

Woodgrange Web Walks

1. Wanstead via Wanstead Flats and Wanstead Park.

DIRECTIONS

Start

Start at the changing rooms on Wanstead Flats, at the junction of Capel Road and Tylney Road.

The walk

1. Head north across the Flats with the changing rooms to your left. Cross between the football pitches and follow the path past the wooded area to your left, dog-leg through bushes keeping the built-up area (and fuel station) to your right, and the small sports area to your left.
2. When you reach Aldersbrook Road, cross at the pelican crossing, and walk up Park Road to Wanstead Park. Follow the cycle path as it curves round to the right past the Heronry pond, and then just before the barrier, turn left up the path to Warren Road. (In April, it is well worth a detour here, shown on the map by the red dotted line, to walk through the wonderful bluebell woods to the right of the cycle path (see [this slideshow](#)).
3. Continue up Warren Road to Overton Drive, turning left then right into the sweeping tree-lined grove of St Mary's Avenue. Carry on to Wanstead, crossing at the lights by the station. Enjoy a latté and croissant at one of the pavement cafes.

Return

Either walk home or catch a bus (101 to Manor Park; 330 to Forest Gate). There is also the Wanstead Underground station, with trains to Stratford.

Route map

