

Islington U3A Amblers Walks Group

Walk/Distance	Lea Valley 5. Broxbourne to St Margarets About 5 miles (8 km).
Date/Time	Monday 15 th September 2025.
Meeting up & travel	Meet outside Highbury and Islington station by 10:00am. We will take the Victoria Line to Tottenham Hale then the 10:25 Greater Anglia train to Broxbourne, arriving 10:45. Meeting at Tottenham Hale 10.15 platform 4 or Broxbourne Station at 10:45, let me know in case of delay. Return from St Margarets to Tottenham Hale.
Travel	Broxbourne and St Margarets are out of the Freedom pass zone. You can purchase a ticket (Enfield Lock to St Margarets) return with a railcard £6.95. Single tickets will cost more. Oyster card or contactless card can be used, or buy a ticket at the ticket office at Tottenham Hale, they advised a return ticket to Hertford East can be used to travel to Broxbourne and return from St Margarets. Trains back from St Margarets at 17 and 47 minutes past the hour.
Route	From Broxbourne Station we pass through the car park, under the bridge to the Old Mill, along the mill stream, over a bridge to join the towpath at the Crown. We follow the tow path to Cartagena Lock crossing the Meridian. We cross the road at the picturesque Dobbs Weir and the junction of the Stort Navigation canal. Next is a long double bend before passing the power station and the Sainsbury's distribution centre. A short way further on is Rye House where we stop for refreshment/ lunch and a short detour to view the remains of the Rye House Gateway with its barley sugar chimneys. Continuing along the canal we pass the Lee Valley Marina and Rye House Nature reserve on the far bank. We leave the path at the Jolly Fisherman along the road a short way to the station.
Terrain & potential hazards	Mostly flat on the canal towpath but there are bridges and some uneven surfaces in places.
Timing/breaks	About 2.5 hours walking time. There is a break at Rye House 3 miles so allow 3/3.5 hours in all. There is a possibility to take lunch at the Rye House if everyone wishes (or picnic by the Gatehouse ruins opposite the pub weather permitting). There is a station at Rye House if you wish to break your walk.
Clothing/footwear	Comfortable walking shoes and waterproofs/umbrella /sunscreen if the weather forecast looks that way.
Toilets	Note: there are toilets at Tottenham Hale on platform 4, Broxbourne Station, the Old Mill, Rye House pub, and on the trains.
Leader's contacts	Walk Leader: Carol Taylor Mobile: 07811 713 079 Email: ctaylor442011@hotmail.co.uk

Lea Valley
[Walking and running routes](#) | [Lee Valley Regional Park](#)

[Route on OSmaps](#)
(also shown right)

