



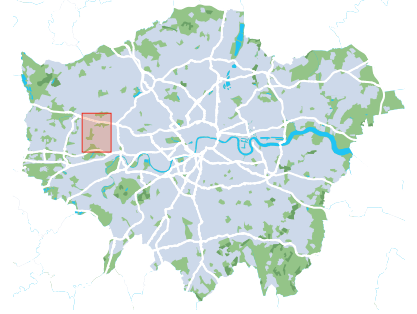
Capital Ring

Section 8 of 15

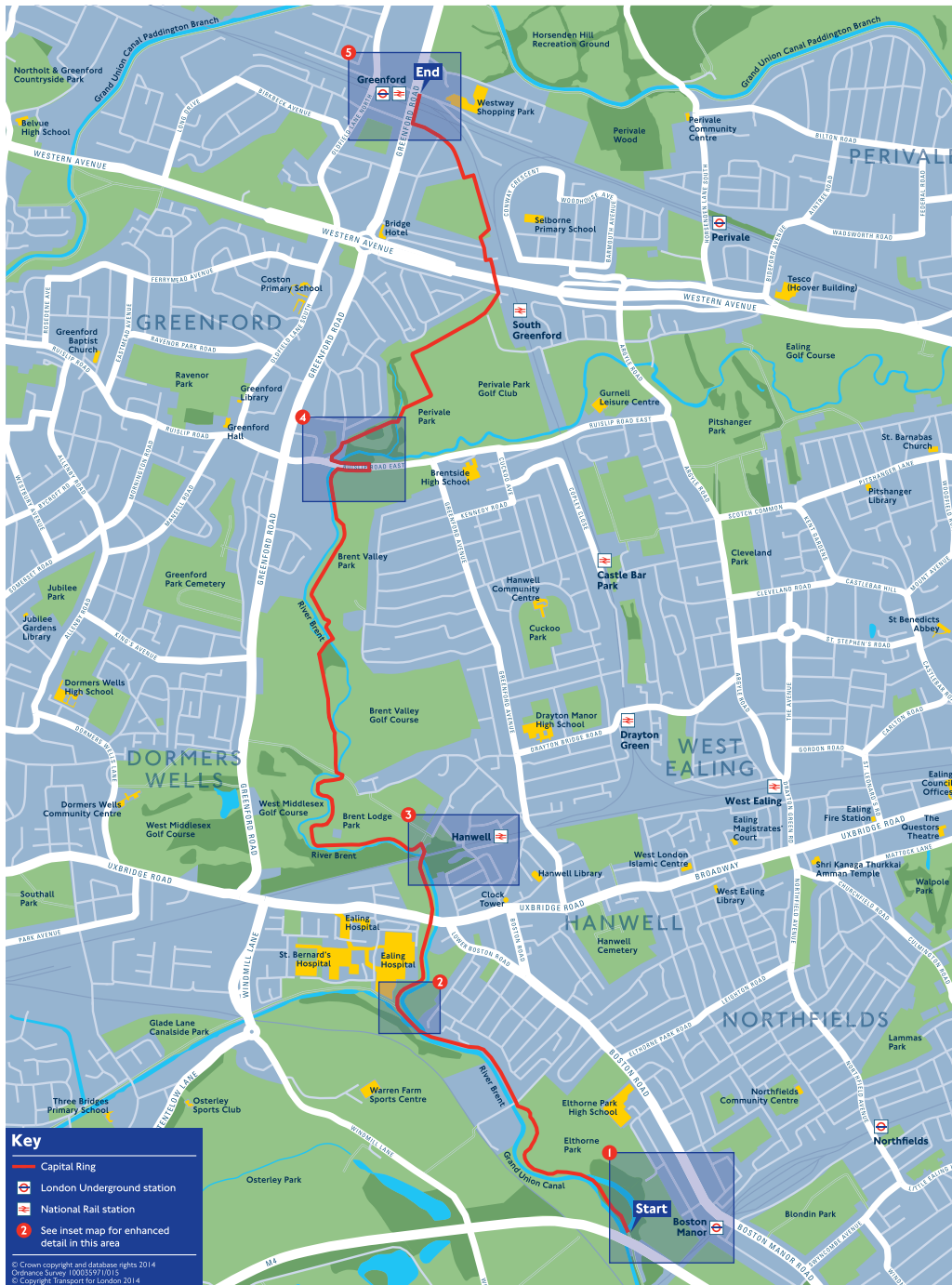
Osterley Lock to Greenford



- Section start:** Osterley Lock
- Nearest station to start:** Boston Manor
- Section finish:** Greenford
- Nearest station to finish:** Greenford
- Section distance:** 5.5 miles (8.8 kilometres)



Introduction



This is a very green walk along the Grand Union Canal towpath, beside the River Brent and through a series of parks and open spaces.


It is mostly level walking, on firm towpaths and tracks and grass or earth, but may be muddy in wet weather. There are some short slopes.

The route follows the Grand Union Canal and its locks at Hanwell, by the Wharncliffe Viaduct, Brent Lodge Park and Perivale Park.

There are both pubs and cafes at Boston Manor, Brent Lodge Park and Greenford and there are public toilets at Brent Lodge Park.

There are public transport links on National Rail at Hanwell and South Greenford as well as buses along the way.

Directions

 **1** From Boston Manor station, on the Heathrow branch of the Piccadilly line, turn left upon exiting along Boston Road for 350 metres, then left again opposite The Royal Harvester pub along a broad path.


Cross Southdown Avenue and keep ahead to pass through a kissing gate, then bear left. Follow this path ahead for 200 metres (it might be muddy after wet weather), ignoring turns as it descends between trees to the Grand Union Canal where the section starts. Turn right along the towpath to Osterley Lock, and keep ahead.

Cross a long footbridge, the River Brent flows off to the right.



Did you know?

This part of the Grand Union Canal makes use of the River Brent as much as possible, though some artificial 'cuts' have been made to provide a straighter route, as here. The Grand Union Canal links London with Birmingham, a distance of 145 miles (232 kilometres). It opened in 1805 as the Grand Junction Canal, but gained its present name after a merger, in 1929, with other waterways.

 **2** Follow the towpath for three quarters of a mile (1.2 kilometres). Just before Hanwell Bottom Lock an alleyway to the right leads to the Fox Inn on Green Lane. The Capital Ring continues then leaves the canal after the first (bottom) lock, bearing right to follow the River Brent, together with the Brent River Park Walk. The River Brent is on your right and the large Ealing Hospital on your left.



Did you know?

There are six locks altogether in the Hanwell flight, taking the canal up 16 metres in a third of a mile. After 600 metres is the historic stone Hanwell Bridge. There has been a bridge at this point since at least the 14th century, but the present bridge dates from 1762, with several later widenings.


The path dips under the bridge, but as it is sometimes under water, on occasions walkers are diverted up onto the Uxbridge Road and cross at the traffic lights on the right.

On the far side of Uxbridge Road, stay beside the river, on the grass of a sports field. Ahead is the impressive Wharncliffe Viaduct.

Did you know?

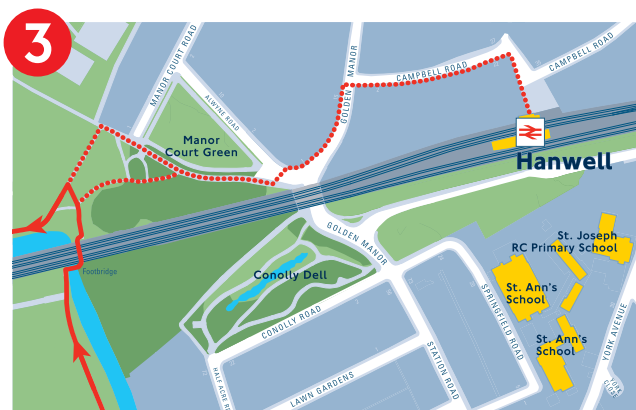
The viaduct was built in 1838 by Isambard Kingdom Brunel, the great Victorian engineer, to carry the Great Western Railway from London to Bristol. It is named after its sponsor, Lord Wharncliffe, whose coat of arms can be seen at the centre. Queen Victoria had her royal train stopped on top so that she could admire the view.

Follow the path across the Brent, then bear left under the viaduct to enter Churchfields Recreation Ground.

 **3** To leave this section here for Hanwell Rail station, follow the tarmac path ahead uphill. At the top, turn right along a broader path and follow this for 150 metres to the road.

Keep ahead and turn left along a road called Golden Manor, then right along Campbell Road, which leads to Hanwell station.

To continue along the Capital Ring, turn sharp left down a slope and follow the left side of the field, with the river now on your left and the spire of St. Mary's, the parish church of Hanwell, up to your right.




Pass through the gate into Brent Lodge Park, formerly the grounds of a mansion home of the rectors of St. Mary's. The broad path ahead leads to a seasonal cafe, toilets, a children's zoo, the Brent River Park Visitor Centre and the stables from the former house.

However, the Capital Ring climbs the steps on your left by the signpost, then follows the left-hand side of the field, with the river still to the left. To the right is the Millennium Maze, opened in 2000 on the site of a former bowling green. The route now snakes along the field edge, in company with the river bends.

The route passes through a copse then descend steps to a wide gap in a fence. Keep ahead then go left across the river. Immediately turn right, then shortly follow the left fork beside a sports field. Continue along the main path in this direction for 500 metres, as the path leads away from the river, between bushes and hedgerows through the Brent Valley Golf Course.

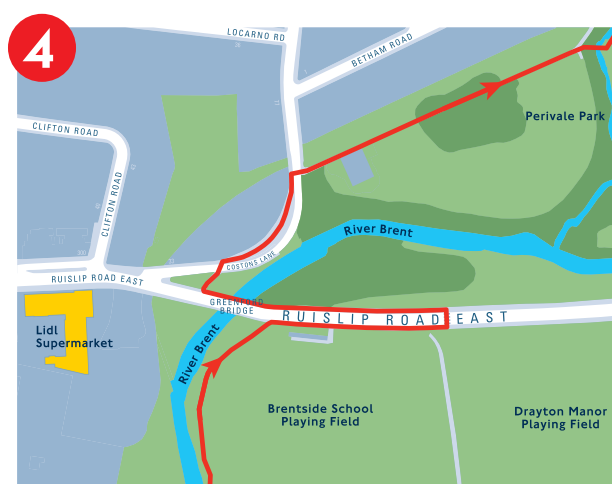
Soon after the golf course, at a path junction, bear right to return to, and cross over, the river, with the houses of Elthorne Heights ahead. Immediately turn left, then follow the path as it winds behind a reed-filled inlet.

 **4** Stay close to the river, ignoring a ramped track leading up to the right. Soon, beside a weir with rushing water and just before a lovely avenue of willows, turn right up steps. Then turn left to follow the edge of Bitterns Field, a reclaimed landfill site. At the far end, go down more steps and continue beside the river to Greenford Bridge at Ruislip Road East.


The facilities of Greenford town centre with pub and cafes, lie a few hundred yards to your left. The route continues across the road, there is a pedestrian crossing 130 metres to the right. Here the Capital Ring heads northwards - turn left, then immediately sharp right at a grassy area into Costons Lane. Follow the road as it bends left, then shortly cross over to enter Perivale Park.

Follow the main path as it angles through Perivale Park, bearing left over Costons Brook, then left again beside a golf course.

Just before a park exit, turn right inside the park to pass a bowling green. Then after some tennis courts bear half left by some huts along a path leading to a car park. Cross over this and keep ahead to the road.



The dual carriageway ahead is the A40 Western Avenue, the main road from London to Oxford. Cross it by the footbridge - there is a ramp and steps. To the right lies South Greenford Underground and Rail station. On the far side of the A40 turn left along the small side road of Runnymede Gardens, then right into Cayton Road. At its end (past the last house) turn right along a footpath that follows around three sides of a sports field.

 **5** On the far side, turn right along Bennetts Avenue, which swings left to reach Greenford Road. Turn right, passing under two bridges - the first carries the Paddington to Greenford trains, the second is used by the Central line.

Section eight ends at the crossroads, with the Westway Cross Shopping Park on the right, where section nine starts.

For Greenford station, turn left across Greenford Road then keep ahead along Rockware Avenue. The station is to the left at the far end.

