

THE LEA VALLEY WALK

Leagrave to the heart of London

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Author: **Leigh Hatts**

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For over 50 miles - starting at Leagrave, and passing through Bedfordshire, Hertfordshire and into Greater London - the Lea river wends a peaceful and varied route towards the Thames at East India Dock. Explored over 9 stages, with suggestions for three, four, five and six day itineraries, this easily accessible trail can be completed in a continuous trek, or over several day walks. The guidebook includes an alternative finish at Limehouse and an optional tour of the Olympic Par.

The Lea Valley Walk is well maintained and mostly flat, making it ideal for walkers of all abilities. Walkers can expect to spot stately homes and ancient pubs, a varied mix of quiet countryside and the bustle of London, but all surrounded by green, wildlife and the easy babble of the river.

Key marketing points

- The Lea Valley Walk is well maintained and mostly flat, making it ideal for walkers of all abilities
- Features optional exploration of the Olympic Park
- Most of the route is also suitable for cyclists

About the author

Leigh Hatts has been walking the Thames towpath and exploring the river and Docklands since 1981, when he worked on the feasibility study that resulted in the decision to establish the route as a National Trail. He worked as a reporter with the walkers' magazine TGO and as arts correspondent of the Catholic Herald. He is co-founder of Bankside Press a small family-run web and print publishing business based in London SE1.

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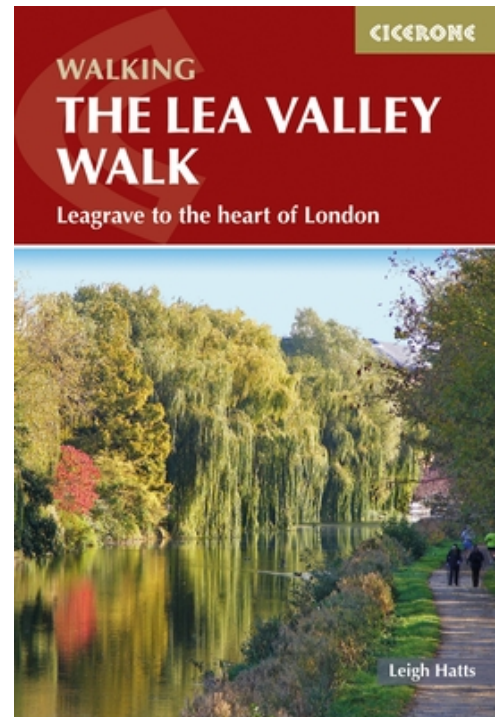
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