six species of orchid in the grasslands of the Lee Valley. From Early Marsh Orchid to the pretty Pyramidal Orchid you can spot them dotted across some of the meadows.



STAY WITH US

We've got pitch perfect holiday sites where you can get away from it all and explore the surrounding areas.



We have four campsites to choose from in London, Essex and Hertfordshire. Each has their own character and there's easy access to central London by public transport. The sites offer great pitches for caravans, motorhomes and tents with some fully serviced options.

We've also got camping pods and safari tents, lodges – some with hot tubs – and holiday cottages. If you prefer things a little more basic, we've also got a back to nature almost wild camping site too.

Start planning your holiday today!



LOCATION	MAP GRID
Amwell Nature Reserve , Amwell, Ware, Hertfordshire SG12 9SN	B2
Bow Creek Ecology Park , Bidder Street, London E16 4ST	Y4
East India Dock Basin , Orchard Place, London E14 9QS	Y4
Gunpowder Park , Sewardstone Road, Waltham Abbey, Essex EN9 3GP	L3
Lee Valley Animal Adventure Park , Stubbins Hall Lane, Waltham Abbey, Essex EN9 2EF. 01992 892 781	H3
Lee Valley Athletics Centre , Lee Valley Leisure Complex, Meridian Way, Edmonton, London N9 0AR. 03000 030 630	P2
Lee Valley Boat Centre , Old Nazeing Road, Broxbourne, Hertfordshire EN10 6LX. 01992 762 085	F2
Lee Valley Camping and Caravan Park , Edmonton, Lee Valley Leisure Complex, Meridian Way, Edmonton, London N9 0AR. 03000 030 625	P2
Lee Valley Campsite , Sewardstone, Sewardstone Road, Chingford, London E4 7RA. 03000 030 623	N3
Lee Valley Caravan Park , Dobbs Weir, Essex Road, Hoddesdon, Hertfordshire EN11 0AS. 03000 030 619	E3
Lee Valley Golf Course , Lee Valley Leisure Complex, Meridian Way, Edmonton, London N9 0AR. 03000 030 631	P2
Lee Valley Hockey and Tennis Centre , Leadmill Lane, Eton Manor, Queen Elizabeth Olympic Park, London E20 3AD. 03000 030 614	V3
Lee Valley Ice Centre , Lea Bridge Road, Leyton, London E10 7QL. 03000 030 624	U2
Lee Valley Marina , Springfield, Spring Hill, London E5 9BL. 03000 030 627	U1
Lee Valley Marina , Stanstead Abbots, South Street, Stanstead Abbots, Hertfordshire SG12 8AL. 03000 030 628	C3
Lee Valley Riding Centre , Lea Bridge Road, Leyton, London E10 7QL. 03000 030 629	U2

Lee Valley VeloPark , Abercrombie Road, Queen Elizabeth Olympic Park, London E20 3AB. 03000 030 613	V3
Lee Valley White Water Centre , Station Road, Waltham Cross, Hertfordshire EN9 1AB. 03000 030 616	K2
Middlesex Filter Beds , Lammas Road, Leyton, London E10 7QB	U2
Myddelton House Gardens , Bulls Cross, Enfield, Middlesex EN2 9HG	L1
Queen Elizabeth Olympic Park	V3
Ramney Marsh , Enfield, Middlesex EN3 6JH	L3
River Lee Country Park (Broxbourne Old Mill and Meadows), Mill Lane, Broxbourne, Hertfordshire EN10 6QT	F2
River Lee Country Park (Cornmill Meadows), Crooked Mile, Waltham Abbey, Essex EN9 2ES	K3
River Lee Country Park (Fishers Green), Stubbins Hall Lane, Waltham Abbey, Essex EN9 2EF	H3
River Lee Country Park (Pindar), Windmill Lane, Cheshunt, Hertfordshire EN8 9AJ	H2
Rye House Gatehouse , Rye House Quay, Rye Road, Hoddesdon, Hertfordshire EN11 0EH	D3
Rye Meads Nature Reserve , Rye Road, Hoddesdon, Hertfordshire SG12 8JS. 01992 708 383	D3
Stanstead Innings , Marsh Lane, Stanstead Abbots, Hertfordshire SG12 8HL	C3
Three Mills Green , Three Mill Lane, London E3 3DU	X3
Tottenham Marshes , Watermead Way, Tottenham, London N17 0XD	S1
Waltham Abbey Gardens , Abbey View, Waltham Abbey, Essex EN9 1XQ	K3
Walthamstow Marshes and Leyton Marsh , Lea Bridge Road, Leyton, London E10 7QL	U2
WaterWorks Centre nature reserve , Lammas Road, Leyton, London E10 7QB	U2
YHA London Lee Valley , Windmill Lane, Cheshunt, Hertfordshire EN8 9AJ. 0345 371 9057	H2



Lee Valley Regional Park
FIND US
HOW TO
For nature, sport and discovery
Lee Valley
PARK MAP

HUNDREDS OF GREAT DAYS OUT

Lee Valley Regional Park has an incredible variety of things to do. We're jam packed with places to explore, convenient locations for holidays and experiences just waiting for you to discover.

The park covers 10,000 acres – that's more than 6,000 football pitches – and is a 26 mile long oasis starting on the banks of the River Thames and stretching through fascinating slices of east and north London and into rural Essex and Hertfordshire.

To help you explore, we've created three hubs. Whether you're a wildlife lover, thrill seeker, sports enthusiast, want to enjoy nature or find some wonderful new walks, there's a host of great days out for you.

Most places are easy to reach by public transport, bike, on foot or by car and our award winning open spaces have smooth paths making it easy to get around.



Plan your adventure today
visitleevalley.org.uk | [f](#) [i](#) [t](#) [x](#)

