The Lee Valley Regional Park!

Visit in stunning surroundings from hidden gems to urban retreats in the Lee Valley which stretches through Hertfordshire and Essex into London. Discover our nature reserves and watch for perfect for walking and wildlife watching. Explore the vast Lee Valley Regional Park filled with activities for all the family. Immense yourself in history at the Grade I listed mill at Three Mills Green or reveal mysterious goings on at the medieval spectacle of Rye House Gatehouse.

If action-packed adventures are what you’re after then get active at one of our sports venues, from white water activities to tackling the tracks and trails at Lee Valley VeloPark.

More about public transport to our venues and open spaces can be found at visitleevalley.org.uk

Start your adventure today!

(0300 22 00 10 | visitleevalley.org.uk | @leevalleypk

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The place which inspired a generation is being transformed into a dynamic new quarter of London with an array of great spaces, unique handlands, sports venues, and places to visit.

Things to do

Take a morning walk at the Lee Valley Country Park and explore Coppermill Meadows, find a tree for shade and sit down for a picnic. If you are out and about then why not visit one of our Refreshments to enjoy a bite to eat?

Lee Valley Country Park

Walk into the heart of this urban area of east London you can discover nature reserves teeming with wildlife and a wealth of walks and cycle routes.

Other nearby activities

Lee Valley White Water Centre

Take a trip on the wild side and visit our tearooms, mischievous mammals and more!

Walsham Abbey Gardens

Road and picturesque walks in the historic surroundings of the Augustinian Abbey.

Lee Valley Caravan Park

Lee Valley VeloPark

Lee Valley Regional Park

Lea Bridge Road

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Other nearby activities

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