

YOUR LONDON

An advertising feature in association
with www.visitlondon.com

**TOTALLY
LOND ON**
www.visitlondon.com

Put yourself in the loop

The London Loop (London Outer Orbital Path), as the name suggests, is a 24-part walk that skirts around the edges of Greater London. Described as the 'M25 for walkers', it covers a total distance of 150 miles and allows confirmed city folk a window into the best of London's countryside, all for the price of a day's travelcard to Zone 6. Here, **ANNA LUMLEY** picks her favourite sections from the Loop.

NORTH-WEST

Section 15: Grimsdyke Road, Hatch End to Allum Lane, Elstree

Distance: 8.3 miles

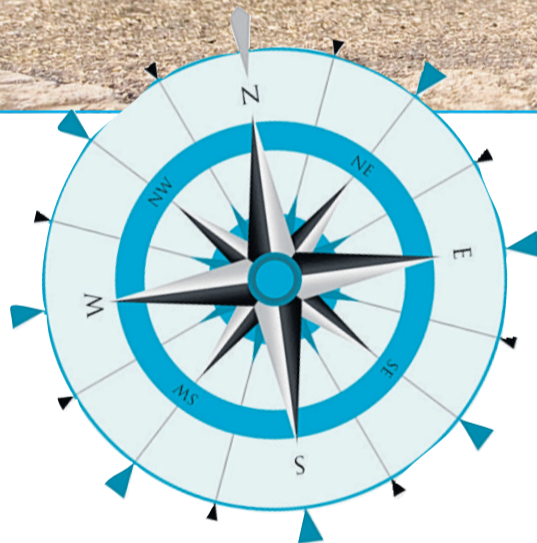
Rail: Hatch End, Elstree and Borehamwood stations.

Tube: Stanmore

The walk: An off-track amble through woods and fields. Keep an eye out for Bentley Priory, a former RAF station that famously served as the headquarters of Fighter Command during World War II.

Point of interest: Aldenham Country Park and Reservoir. Leave the city behind you as you breathe in the tranquil country air. Complete with 65-acre fishing reservoir (£4 for a day permit), this huge park is one for all the family and includes an adventure playground and a rare breeds farm.

Take a break: Grim's Dyke Hotel (pictured below) was the former home of WS Gilbert, who died in 1911 in the lake while trying to rescue a girl from drowning. The hotel is now a shrine for Gilbert & Sullivan enthusiasts – putting on all their operettas during the season – as well as having a notable restaurant.



See www.tfl.gov.uk/gettingaround for details and maps of all 24 sections

SOUTH-WEST

Section 7: Banstead Downs to Bourne Hall Park, Ewell

Distance: 4 miles

Rail: Banstead, Ewell East, Ewell West

The walk: Short and sweet. A perfect stroll for a Sunday afternoon.

Point of interest: Nonsuch Park and the remains of Nonsuch Palace. The brainchild of Henry VIII, Nonsuch Palace was later a gift from Charles II to his mistress, Barbara Villiers. But it seems it wasn't only her eyelashes she liked to flutter – the palace was demolished and the grounds sold to clear her gambling debts.

Take a break: Queen Adelaide, Kingston Road, Ewell. Attentive staff and generous servings make this recently refurbished pub a sure fire hit.

Section 8: Bourne Hall Park, Ewell to Kingston Bridge, Kingston upon Thames

Distance: 7.3 miles

Rail: Ewell (East and West), Malden Manor, Berrylands, Kingston

The walk: Follow the river and let the sound of running water soothe your senses. The Clattern Bridge (pictured), which dates from 1293, is thought to have derived its name from the sound of horses crossing on their way to market.

Point of interest: Chair of Majesty Coronation Stone. Taking pride of place outside Kingston's Guildhall, the stone is inscribed with the names of seven Saxon Kings who were allegedly crowned while sitting atop it.



Take a break: Fish!kitchen, Coombe Road, Kingston. First-class, gourmet fish and chips that can be enjoyed in the sleek surroundings of the restaurant or taken away and savoured on the banks of the nearby Thames.

NORTH-EAST

Section 18: Bradley Road, Enfield Lock to Rangers Road, Chingford

Distance: 4 miles

Rail: Enfield Lock, Chingford

The walk: Two steep climbs along the way will heighten heart rates. En route Gilwell Park, the headquarters of the Scout movement, may trigger memories of campfires and reef knots.

Point of interest: Bird-spotting at Sewardstone Marsh nature reserve (pictured above). Many rare species have been spotted here in recent years. Take your binoculars along and test your ornithology skills.

Take a break: The Plough, Sewardstone Road. Stop for lunch at this local favourite. Sunday walkers should get there early for the carvery.

Section 20: Chigwell High Road, Chigwell to North Road, Havering-atte-Bower

Distance: 6 miles

Tube: Chigwell, Grange Hill

The walk: Green as far as the eye can see. The section ends at one of the highest points in London, which makes for great views.

Point of interest: Hainault Forest Country Park. Winner of the Green Flag award in 2006/07, Hainault Park plays gracious host to the wild Andean guanacos, relatives of the llama, that graze freely in the grounds.

Take a break: Ye Olde King's Head, High Road, Chigwell. An old favourite of Charles Dickens, this 500-year-old establishment continues to serve real ales and hearty fare.

SOUTH-EAST

Section 3: Petts Wood, Jubilee Country Park, Bromley to West Wickham Common, Bromley

Distance: 9.6 miles

Rail: Petts Wood, Hayes

The walk: One of the longest sections of the Loop but with plenty to see along the way. Stand in the very spot, now marked by a memorial, where William Wilberforce discussed the abolition of slavery with prime minister William Pitt.

Point of interest: Farnborough. Fans of the TV series *Footballers' Wives* may recognise the village as one of the main

filming locations, though don't expect to bump into Chardonnay on the high street. Instead, visit the churchyard where Gypsy Lee, Queen of the Kent Gypsies, is buried.

Take a break: Royal Café, 115 High Street, Farnborough Village. Line your stomach with the best fry-up Farnborough has to offer or grab a bacon sarnie for the road.



See www.visitlondon.com/loop for more details.

Next week: Film tours. Wander round the capital and explore the locations where all your favourite movies were shot. Give us your suggestions at yourlondon@ukmetro.co.uk.