

Distance:	4 miles
Starting point:	Lee Valley Boat Centre car park, Old Nazeing Road, Broxbourne, Hertfordshire EN10 6LX
Route summary:	A relaxing circular walk on the Hertfordshire and Essex borders. Discover the greenest and bluest spaces in the heart of the Lee Valley, their fascinating history and wonderful wildlife. The route heads north along the New River, turning east at the north end of Admirals Walk Lake, before returning south from Dobbs Weir along the River Lee Navigation towpath
Terrain:	A mixture of surfaced pathways, towpath and grass pathways, several bridges and steps, several steep inclines and walk-around and kissing gates

Directions

- Turn right onto the Old Nazeing Road and proceed past the Lee Valley Boat Centre on the left, following the road, up and over the bridge, crossing the **River Lee Navigation**.
- At the end of the bridge, by the Crown pub, turn left onto the towpath
- Continue north, under Nazeing New Road and proceed past **Carthagena Lock** to Dobbs Weir car park (alternative starting point)
- Proceed up the slope to the main road
- Turn left over the River Lee Navigation and cross the road leading to **Dobbs Weir Pool**
- Proceed over two bridges along the pathway keeping the pool on the left
- Exit the site over a small bridge and follow the public signpost across the road
- Continue along the public footpath which runs parallel with the caravan site
- Proceed over the level crossing, passing **Admirals Lake** on the left and continue through the field
- Proceed through the blue turnstile and turn left onto the **New River** pathway, heading south passing **Broxbourne Pumping Station** on the right
- At the railway station, turn left and proceed down the steps to the far side (starting point if using public transport)
- Continue through the car park following the fence line alongside the railway track
- Pass under the road and proceed up and down the steps crossing the bridge

- Turn right and follow the pathway into **Broxbourne Old Mill and Meadows**, crossing the bridge over the Mill Pool (alternative starting point)
 - Continue along the pathway past the toilets and **Broxbourne Mill Wheelhouse**
 - Turn left, passing the green sheds and cycle hire on the right
 - Continue on the pathway, following the Mill Stream under the railway bridge
 - Turn left crossing the metal bridge, following the pathway back to the **Lee Valley Boat Centre** and the car park
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Alternative car parks and starting points

- Dobbs Weir car park, Dobbs Weir Road, Hoddesdon, Hertfordshire EN11 0AZ
- Broxbourne Old Mill and Meadows car park, Mill Lane, Broxbourne, Hertfordshire EN10 7AX

Toilets

- Broxbourne Old Mill and Meadows

Refreshments

- The Crown pub (Broxbourne)
- Old Mill Retreat Café (Broxbourne)
- River Palace Café (Dobbs Weir)
- Fish and Eels pub (Dobbs Weir)

Things to note

- Public transport links:
 - The closest station is Broxbourne – join the route at railway station
 - Buses run along Nazeing New Road and the B176 which is short distance from the train station
- Car parking charges apply at Broxbourne Old Mill and Meadows car park. There are currently no parking charges at Lee Valley Boat Centre or Dobbs Weir car parks