



titles to the *South West Coast Path*. With him on this trek, as with every walk he does in the UK, was **DAISY**, his (mostly) faithful dog. An experienced long-distance walker, Daisy has already completed all the trails above with Henry and her ambition is to walk all 15 National Trails.



JOEL NEWTON discovered a passion for walking national trails in 2007 when he tackled the 630-mile South-West Coast Path. Despite ill-fitting shoes that caused blisters and a bag that was far too heavy, that journey was the inspiration for many more on the long-distance paths of Britain. He has since completed Offa's Dyke Path, West Highland Way, Great Glen Way, Hadrian's Wall Path, Cotswold Way and sections of the Pennine Way. He is co-author of Trailblazer's *South West Coast Path* series of guides and this is his fourth book.

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Dedication

FROM HENRY – FOR ZOE: We did it! A whole summer of swan counting, pram pushing and puncture repairing. Thank you, sweetheart, for sticking with it throughout – and for making it so much fun, too.

Acknowledgements

FROM HENRY: Firstly, thank you to Joel for writing the first edition of this guide. At Trailblazer, thanks to Anna Jacomb-Hood for her usual forensic approach to editing the text and also for the extra London research, Meena Storey for the distance charts, Nick Hill for the maps, Jane Thomas for the proofreading and to Bryn Thomas, as always, for keeping me busy. I'd also like to thank all those readers who wrote in with comments and suggestions, in particular, Stuart Blackburne, Paul Chapman, David Schache and Janine Watson.

A request

The authors and publisher have tried to ensure that this guide is as accurate and up to date as possible. However, things change even on these well-worn routes. If you notice any changes or omissions that should be included in the next edition of this guide, please email or write to Trailblazer (address above). You can also contact us via the Trailblazer website (www.trailblazer-guides.com). Those persons making a significant contribution will be rewarded with a free copy of the next edition.

Warning – walking beside water can be dangerous

Please read the notes on when to go (pp12-15) and health and safety (pp74-6). Every effort has been made by the authors and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

Updated information will shortly be available on: www.trailblazer-guides.com

Photos – Front cover: London's iconic crossing point: Tower Bridge.

Previous page: Swans are among the most common form of wildlife on this walk.

This page: Westminster Bridge leads over the Thames to the Houses of Parliament and the Elizabeth Tower (Big Ben). Refurbishment of the tower will not be complete until 2021.

Overleaf: Sheep enjoying the rich Thames-side pastures near Radcot.

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Thames Path

PLANNING – PLACES TO STAY – PLACES TO EAT
99 large-scale walking maps and
98 guides to villages, towns and London districts

THAMES HEAD TO THE THAMES BARRIER

JOEL NEWTON &
HENRY STEDMAN

TRAILBLAZER PUBLICATIONS

INTRODUCTION

History of the path 9 – How difficult is the path? 11 – How long do you need? 11 – When to go 12 – Best day and weekend walks 16

PART 1: PLANNING YOUR WALK

Practical information for the walker

Route-finding 17 – Accommodation 18 – Rates 22 – Food & drink 22
Money 24 – Other services 24 – Walking companies 25 – Information for foreign visitors 26 – Walking with a dog 28 – Disabled access 28

Budgeting 28

Itineraries

Village and town facilities 30 – Suggested itineraries 36 – Which direction? 38 – Festivals and events 38

What to take

Keep your luggage light 40 – Footwear 40 – Clothing 41
First-aid kit 42 – General items 42 – Camping gear 43 – Money 43
Maps 44 – Facts & figures about the Thames 44 – The cultural Thames 46 – Recommended reading 46 – Sources of further information 48

Getting to and from the Thames Path

Getting to Britain 50 – National transport 51 – Local transport 55
Public transport map 56 – Public transport table 58

PART 2: THE ENVIRONMENT & NATURE

Flora and fauna

Insects 61 – Butterflies 61 – Wild flowers & shrubs 62 – Trees 63
Birds 64 – Mammals 66 – Reptiles & amphibians 68 – Fish 68

PART 3: MINIMUM IMPACT & SAFETY

Minimum impact walking 69 Outdoor health and safety 73

PART 4: ROUTE GUIDE AND MAPS

Using the guide 77

Kemble 79

Thames Head to Cricklade 81 (Ewen 82, Somerford Keynes 82, Ashton Keynes 82, Cricklade 86)

Cricklade to Lechlade 88 (Castle Eaton 90, Lechlade 90)

Lechlade to Newbridge 95 (St John's Lock 98, Kelmscott 100, Radcot 100, Rushey Lock 104, Tadpole Bridge 104, Shifford Lock 104, Newbridge 104, Standlake 107)

Newbridge to Oxford 107 (Northmoor Lock 107, Bablock Hythe 110, Pinkhill Lock 110, Eynsham Lock 110, King's Lock 112, Lower Wolvercote 112, Binsey 112, Oxford 112)

Oxford to Abingdon 123 (Iffley Lock 123, Sandford-on-Thames 125, Radley 126, Abingdon 126)

Abingdon to Wallingford 130 (Clifton Hampden 133, Day's Lock 134, Dorchester-on-Thames 134, Shillingford 136, Benson 137, Crowmarsh Gifford 137, Wallingford 139)

Wallingford to Pangbourne 142 (Moulsford 142, Goring & Streatley 142, Whitchurch-on-Thames 147, Pangbourne 147)

Pangbourne to Henley-on-Thames 149 (Mapledurham Lock 151, Caversham 151, Sonning 157, Lower Shiplake 159, Henley-on-Thames 160)

Henley-on-Thames to Marlow 164 (Aston 166, Hurley/Hurley Lock 166, Marlow 168)

Marlow to Windsor 170 (Bourne End 172, Cookham 172, Maidenhead 174, Dorney Reach 176, Eton 180, Windsor 181)

Windsor to Chertsey Bridge 184 (Datchet 184, Old Windsor 186, Runnymede 186, Bell Weir Lock 187, Egham 187, Staines 190, Laleham 190, Chertsey 190)

Chertsey Bridge to Kingston upon Thames 192 (Shepperton Lock 194, Shepperton 194, Walton-on-Thames 194, East Molesey/Hampton Court 194, Hampton Wick 200, Kingston upon Thames 201)

Kingston to Putney Bridge 204 (**Southern bank:** Richmond 208, Mortlake 209, Barnes 214, Putney 214; **Northern bank:** Teddington Lock 216, Twickenham 216, Isleworth 217, Brentford 218, Strand on the Green 218, Hammersmith 219, Fulham 220)

Putney Bridge to Tower Bridge 220 (**Southern bank:** Wandsworth 221, Battersea 223, Lambeth 224, Southwark 224, Tower Bridge 226; **Northern bank:** Chelsea 230, Pimlico 230, Westminster 231, City of London 231, Tower Bridge 232)

Tower Bridge to Greenwich/Thames Barrier 233 (**Northern bank:** Wapping 234, Limehouse 234, Canary Wharf 236, Isle of Dogs 237); **Southern bank:** Bermondsey 237, Rotherhithe 238, Greenwich 238); **Greenwich to the Thames Barrier** (Charlton 242)

APPENDICES

A: Walking with a dog 244

B: GPS waypoints 246

C: Map key 249

D: Distance charts 250

INDEX 254

OVERVIEW MAPS 261

ABOUT THIS BOOK

This guidebook contains all the information you need to walk the Thames Path. It includes:

- All standards of accommodation from campsites to luxurious guesthouses and hotels
- Walking companies if you'd like an organised tour
- Suggested itineraries for all types of walkers
- Answers to all your questions: when to go, degree of difficulty, what to pack and the approximate cost of the whole walking holiday



When you're all packed and ready to go, there's detailed information to get you to and from the Thames Path and, in the route guide, detailed maps (1:20,000) and town plans to help you find your way along it. The route guide section also includes:

- Walking times in both directions on the route maps
- Reviews of accommodation including campsites, hostels, B&Bs, guesthouses and hotels
- Cafés, pubs, tea-shops, restaurants, and shops for buying supplies
- Rail, bus and taxi information for towns and villages near the path
- Street maps of the main towns on or near the path
- Historical, cultural and geographical background information

▣ MINIMUM IMPACT FOR MAXIMUM INSIGHT

Man has suffered in his separation from the soil and from other living creatures ... and as yet he must still, for security, look long at some portion of the earth as it was before he tampered with it.

Gavin Maxwell, *Ring of Bright Water*, 1960

Why is walking in wild and solitary places so satisfying? Partly it is the sheer physical pleasure: sometimes pitting one's strength against the elements and the lie of the land. The beauty and wonder of the natural world and the fresh air restore our sense of proportion and the stresses and strains of everyday life slip away. Whatever the character of the countryside, walking in it benefits us mentally and physically, inducing a sense of well-being, an enrichment of life and an enhanced awareness of what lies around us.

All this the countryside gives us and the least we can do is to safeguard it by supporting rural economies, local businesses, and low-impact methods of farming and land-management, and by using environmentally sensitive forms of transport – walking being pre-eminent.

In this book there is a detailed and illustrated chapter on the wildlife and conservation of the region and a chapter on minimum-impact walking, with ideas on how to tread lightly in this fragile environment; by following its principles we can help to preserve our natural heritage for future generations.

INTRODUCTION

This book follows the Thames Path National Trail from the river's source in Gloucestershire to the Thames Barrier in London. Officially 184 miles/294km in length (although it can be anywhere between 183¼ and 188½ miles, the actual distance you walk depending on which of several alternative paths you opt to take on the way), the path meanders, accompanied by its watery muse, through pristine and tranquil countryside, past historic sites and buildings, via pub, lock, weir and the occasional scattering of waterfowl to a city, once the fulcrum of an empire and now the heart of modern-day England. The river, responsible for the metropolis's very existence, inspires artists and authors, provides a home for swans, geese, and water voles, reflects the silhouettes of red kites and kingfishers, provides employment, entices adventurers and allows time for carefree pilgrims to meditate and think. And walking alongside it is a grand way to go for a ramble!

**The path begins,
as the river does,
in a meadow in the Cotswolds**

The path begins, as the river does, in a meadow in the Cotswolds. These early stages are lonely and wild, with the meadows and banks the domain of waterfowl and willow, while the riverbanks them-



Houseboats are a common sight along certain stretches of the river although you won't see many as spectacular as this one at Streatley.

and the conclusion of a most enjoyable and varied riparian ramble, quite unlike any other in Britain.

HISTORY OF THE PATH

The Thames Path is one of the 15 National Trails of England and Wales (there are another four in Scotland where they are known as Long Distance Routes). Much of the trail follows the original towpaths along the river. Where there wasn't a towpath (because, for example, that portion of the riverbank was privately owned), either access has been negotiated with local landowners to allow you to continue along the banks, or bridges have been built to connect the trail with the opposite bank, so walkers can continue following the river wherever possible. Occasionally, where neither of these is feasible, there are diversions leading the trail temporarily away from the Thames. Indeed, the path owes its very existence to some protracted negotiations and long, hard campaigning by the River Thames Society, the Ramblers Association (now Ramblers) and Countryside Commission (now Natural England).

Below: Blackfriars Bridge, with the dome of St Paul's Cathedral rising above it on the left.



The trail officially ends at the Thames Barrier (see p241), just past Greenwich.



The story began in 1984 when the then Countryside Commission published a study proving that the concept of a long-distance trail along the river was viable. This led to the official declaration of the Thames Path as a National Trail in 1987 though there was still much to do before it was officially opened – complete with the iconic National Trail acorns – in 1996.

Responsible for the preservation of the Thames Path (amongst others) are Natural England, the Environment Agency, and the 22 highway authorities through whose territory the river runs. Much of the maintenance work, however, is carried out by National Trail staff and volunteers ( nationaltrail.co.uk/thames-path/volunteers).



HOW DIFFICULT IS THE PATH?

Of all the great walks you could choose to do in the UK the Thames Path is perhaps the easiest. Indeed, the only aspect which makes it any sort of challenge at all is its sheer length.

Investing a decent amount of time in the organisation of your trip and accepting that your body may need a day's rest occasionally will make the thought of trekking 184 miles far less daunting: indeed, you'll be surprised how quickly your mile-count adds up. With no need for any climbing equipment (there is only one gradient of note) all you will need is some suitable clothing, a bit of money and a rucksack packed with determination. With the path well sign-posted (although see p220) and the river as your guide you're unlikely to get lost, either.

As with any walk, you can minimise what risks there are by preparing properly. Your greatest danger on the walk is likely to be from the weather – which can be so unpredictable in England – so it is vital that you dress for inclement conditions and always carry a set of dry clothes with you.

HOW LONG DO YOU NEED?

The Thames Path can be walked with relative ease in a little over two weeks. I advise you not to do so, however, for whilst walking long distances across successive days is a great accomplishment, doing it so quickly allows little time to relax and fully appreciate many of the magnificent sights along the path. Instead, I think it's better to plan for a couple of rest days (Oxford and Windsor being two spots where you may consider relaxing for a day). Add a day's travel to get to the start of the trail and another to get home again and 18-20 days in total should see you complete the trail.

Although the Thames Path can be walked with relative ease in 15 days it's best to allow 18-20 days in total.

Left: On the Thames Path you'll stroll past the grand houses of many people from movie stars to TV chefs – not forgetting the grandest of them all: the Queen's residence, Windsor Castle.



spring is not easy but occasionally there's a mini-heatwave at this time of year. Another advantage with walking earlier in the year is that there will be fewer walkers and finding accommodation is relatively easy, though do check that the hostels/B&Bs/campsites have opened. Easter – the first major holiday in the year – is the exception, for it can be very busy at this time too.

Summer

Summer, on the other hand, can be a bit *too* busy, at least in the towns and tourist centres, and over a weekend in August can be both suffocating and insufferable. Still, the chances of a prolonged period of sunshine are of course higher at this time of year than any other, the days are much longer, and all the facilities are operating. My advice is this: if you're flexible and want to avoid seeing too many people on the trail, avoid the school holidays, which basically means ruling out the tail end of July, all of August and the first few days of September. Alternatively, if you crave the company of other walkers, summer will provide you with the

Below: One of the many brightly-painted narrowboats that cruise up and down the Thames; this one moored near Kelmscott Manor.



The Bridge of Sighs in Oxford, one of the most famous bridges near the Thames Path but one that doesn't actually cross the river.





In a few places along the path some people who live right by the river put out their produce and snacks for sale. You put the money in the honesty box.

September. The first signs of winter will be felt in October but there's nothing really to deter the walker. In fact there's still much to entice you, such as the fine, unimpeded views of the river (that are otherwise hidden by the foliage in summer) and the arrival of flotillas of migrating waterfowl on their way to warmer climes further south. By the end of October, however, the weather will



Particularly at the weekend and on summer evenings you'll see rowers out enjoying the river (**below**, © Joel Newton). Rowing's most famous event, the University Boat Race (see p209), takes place around Easter each year. The mosaic (**above**) is set into the path near Putney Bridge.

opportunity of meeting plenty of them, though do remember that you must book your accommodation in advance at this time, especially if staying in B&Bs or similar accommodation. Despite the higher than average chance of sunshine, take clothes for any eventuality – it will probably still rain at some point.

Autumn

September is a wonderful time to walk; many tourists have returned home and the path is clear. The weather is usually reliably sunny too, at least at the beginning of September. The walking season is almost at an end and most campsites and some B&Bs may close.

Winter

November can bring crisp clear days which are ideal for walking, although you'll definitely feel the chill when you stop for a break. Winter temperatures rarely fall below freezing but the incidence of gales and storms increases. You need to be fairly hardy to walk in



December and January and you may have to alter your plans because of the weather. By February the daffodils and primroses are already appearing but even into March it can still be decidedly chilly if the sun is not out.

While winter is definitely the low season, this can be more of an advantage than a disadvantage. Very few people walk at this time of year, giving you long stretches of the trail to yourself. If and when you do stumble across other walkers they will probably be as happy as you to stop and chat. Finding B&B accommodation is easier as you will rarely have to book more than a night ahead (though it is still worth checking in advance as some B&Bs close out of season). Remember, however, if you are planning to camp, or are on a small budget, you will find the choice of places to stay much more limited.

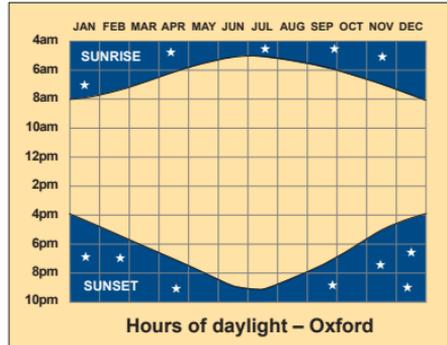
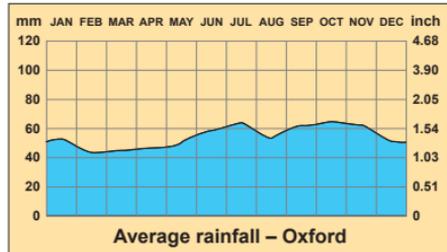
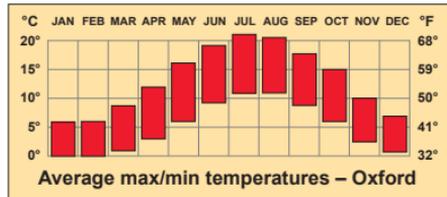
WEATHER

Before departing, tell yourself this: at some point on the walk it is going to rain. That's not to say it will, but at least if it does you will have come prepared. Besides, walking in the rain can be fun, at least for a while: the gentle drumming of rain on hood can be quite relaxing, the path is usually quiet and if it really does chuck it down at least it provides an excuse to linger in tearooms longer and have that extra scone. As long as you dress accordingly and take note of the safety advice given on pp74-6, walking in moderate rain is no more dangerous than walking at any other time; though do be careful, particularly on exposed sections, if the path becomes slippery or the wind picks up.

DAYLIGHT HOURS

If walking in winter, autumn or even early spring, you must take account of how far you can walk in the available light; it won't be possible to cover as many miles as you would in summer. Conversely, in the summer months there is enough available light until at least 9pm. Remember, too, that you will get a further 30-45 minutes of usable light before sunrise and after sunset depending on the weather.

See pp38-9 for a list of **annual events and festivals** taking place in the area.









PLANNING YOUR WALK

1

Practical information for the walker

ROUTE FINDING



Your chances of getting lost on the Thames Path are slim. Following the river for most of its duration, even this author – often lost in his thoughts – didn't stray from the trail throughout its entire course. Along the length of the path, gates and wooden signposts are marked with the iconic **acorn symbols** of a National Trail; on the odd occasion the path strays from the river these will ensure you stay on the path.

In London, the route may be slightly less easy to follow but the maps in this book should help you keep to the trail. The endless development in London does mean you may come across some new 'temporary' diversions.

Using GPS with this book

Given the above a GPS is clearly unnecessary in helping you stick to the correct trail. Nevertheless, it is a well-established navigational aid. In no time at all a GPS receiver with a clear view of the sky will establish your position and altitude in a variety of formats, including the British OS grid system, to within a few metres.

The maps in the route guide include numbered waypoints; these correlate to the list on pp246-8, which gives the latitude/longitude position in a decimal/minute format as well as a description. Where the path is vague, or there are several options, you will find more waypoints. You can download the complete list of these waypoints for free as a GPS-readable file (that doesn't include the text descriptions) from the Trailblazer website: trailblazer-guides.com. It's also possible to buy state-of-the-art digital mapping to

(Opposite) Once past Lechlade, you'll see numerous barges and other boats moored along the banks of the Thames. Their owners are a welcome source of both information and humour.



- **Macs Adventure** (☎ 0141-530 8886, US toll-free ☎ 1-(720)-487-9898, 🌐 macsadventure.com; Glasgow) Offer the whole path as well as in sections.
- **Nearwater Walking Holidays** (☎ 01326-279278, 🌐 nearwaterwalkingholidays.co.uk; Truro) Offer the whole path and sections over a range of days.
- **Responsible Travel** (☎ 01273-823700, 🌐 responsibletravel.com; Brighton) Have 3 trips: the whole path in 15 days, the Cotswolds to London in 8 days, and Oxford to London over a range of days (7-14).
- **The Carter Company** (☎ 01296-631671, 🌐 the-carter-company.com; Bucks) Offer the whole trail and also in parts.
- **Walk the Landscape** (☎ 07507 374925, 🌐 walkthelandscape.co.uk; The Cotswolds) Offer the whole path as well as sections.

WALKING WITH A DOG

Dogs are allowed on the Thames Path but should be kept on a lead whenever there are sheep or waterfowl in the vicinity. Considering much of the upper Thames is farmland it is well worth remembering that farmers are perfectly within their rights to shoot any dog they believe to be pestering their livestock.

Note that the currents in the tidal part of the river (after Teddington Lock) are very strong and therefore likely to be dangerous for a dog that goes for a swim. See pp244-5 for further advice on taking a dog.



DISABLED ACCESS

The Thames Path is relatively accessible for people with reduced mobility and the National Trail team are actively replacing stiles and poor gates to make the path as accessible as possible for all. They have also designed 12 walks suitable for anyone using a wheelchair; these cover from near Thames Head to Hampton Court (for details see the National Trail website in the box on p40). Thames Landscape Strategy (🌐 thames-landscape-strategy.org.uk/publications) have also created 10 Accessible Thames walks (between East Molesey and Kew) and the details are available on their website. Parts of London are accessible but some bridges have step access so a walk needs to be planned in advance.

Budgeting

The UK is not a cheap place to go travelling in and the accommodation providers on the Thames Path are more than accustomed to seeing tourists and charge accordingly. You may think before you set out that you are going to keep your budget to a minimum by camping every night and cooking your own food

but it's a rare walker who sticks strictly to this rule. Besides, the pubs on the route are amongst the path's major attractions and it would be a pity not to sample the hospitality in at least some of them.

If the only expenses of this walk were accommodation and food, budgeting for the trip would be a piece of cake. Unfortunately, in addition there are all the little extras that push up the cost of your trip: getting to and from the path, beer, snacks, stamps and postcards, museums, buses and trains, laundry, souvenirs ... it's surprising how much all of these things add up.

Camping

You can survive on less than £20 per person (pp) if you use the cheapest campsites, never visit a pub, avoid all museums and tourist attractions in the towns, cook all of your own food from staple ingredients and generally have a pretty miserable time of it. Even then, unforeseen circumstances will probably nudge your daily budget above this figure. Include the occasional pint and perhaps a pub meal every now and then and the figure will be nearer to £25-30pp a day. And remember that once in London you'll need to allow for the extra cost of a hostel (see below) on at least two nights as there are no official campsites (though do check campinmygarden.com; see p19).

Hostels

A dorm bed costs between £13pp (in winter) and £35pp (peak times in London) per night, although a bed usually costs £17-25pp. Some hostels offer private rooms, a few of which are en suite, but they do cost a little more; 2-bed rooms typically cost £28-70 per night depending on the location and time of year. Non-members of the YHA pay £3 per night more. Rates do not include breakfast so an allowance for this as well as for other meals, unless you are self-catering, and also for the extras mentioned above, will need to be included in your budget.

B&Bs, guesthouses and hotels

On average, a night in a B&B will cost £30-50pp based on two people sharing a room (£50-80 for a single or single occupancy) per night.

Adding the cost of food and drink for both lunch and dinner as well as an allowance for the standard expenses mentioned above, you should reckon on an average of about £65-70pp per day, although other unexpected costs will likely mean you may need to budget slightly more. See also p22.

Itineraries

To help you plan your walk see the **colour maps and gradient profiles** (at the end of the book); these show the walk divided into stages as in the route guide. The **Village and Town Facilities table** (pp30-5) provides a summary of the services en route. See p16 for a list of **day and weekend walks** which may be better if you don't have time to do the whole walk in one go. (*cont'd on p36*)

TOWN FACILITIES

Eating place	Food store	Campsite	Hostels	B&B-style accommodation	Place name
✓ = one		(✓)=no official	YHA	✓ = one	(cont'd from p31)
✓✓ = a few		campsite but a	hostel/	✓✓ = two	(Places in
✓✓✓ = three +		tent can be	H=Ind	✓✓✓ = three+	brackets are a
(✓✓) = seasonal		pitched	Hostel		short walk off
					the path)

✓					Mapledurham Lock
✓✓✓	✓	✓		✓✓✓	Caversham (Reading)
✓✓				✓✓✓	Sonning
✓	✓			✓	Lower Shiplake
✓✓✓	✓	✓		✓✓✓	Henley-on-Thames
✓				✓	Aston
✓✓✓	✓	✓		✓✓	Hurley
✓✓✓	✓			✓✓✓	Marlow
✓	✓				Bourne End
✓✓✓		✓		✓	Cookham
✓✓✓	✓			✓✓	Maidenhead
✓✓✓		✓			Dorney Reach/(Bray)
✓✓✓	✓			✓✓✓	Eton
✓✓✓	✓			✓✓✓	Windsor
✓✓	✓			✓	Datchet
✓					Old Windsor
✓✓					Runnymede
✓				✓	Bell Weir Lock
✓	✓			✓	Egham
✓✓				✓	Staines
✓	✓	✓			Laleham
✓✓	✓	✓		✓	Chertsey (Bridge)
✓✓					Shepperton Lock
✓				✓	Shepperton
✓✓✓	✓			✓	Walton-on-Thames
					Molesey Lock
✓✓✓	✓			✓	Hampton Crt/E Molesey
✓✓✓	✓			✓✓	Hampton Wick
✓✓✓	✓			✓✓✓	Kingston upon Thames
					Southern Bank (Kingston Bridge to Putney Bridge)
✓✓✓	✓				Richmond
✓✓✓	✓				Mortlake
✓					Barnes
✓✓✓	✓		YHA (Earl's Ct)	✓✓	Putney (Putney Br)
					Northern Bank (Kingston Bridge to Putney Bridge)
✓✓✓					Teddington Lock
✓✓✓	✓			✓	Twickenham
✓					Richmond Bridge
✓✓					Isleworth

(cont'd on p35)

Cirencester; 164 Oxford; 175 Reading and Windsor; 176 West London; 177 East London. OS also offers **digital maps** (see box p46).

Harvey Maps ([☒ harveymaps.co.uk](http://harveymaps.co.uk)) produce a series of waterproof maps that cover all the designated National Trails to a scale of 1:40,000. Their paper Thames Path map is also available digitally from their website.

Rather than purchasing a number of maps the best option for walkers unconcerned by anything other than the path and its immediate environs is **A-Z's Thames Path Adventure Atlas** ([☒ az.co.uk](http://az.co.uk)) which is lightweight, cheap and includes the whole trail using Ordnance Survey's mapping on the same 1:25,000 scale as their Explorer series; it also includes an index.

RECOMMENDED READING

The river has been muse for many a writer and numerous books have been penned which take the Thames either as their central subject or use it as a backdrop to their tale. What follows is a selection of those most useful and well known.

☐ The cultural Thames

The Thames has been the muse of many an artist. The river has inspired painters and poets, sculptors... and punks. In their 1979 song *London Calling*, The Clash boasted of how they 'live by the river.' Before them, in 1967 The Kinks sang of the sunsets over London's *Waterloo Bridge* making them 'feel fine.'

Rock and Punk **music** are both a far cry from the concert performed on a barge afloat the Thames for King George I in 1717, a highlight of which was a performance of Handel's *Water Music*, or the songs compiled by Alfred Williams in his book *Folk Songs of the Upper Thames* in 1923.

Though these works may differ in genre, they all clearly share an affinity for the river. And it is not just composers that the river has inspired. The Thames attracts **sculptors** too. Indeed, one of the first pieces of art you'll see along the river is the statue of *Old Father Thames* at St John's Lock (see box p76). Meanwhile, situated at Rainham – and so unfortunately east beyond the Thames Path – is John Kaufman's eight-metre high steel statue, *The Diver*, completed in 2000. The only sculpture actually *in* the river, it is completely submerged by spring and neap tides. Apart from such extravagant pieces you'll pass numerous other smaller statues, metal-works and carvings.

Painters particularly associated with the river include the Italian, Canaletto (Giovanni Antonio Canal; *Westminster Bridge*, 1746; *Old Walton Bridge*, 1754); the American, James Abbott McNeill Whistler (*Nocturne: Blue and Silver – Chelsea*, 1871; *Nocturne: Blue and Gold – Old Battersea Bridge*, 1872); and the Frenchman, Claude Monet, who produced a series of paintings of the Houses of Parliament, with the river in the forefront, between 1901 and 1905.

The two painters most connected to the Thames, however, are Englishmen: Stanley Spencer, who dedicated much of his life to painting the river near Cookham (see box p174); and JMW Turner who is also particularly famous for his images featuring the Thames. Many of them, such as *Rain, Steam, and Speed* (1859-61; see p174) and *England: Richmond Hill, on the Prince Regent's Birthday* (1819), are well worth stopping off to view in London at Tate Britain (see p233) – where you'll also find several of Spencer's works.

Flora and fauna field guides

For identifying obscure plants and peculiar-looking beasts as you walk, Collins and New Holland publish a pocket-sized range to Britain's natural riches. The Collins Gem series are tough little books; current titles include guides to *Trees*, *Birds*, *Mushrooms*, *Wild Flowers*, *Wild Animals*, *Insects* and *Butterflies*. There is also a handbook to the stars for those who are considering sleeping under them. In the Collins series, there's an adapted version of Richard Mabey's classic bestseller *Food for Free* – great for anyone intent on getting back to nature, saving the pennies, or just with an interest in what's available to eat without going into a shop.

New Holland's Concise range covers much the same topics as the Gem series; each one comes in a waterproof plastic jacket and includes useful quick reference foldout charts.

There are also several field guide **apps** for smartphones and tablets, including those that can aid in identifying birds by their song as well as by their appearance.

Getting to Britain

● **By air** The best international gateway to Britain for the Thames Path is London with its five airports: **Heathrow** (the main airport), Gatwick, Stansted, Luton and **London City**. Both TfL Rail (tfl.gov.uk/modes/tfl-rail; daily 2/hr) and Heathrow Express (heathrowexpress.com; daily 4/hr) provide train services from Heathrow to London Paddington; also see box opposite). A train journey to Kemble from Heathrow Airport (via Paddington) takes approximately two hours.

London City Airport is particularly convenient for the end of the official path as it is a stop on the Docklands Light Railway (see box p23).

However, some airlines fly to **Bristol** (bristolairport.co.uk) and **Birmingham** (birminghamairport.co.uk) airports, although from the latter it may take up to three hours to get to Kemble by train. Both serve destinations all over the UK as well as Europe; Birmingham also receives flights from all over the world.

● **From Europe by train** Eurostar (eurostar.com) operates a high-speed passenger service via the Channel Tunnel between Paris, Brussels and Amsterdam (and additional places at certain times of the year) and London. The Eurostar terminal in London is at St Pancras International station with connections to the London Underground and all other main railway stations in London. Trains to many Thames Path destinations leave from both Paddington and Waterloo stations; see box pp52-3.

For more information about rail services from the Continent to Britain contact your national rail operator, or Railteam (railteam.eu).

● **From Europe by coach** Eurolines (eurolines.com) have a wide network of long-distance bus services connecting over 500 destinations in 25 European countries to London's Victoria Coach Station. Visit their website for details of services from your country.

● **From Europe by ferry (with or without a car)** There are numerous ferries plying routes between the major North Sea ports as well as across the Irish Sea and the English Channel. A useful website for information about the routes and the ferry operators is directferries.co.uk.

● **From Europe by car** Eurotunnel (eurotunnel.com) operates 'le shuttle' train service for vehicles via the Channel Tunnel between Calais and Folkestone, taking one hour between the motorway in France and the motorway in Britain.

Getting to and from the Thames Path

Travelling to the start of the Thames Path by public transport makes sense. There's no need to worry about the safety of your temporarily abandoned vehicle while you walk along the trail, there are no logistical headaches about how to return to your car afterwards and it's one of the biggest steps you can take towards minimising your ecological footprint. Quite apart from that, you'll feel your holiday has begun the moment you step out of your front door rather than having to wait until you've slammed the car door behind you.

NATIONAL TRANSPORT

The best way of getting to Kemble, the nearest settlement to the source of the River Thames, is by rail. But other options are by coach/bus or by car.

By rail

Most of the major stops along the Thames Path, other than in London, lie on either the main or branch line services run by **Great Western Railway (GWR)**. Kemble is 80-100 minutes from London Paddington.

The trains which run through Charlton – the nearest stop to the Thames Barrier – are run by **Southeastern** and take less than half an hour to get to central London (terminating at Cannon St/London Bridge or Charing Cross stations).

Between Reading and London, and in London, you may find you need to use **South Western Railway** to reach some destinations.

Other operators providing train services to places on or near the path include: **Southern, Thameslink, London Overground/TfL Rail, Docklands Light Railway** and **c2c** – and also the **CrossRail Elizabeth line** (see box below).

In the box on pp52-3 there is a list of the relevant destinations for these services along the Thames Path as well as contact details for the various rail operators.

(cont'd on p54)

CrossRail Elizabeth Line

When fully open this new line will provide services right across London. One part of the line will start from Reading and another from Heathrow Airport; they will join at Hayes & Harlington and then divide again at Whitechapel with a southern spur going to Abbey Wood and a northern one to Shenfield. Stations served will include **Reading, Twyford, Maidenhead, Taplow, Slough, Ealing Broadway, London Paddington, London Liverpool Street, Canary Wharf** and **Woolwich**.

The Liverpool Street to Shenfield and Heathrow to Paddington services are currently operated by TfL Rail. The Elizabeth Line Paddington to Heathrow (replacing TfL Rail's services), Paddington to Abbey Wood and Paddington to Shenfield services are scheduled to start in December 2018. The line from Reading is due to open in December 2019 and then services will be fully operational.

Southeastern (☎ 0345-322 7021, ☒ southeasternrailway.co.uk)

- **Charing Cross*** to Dover Priory via **Waterloo East, London Bridge**, Tonbridge, Ashford International & Folkestone (West & Central), daily 1/hr
- **Charing Cross*** to Canterbury West via **Waterloo East, London Bridge**, & Ashford International, daily 1/hr (some services continue to Ramsgate)
- **Charing Cross*** to Gillingham via **Waterloo East, London Bridge**, Dartford, Gravesend, Strood, Rochester & Chatham, daily 1/hr
- **Charing Cross*** to Sevenoaks via **Waterloo East & London Bridge**, Mon-Sat 1-2/hr (Note: the evening and Sunday (2/hr) services depart from Cannon St).
- **Charing Cross*** to Gillingham via **Waterloo East, London Bridge, Charlton**, Woolwich Arsenal, Dartford, Gravesend, daily 1-2/hr
- **Cannon Street*** to Dartford via **London Bridge, Greenwich, Charlton**, Woolwich Dockyard & Woolwich Arsenal, daily 2/hr

Southern (☎ 0345-127 2920, ☒ southernrailway.com)

Note: at the time of writing new timetables/routes were being introduced for services operated by the **Govia Thameslink** group (Southern, Thameslink and Great Northern); see ☒ railplan2020.com for details. Basic details are given below:

- Milton Keynes Central to East Croydon via Watford Junction, **Imperial Wharf & Clapham Junction**
- Victoria* to **Crystal Palace** via **Battersea Park & Clapham Junction**
- Victoria* to West Croydon via **Battersea Park & Clapham Junction**
- **London Bridge** to Beckenham Junction via **South Bermondsey**
- **London Bridge** to East Croydon via **South Bermondsey & Tulse Hill**
- **London Bridge** to Epsom via Sutton
- St Pancras International to Sutton via Farringdon, City Thameslink & **Blackfriars**
- Bedford to Gatwick Airport via Luton, St Pancras International, **Blackfriars, London Bridge & East Croydon**

Thameslink Railway (☎ 0345-026 4700, ☒ thameslinkrailway.com)

- Luton to Rainham via Luton Airport Parkway, St Pancras International, **Blackfriars***, London Bridge, Greenwich, Charlton & Woolwich Arsenal, Mon-Fri 1/hr direct

c2c (☎ 0345-744 4422 ☒ c2c-online.co.uk)

Fenchurch Street to Shoeburyness via **Limehouse**, daily 2-4/hr

London Overground (☎ 0343-222 1234, ☒ tfl.gov.uk/modes/london-overground)

- Dalston Junction to Clapham Junction via **Wapping, Rotherhithe**, Canada Water & Surrey Quays, daily 3/hr
- Clapham Junction to Stratford via **Imperial Wharf**, daily 4/hr
- **Richmond** to Stratford via **Kew Gardens & Willesden Junction**, daily 4/hr

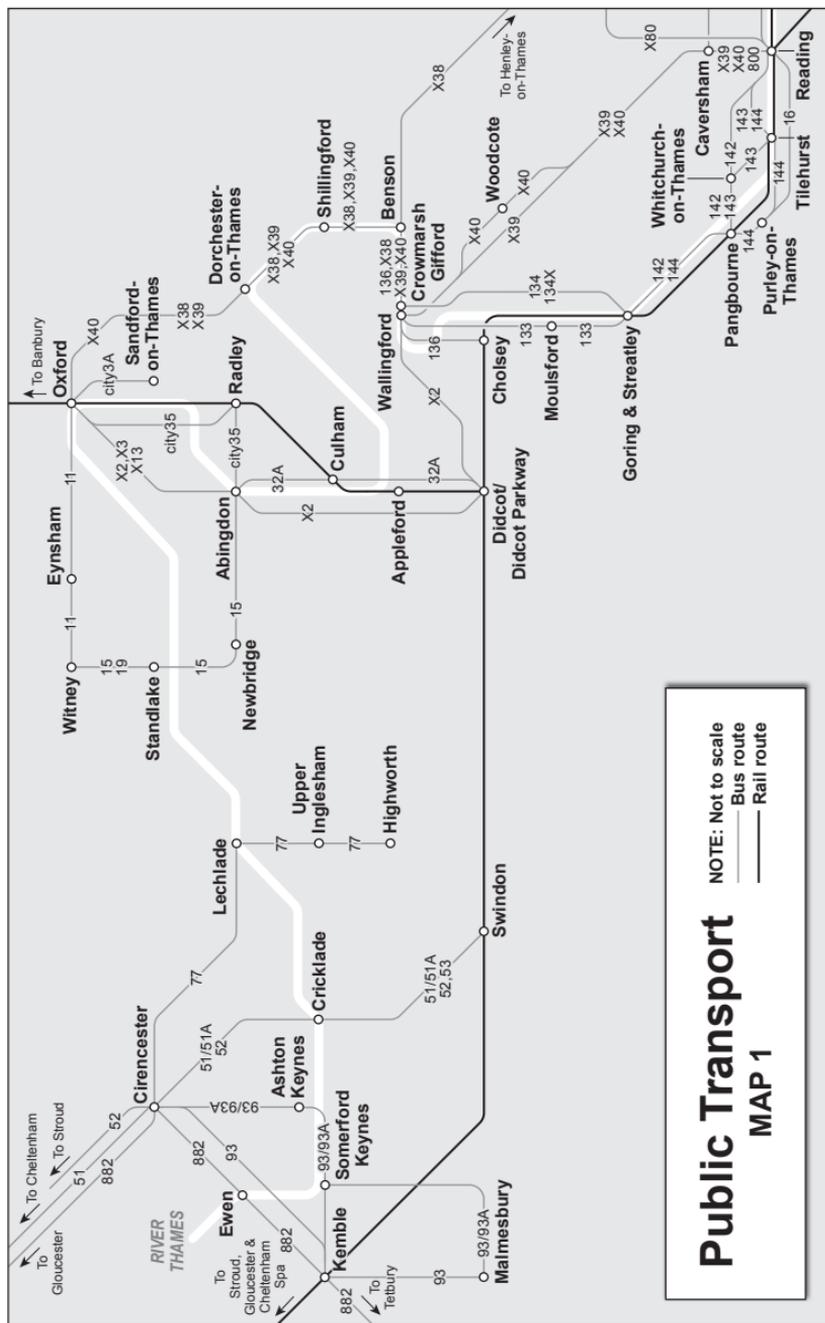
Docklands Light Railway (DLR; ☎ 0343-222 1234, ☒ tfl.gov.uk/modes/dlr)

- Stratford International to Woolwich Arsenal via London City Airport
- Bank to Lewisham via **Limehouse, Canary Wharf, Island Gardens, Cutty Sark for Maritime Greenwich & Greenwich**
- Stratford to Woolwich Arsenal

NOTES Not all stops are listed and only the main services are included

* Paddington = London Paddington; Waterloo = London Waterloo; Victoria = London Victoria, Charing Cross = London Charing Cross, Waterloo East = London Waterloo East, Blackfriars = London Blackfriars

PLANNING YOUR WALK



Using this guide

The following guide follows the Thames Path from west to east (ie downstream), beginning at the source of the river and concluding at the Thames Barrier. It is split into 15 stages; these do not have to be followed rigidly and with so much accommodation available en route you can pretty much divide your walk into as few or as many days as you want. See pp36-7 for some suggested itineraries.

To provide further help, practical information is provided on the trail maps, including walking times, places to stay and eat, public toilets as well as shops and supermarkets. Further service details are given in the text under the entry for each settlement.

For a condensed overview of this information see the **village and town facilities table** on pp30-5; for cumulative **distance charts** see pp250-3; and for **overview maps** and **map profiles** see the colour pages at the end of the book.

TRAIL MAPS

[for key maps see inside back cover]

Scale and walking times

The trail maps are drawn to a scale of 1:20,000 (1cm = 200m; 3¹/₈ inches = 1 mile). Walking times are given along the side of each map and the arrow shows the direction to which the time refers. Black triangles indicate the points between which the times have been taken.

The time bars are a tool and are not there to judge your walking ability. There are so many variables that affect walking speed, from the weather conditions to how many beers you drank the previous evening. After the first hour or two of walking you will be able to see how your speed relates to the timings on the maps.

Up or down?

Other than when on a track, bridleway, or road, the trail is shown as a dashed line. In Trailblazer guidebooks an arrow across the trail

Important note – walking times

Unless otherwise specified, **all times in this book refer only to the time spent walking**. You will need to add 20-30% to allow for rests, time to stop and stare, photography, checking the map, drinking water etc. When planning the day's hike count on 5-7 hours' actual walking.



indicates the gradient; two arrows show that it's steep. However, as there is only one gradient of note on this entire trail, you won't see this symbol much. Note that the *arrow points uphill*, the opposite of what OS maps use on steep roads. Reversed arrow heads indicate a downward gradient.

Other features

Features are marked on the map when of possible interest or pertinent to navigation. In order to avoid cluttering the maps not all features have been marked each time they occur.

The numbered **GPS waypoints** refer to the list on pp246-8.

Accommodation

Apart from larger towns (and especially for the London area) where some selection of places has been necessary, almost every place to stay that is on, or very close to, the actual trail is marked on the map. Details of each place are given in the accompanying text.

The number of **rooms** of each type is stated, ie: **S** = Single, **T** = Twin room (with two single beds), **D** = Double room (with one bed), **Tr** = Triple room and **Qd** = Quad. Note that most of the triple/quad rooms have a double bed and one/two single beds (or bunk beds); thus for a group of three or four, two people would have to share the double bed, but it also means the room can be used as a double or twin. See also p20.

Rates quoted for B&B-style accommodation are **per person (pp) based on two people sharing a room** for a one-night stay; rates are usually discounted for longer stays. Where a **single room (sgl)** is available the rate for that is quoted if different from the rate per person. The rate for **single occupancy (sgl occ)** of a double/twin may be higher, and the per person rate for three/four sharing a triple/quad may be lower. Unless specified, rates are for bed and breakfast. At some places the only option is a **room rate**; this will be the same whether one or two people (or more if permissible) use the room. See p22 for more information on rates.

Unless otherwise stated you can assume that the accommodation described has **en suite facilities** in all its rooms. The text only mentions where places have **private**, or **shared, facilities** (in either case this may be a bathroom or shower room just outside the bedroom). In the text  signifies that at least one **bath** is available – either in an en suite room or in a separate bathroom – for those who prefer a relaxed soak at the end of the day.

Also noted is whether the premises have **wi-fi** (WI-FI) and if **dogs** ( – see also pp244-5) are welcome in at least one room (often places only have one room suitable for dogs), or at campsites, subject to prior arrangement. Some places make an additional charge while others may require a deposit which is refundable if the dog doesn't make a mess or cause damage.

If arranged in advance many B&B proprietors are happy to collect walkers from the nearest point on the trail and deliver them back again next morning; they may also be happy to transfer your **luggage** to your next accommodation place on the map. Some may make a charge for either or both of these services. Check the details at the time of booking.

The route guide

KEMBLE [Map 1, p80]

The source of the River Thames (see box below) – and thus the start of the Thames Path itself – is approximately 1¾ miles (2.8km; 35-45mins) from the village of Kemble; for directions between Kemble and the source see p81. We have also marked on the map the route from The Thames Head Inn (see Map 1).

The site of 7th-century Anglo-Saxon cemeteries and, before them, where the Romans buried their dead too, Kemble's name has evolved from *Kemele*, meaning boundary. The village sits at a junction of several historical transport routes including the Thames, the Roman Fosse Way (which links Exeter with Bath and Lincoln) and the Great Western Railway. A local politician, Robert Gordon, was so affronted by the arrival of the railway at Kemble that he insisted that the new line be hidden from view when it passed in front of his house. A tunnel was thus built over the track to conceal it from his view.

The main attraction in the village, the **church** on its southern edge, has a Norman door and tower dating from 1250.

On Windmill Rd, **Kemble Stores** (Mon-Fri 8am-1pm & 2-6pm, Sat 8am-1pm & 2.30-7pm, Sun 9am-noon) provides any basic necessities required; the **post office** (Mon, Tue, Thur & Fri 9am-1pm & 2-5.30pm, Wed & Sat 9am-1pm) is part of the shop and cash can be withdrawn depending on what debit card you have (see pp24-5).

For **B&B** in the village, **Willows** (☎ 01285-770667, ✉ kmw.kemble@gmail.com; 1T en suite shower/1D private bathroom; ☹; WI-FI) is tucked away down a quiet cul-de-sac at 2 Glebe Lane. The rate is £35-40pp (sgl occ from £60).

Between the village and the river source, there's no more appropriate place for Thames Path trekkers to stay and eat than **The Thames Head Inn** (☎ 01285-770259, ✉ thamesheadinn.co.uk; 3D/1T; ☹; WI-FI; 🐾; Tetbury Rd). **B&B** costs from £40pp (sgl occ from £50; room only rates also available). **Camping** (£20 per pitch) is an option and shower/toilet facilities are available. **Food** is available daily (Mon-Sat 11am-9.30pm, Sun from noon), Bob's bubble & squeak (£11.50) being

☐ The source of the River Thames

Approximately one mile from Kemble the source of the river Thames is hidden deep in a Gloucestershire field known as **Trewsbury Mead**. Lying 105 metres (356ft) above sea level, the river's origin is marked by an **inscribed stone** next to an ancient ash tree. Thought to be two centuries old, the tree once had the initials 'TH' (Thames Head) carved in its bark; letters some beady-eyed folk still claim to be able to see. Despite photos from the 1960s showing young boys canoeing beneath the tree's boughs you will most likely see no water. Fear not though, deep in the earth below, the river's journey *is* beginning – as is yours, though at ground level.

There is some dispute over the source of the River Thames, an alternative origin being Seven Springs at the head of the River Churn. Joining the Thames at Cricklade (Map 7) this would make the Thames 12 miles longer and 91 metres further above sea level. Historically, however, the Churn has always borne its own name so it is considered to be merely a tributary rather than the river itself. The honour of being the official source of the Thames thus goes to Thames Head.



© Joel Newton

Goring Lock

LOCHS AND WEIRS

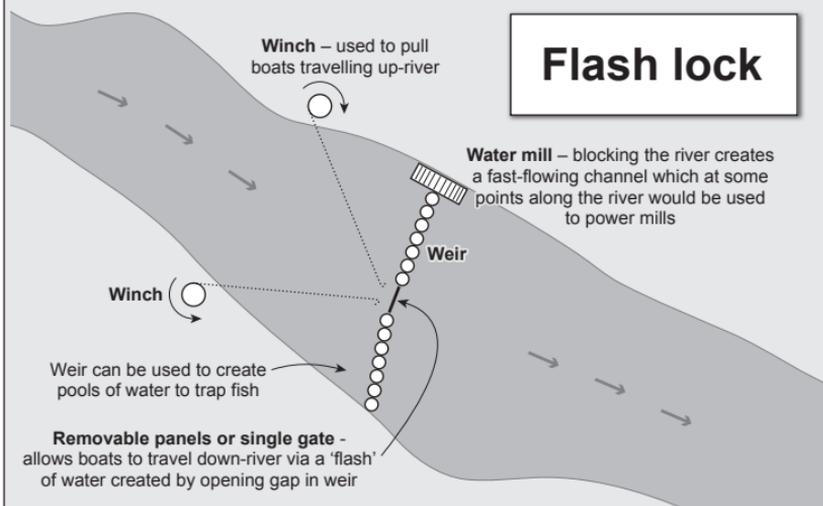
While small boats can journey downriver from Cricklade, the Thames becomes navigable for larger craft only from Lechlade. Between here and Teddington (from where the Thames becomes tidal), the Thames falls approximately 70 metres and there are 45 **locks** along the way, each with at least one accompanying **weir**.

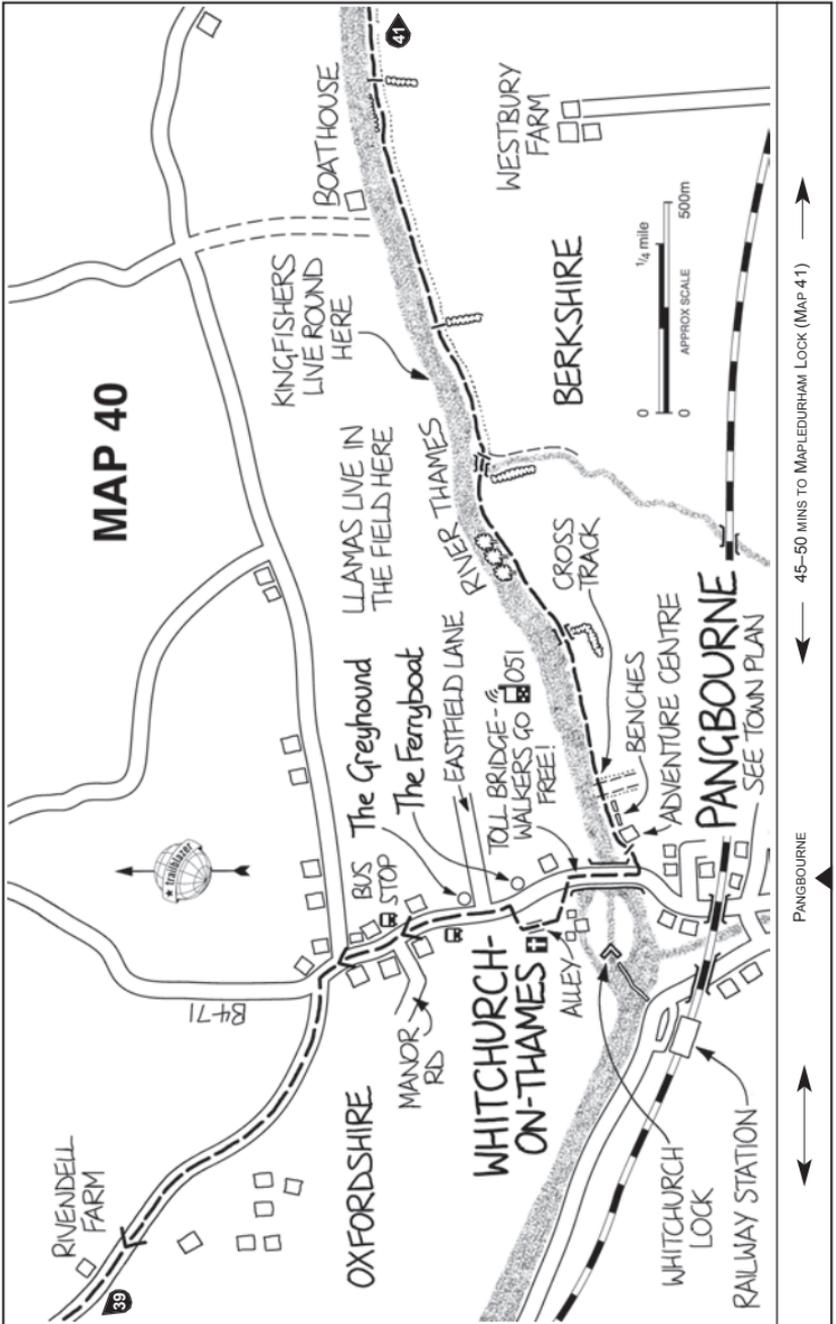
Weirs are nothing more than a barrier placed across a waterway to alter the river's flow. They have existed on the Thames in one form or another for centuries,

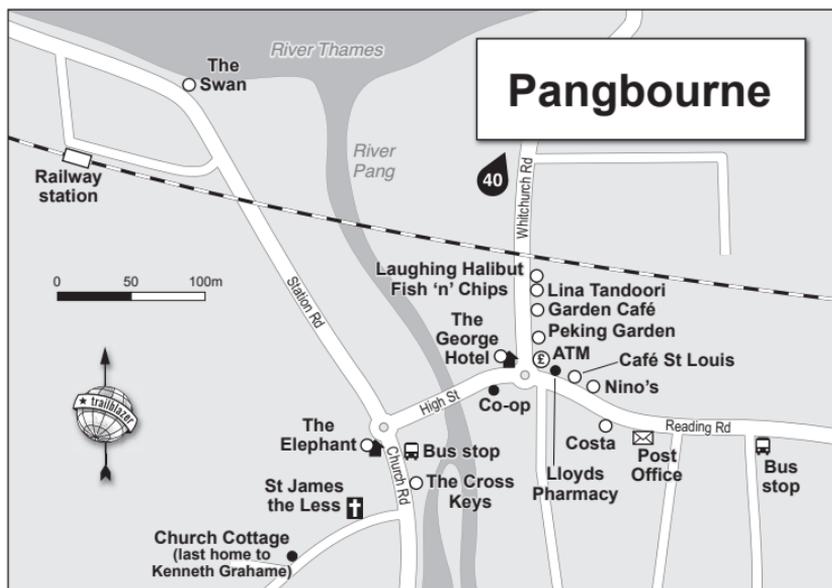
used by fishermen to persuade fish towards nets and by millers to power their mills.

By blocking the river, however, the millers and fishermen created problems for the boats that needed to travel round them. An early solution to this was the introduction of the **flash lock**, where several boards (or a gate) are placed in the weir which, when a boat approached, could be removed, thus allowing the vessel to be swept through on the resulting surge – or 'flash' – of water.

Unfortunately, this method only really worked for those travelling downstream; those travelling upriver, of course, would need to be winched or towed through the gap against the flow. Furthermore, flash locks were hazardous for everyone involved. So eventually, in the 17th century, these flash locks were replaced by **pound locks**, which is the type of lock you see to this day on the river. Pound locks operate by using two gates, one at either end of a 'pound' or chamber of water. The water level within the pound can thus be controlled by removing one of the gates (ie it can be raised by removing the gate upstream of the chamber, or lowered by removing the







location where Jerome K Jerome's three men finally ditched their comedic boat, the setting is grand and the food (Mon-Sat 10am-9pm, Sun to 8pm) great too. The menu changes regularly but features both classic and contemporary dishes.

Equally imaginative meals such as chargrilled Cajun tuna steak (£12.95) are on the menu at **The Cross Keys** (☎ 0118-984 3268; food daily noon-2.30pm & 6-9pm). Their menu includes slow cooked belly pork (£15) and fish & chips (£12).

For pasta (£8.90-13.90) or pizza (from £8.50) look no further than **Nino's** (☎ 0118-984 1333, ☒ ninos-trattoria.co.uk; Tue-Sat noon-2pm, Mon-Sat 6-10pm; 11 Reading Rd); while an all-you-can-eat Chinese buffet (£15.50pp, minimum 2 people; Sun & Mon noon-3pm & 6-10pm) is available at **Peking Garden** (☎ 0118-984 2669; Tue-Sat noon-2pm & 6-10pm, Sun & Mon noon-3pm & 6-10pm; 2-6 Whitchurch Rd). Nearby, at No 16, **Lina Tandoori** (☎ 0118-984 5577; daily noon-2.30pm & 5-11pm) is a standard

Indian restaurant with lamb or chicken masala £7.45.

For more traditional British fare, **Laughing Halibut** (☎ 0118-984 1614; Mon-Sat 11.30am-2pm & 4.30-10pm, Sun & Bank Hols 4.30-10pm; 18 Whitchurch Rd) has **takeaway** fish & chips for around £6.

Alternatively, there are the cafés: **Café St Louis** (☎ 0118-984 2246, ☒ cafe-st-louis.com; Mon-Fri 8am-5pm, Sat & Sun 9am-5pm; WI-FI; ☿) on Reading Rd. A good spot for lunch, they do a nice line in sandwiches and baguettes (£6.80-7.30) including a steak one with fries (£9.55).

For early risers, across the road there's a branch of the national chain **Costa** (Mon-Sat 6.30am-6.30pm, Sun 8am-6.30pm); while back on Whitchurch Rd is **Garden Café** (☎ 0118-984 1114; WI-FI; ☿; Mon-Sat 8am-4pm), which does a good line in food and hot and cold drinks including, when we were there, iced teas and frappés (both £2.65).

ROTHERHITHE

[Map 81, p227; Map 82, p235]

Rotherhithe's main claim to fame is its shipyards and it was from this London suburb that *The Mayflower* set sail for Southampton en route to the New World. The captain of the boat, Christopher Jones, is buried at **St Mary's Church**. Rotherhithe also plays host to Isambard Kingdom Brunel's first engineering feat, a tunnel under the Thames that he began at the age of just 19. Isambard's works are celebrated at **Brunel Museum** (☎ 020-7231 3840, 📧 brunel-museum.org.uk; daily 10am-5pm, £6; Railway Ave) from which the tunnel can be visited and where there is also a *café* (open same hours).

Towards the eastern end of Rotherhithe St is a Best-one **shop** (daily 7.30am-9pm).

YHA London Thameside (☎ 0845-371 9756, 📧 yha.org.uk/hostel/london-thameside; 320 beds; 2-, 3-, 4-, 5-, 6- & 10-bed rooms, all en suite; wi-fi communal areas; ♿) is at 20 Salter Rd. Some rooms have double beds and the rooms for 3/5 people have a pull-out bed; dorm beds (male & female) cost from £15pp, private/family rooms are £35-55/29-95. The hostel has 24hr access and there are laundry & drying facilities. Meals are available and the *café* (meals 1-8pm) is open to non residents.

The closest you'll get to *The Mayflower's* historic departure point is actually where the **pub** now stands. Indeed, it claims to be the *oldest* pub actually on the Thames (the Olde Bell at Hurley, see p166,

may be older, but it's a few hundred metres from the river's edge) *The Mayflower* (☎ 020-7237 4088, 📧 mayflowerpub.co.uk; food Mon-Sat noon-9.30pm, Sun noon-9pm; wi-fi; 🍺 in bar only; 117 Rotherhithe St) has plenty of guest ales; the menu changes seasonally but turn up on a Wednesday and you can enjoy their £15 pie night, including a pint of beer or a glass of wine.

En route along Rotherhithe St, *The Salt Quay* (☎ 020-7394 7108, 📧 greene king-pubs.co.uk; food Mon-Thur 11am-10pm, Fri-Sun 10am-10pm; wi-fi; 🍺 downstairs only; No 163) has a menu full of pub classics and sandwiches (£5.45-6.45).

Meanwhile, *The Blacksmiths Arms* (Map 82; ☎ 020-7064 4355, 📧 blacksmithsarmsrotherhithe.co.uk; food Mon-Fri noon-4pm & 5-10pm, Sat noon-10pm, Sun noon-9pm; wi-fi; 🍺 in bar and garden; No 257) offers British and Thai fare including Panang Curry (£12.95).

A *café* worth a stop is *Piccalilli Caff* (Map 82; ☎ 020-7237 6892, 📧 piccalilli.caff.com; food Tue-Sun 10am-4pm; wi-fi; 🍺) at **Surrey Docks Farm** (see p231). There are five or six daily specials and a build your own breakfast from £1.50 per item.

Rotherhithe's **railway station** (Map 81; London Overground line, see box pp52-3) is a short walk from the path.

There is a **river bus** service (see p60) between Nelson Dock Pier and Canary Wharf.

GREENWICH

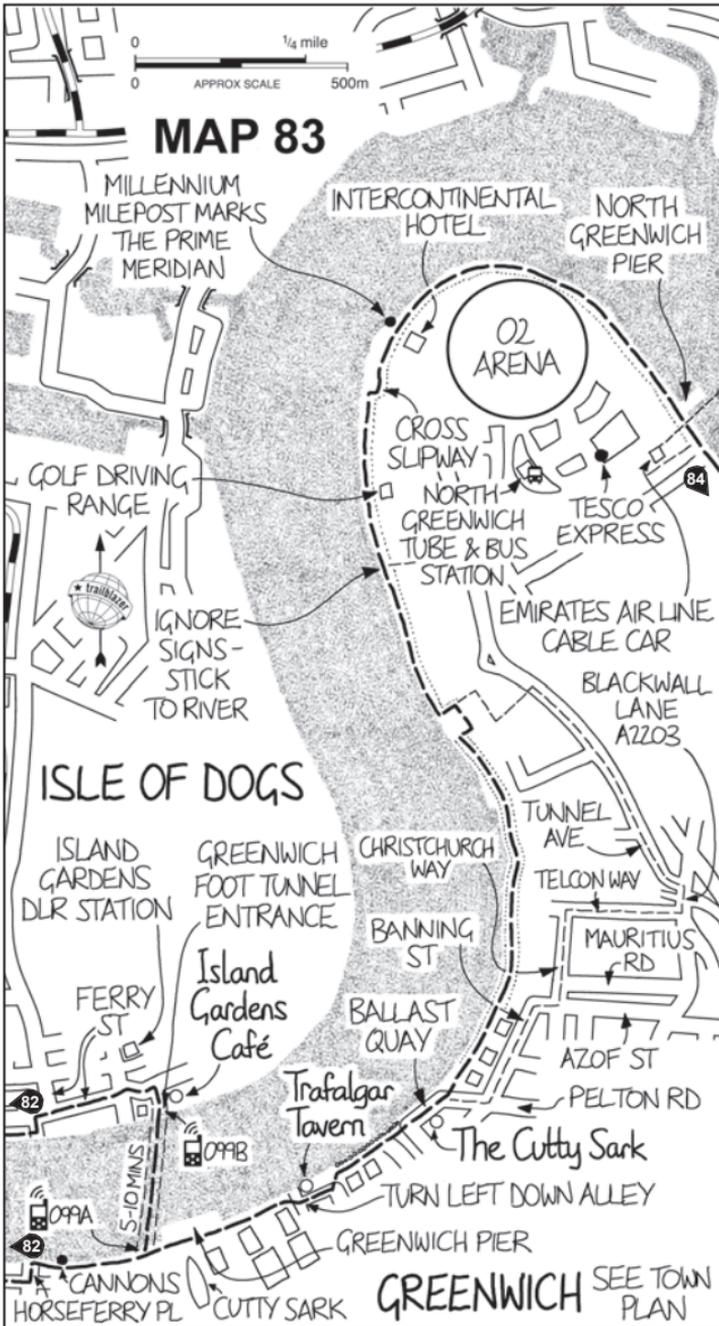
[map p240]

A World Heritage Site, Greenwich's history is a far cry from those of its neighbours on the Thames Path. The site of the 15th-century Palace of Placentia, where both Henry VIII and Elizabeth I were born, is now the **Old Royal Naval College** (☎ 020-8269 4747, 📧 ornc.org; grounds daily 10am-5pm; free) with the current twin-domed Christopher Wren-designed masterpiece built between 1696 and 1712. Inside you'll find **Greenwich Tourist Information Centre** (☎ 0870-608 2000, 📧 visitgreenwich.org.uk; daily 10am-5pm), in the

Discover Greenwich Visitor Centre (same hours; free), which has a deluge of maps, pamphlets and guidebooks detailing the town's historic sites and museums, including the Naval College, **National Maritime Museum**, and **Royal Observatory**. Standing at the latter you are at the Prime Meridian of the World: Longitude 0.

For further information on Greenwich's royal museums or visiting the Cutty Sark, consult the website.

Shops include branches of Waitrose (Map 82; Mon-Sat 7am-10pm, Sun



90-105 MINS TO/FROM THE THAMES FLOOD BARRIER (MAP 84)

ROUTE GUIDE AND MAPS

GREENWICH FOOT TUNNEL (NORTHERN BANK)

GREENWICH FOOT TUNNEL (SOUTHERN BANK)

10.30am-5pm; New Capital Quay), an M&S Simply Food (Mon-Sat 8am-10pm, Sun 9am-9pm) and the **chemist Boots** (Mon-Fri 9am-6pm, Sat 9am-7pm, Sun 10am-8pm) near the Cutty Sark. **ATMs** can be found outside Cutty Sark DLR station.

Wandering towards Greenwich you pass **Munures Café** (Map 82; Tue-Thur 8am-6pm, Fri & Sat 8am-8pm, Sun 9am-8pm; wi-fi; 🐕 small dogs; Glaisher St).

Pub food can be found adjacent to the Visitor Centre at **The Old Brewery** (☎ 020-3437 2222, 📧 oldbrewerygreenwich.com; wi-fi; 🐕; food Mon-Sat 10am-10pm, Sun to 9.30pm), with lovely outside seating and a menu consisting of sandwiches (£5.50-7) and half a dozen mains including a Lancashire hotpot (£14.50) – ideal for a chilly day.

A short way back from the river is **The Gipsy Moth** (☎ 020-8858 0786, 📧 thegipsy mothgreenwich.co.uk; food daily noon-10pm; wi-fi; 🐕), 60 Greenwich Church St. There's outdoor seating; the menu includes beef & amber ale pie (£13) to chomp on as you watch Greenwich Mean Time go by.

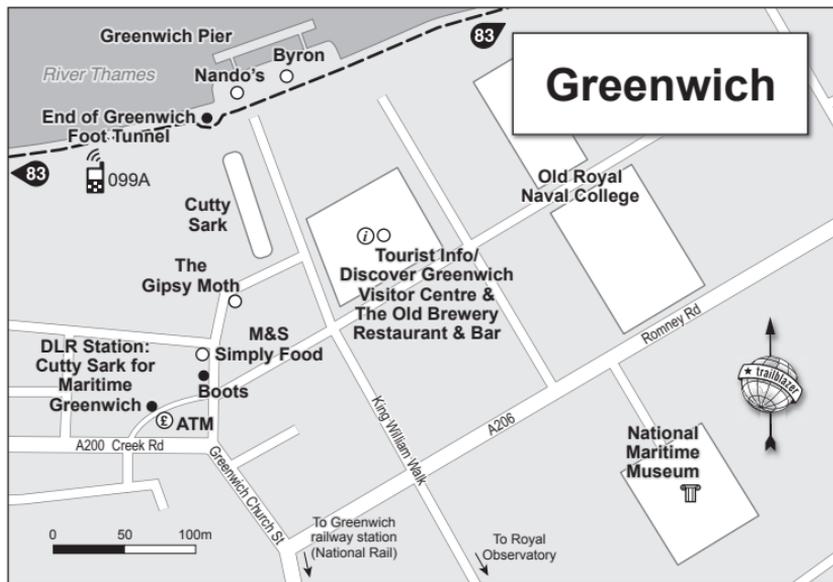
There are also two decent pubs further along the path and away from the tourist

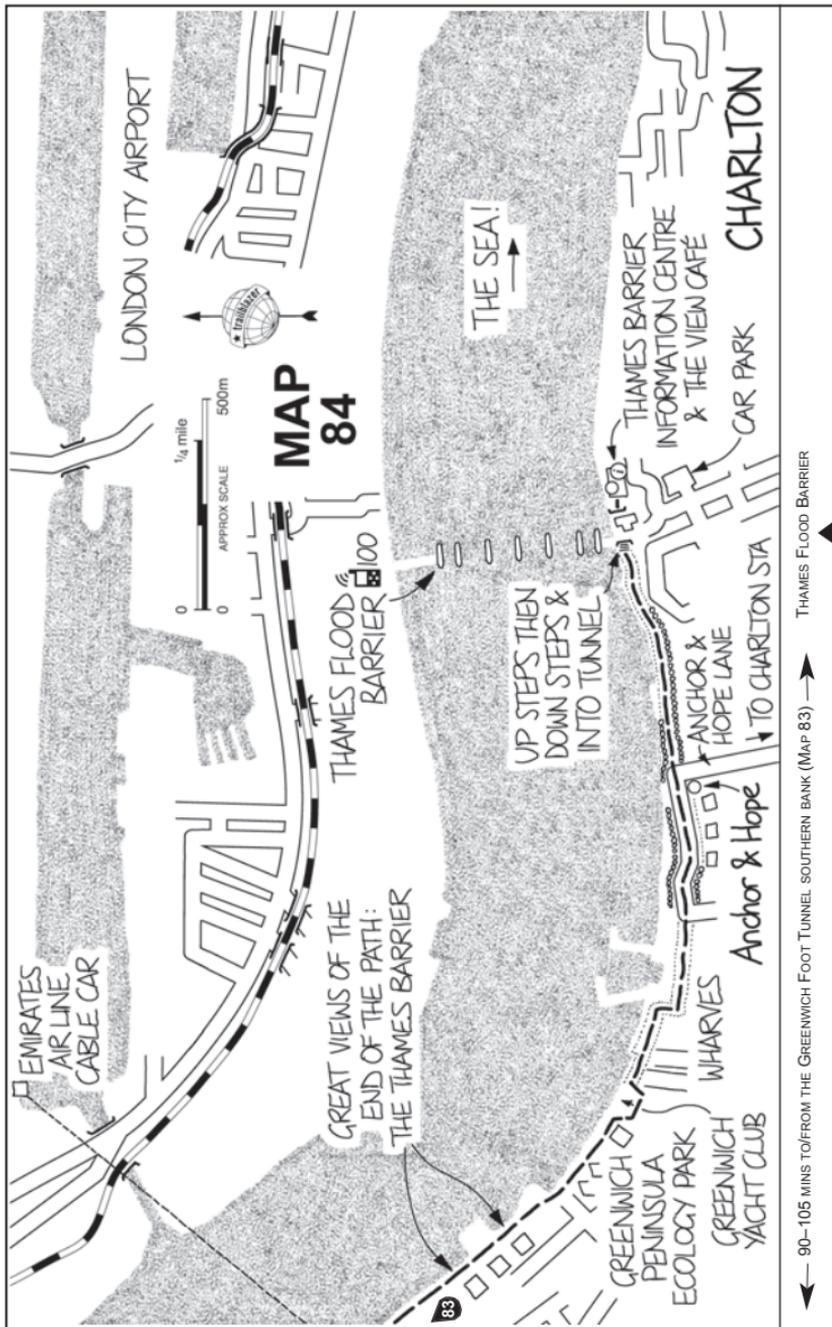
masses. **The Trafalgar Tavern** (Map 83; ☎ 020-3887 9886, 📧 trafalgartavern.co.uk; food Mon-Sat noon-10pm, Sun noon-9pm; wi-fi; 🐕 in bar only; Park Row) has a large menu including Trafalgar whitebait (£7.50), although the whitebait no longer come fresh from the river as they did in days gone by; while **The Cutty Sark** (Map 83; ☎ 020-8858 3146, 📧 cuttysarkse10.co.uk; food Mon-Sat noon-10pm, Sun noon-9pm; wi-fi; 🐕 in bar; Ballast Quay) also has some fine dishes (mains £12-23.50).

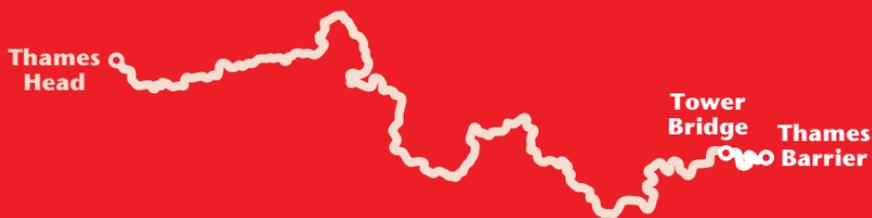
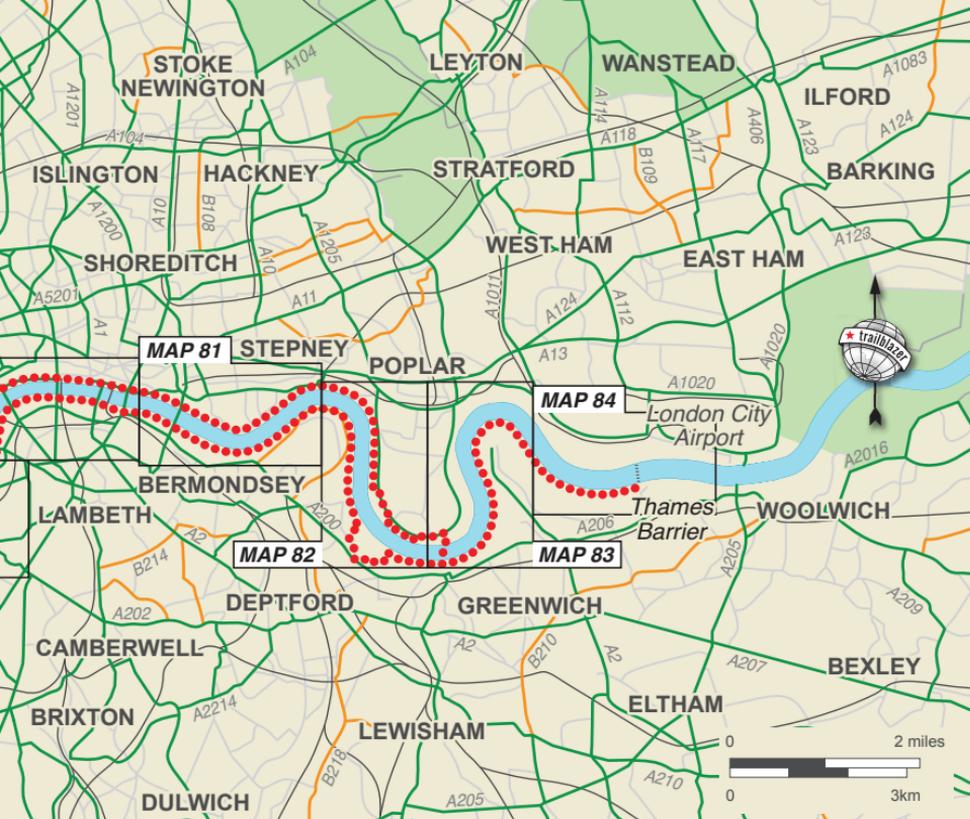
Chicken lovers will find a **Nando's** (☎ 020-8269 1770, 📧 nandos.co.uk; Sun-Thur 11am-10.30pm, Fri & Sat 11am-11pm; wi-fi) by the entrance to the foot tunnel; while nearby is a **Byron** burger joint (☎ 020-8269 0800, 📧 byronhamburgers.com; Sun-Thur 11.30am-10pm, Fri & Sat to 10.30pm).

Greenwich has both a **DLR** (Cutty Sark for Maritime Greenwich) and a **railway station** (Southeastern) a little further from the river; for details of services from both see box pp52-3.

The **river bus** (see p60) also stops at the pier here.







Maps 81-84

Tower Bridge to Greenwich

6¾ miles/11km – 2¼-2¾hrs via northern bank

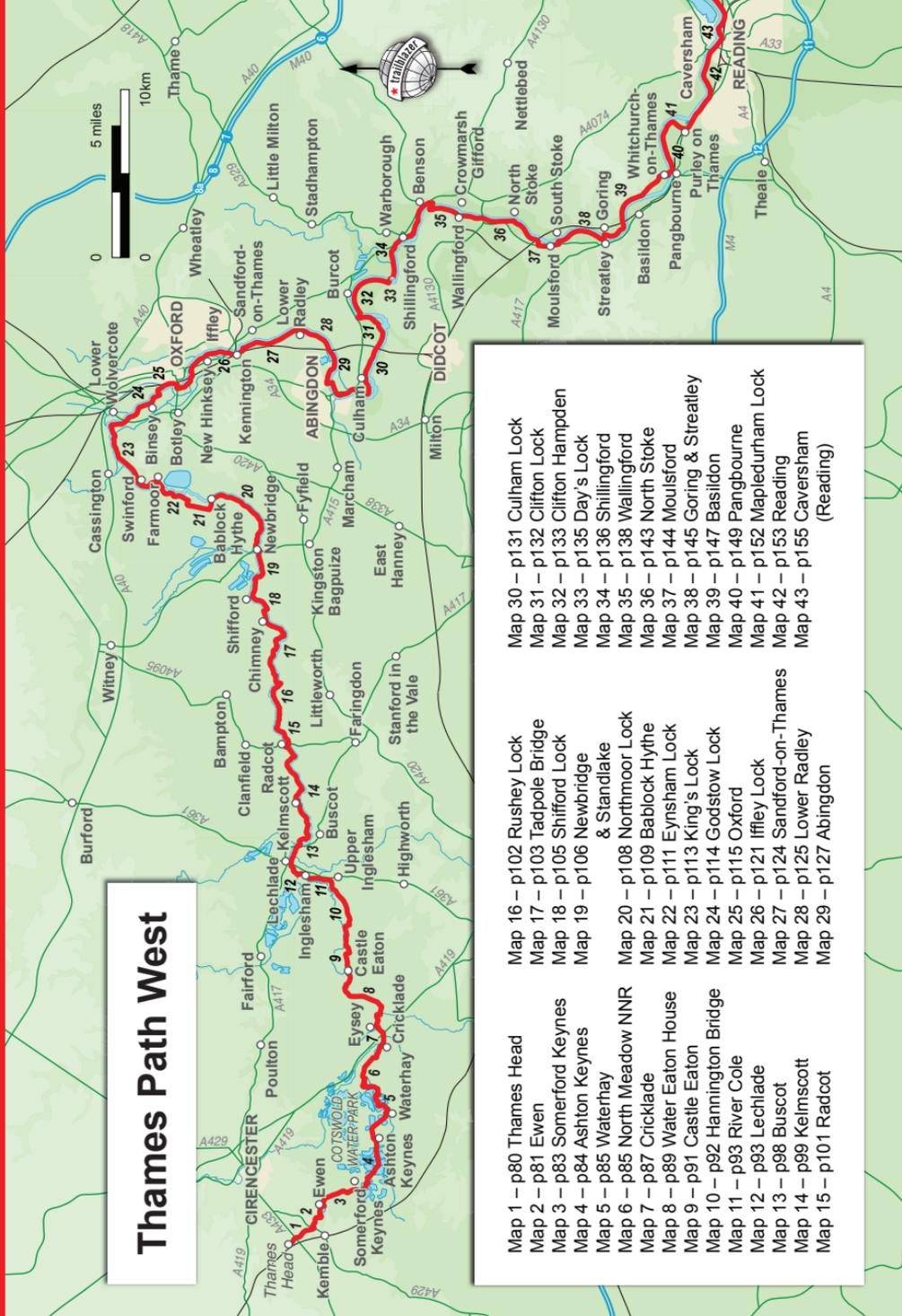
5¾ miles/9.2km – 2-2½hrs via southern bank

Greenwich to the Thames Barrier

4½ miles/7km – 1½-1¾hrs

NOTE: Add 20-30% to these times to allow for stops

Thames Path West



- Map 1 – p80 Thames Head
- Map 2 – p81 Ewen
- Map 3 – p83 Somerford Keynes
- Map 4 – p84 Ashton Keynes
- Map 5 – p85 Waterhay
- Map 6 – p85 North Meadow NNR
- Map 7 – p87 Cricklade
- Map 8 – p89 Water Eaton House
- Map 9 – p91 Castle Eaton
- Map 10 – p92 Hannington Bridge
- Map 11 – p93 River Cole
- Map 12 – p93 Lechlade
- Map 13 – p98 Buscot
- Map 14 – p99 Kelmscott
- Map 15 – p101 Radcot

- Map 16 – p102 Rushey Lock
- Map 17 – p103 Tadpole Bridge
- Map 18 – p105 Shifford Lock
- Map 19 – p106 Newbridge & Standlake
- Map 20 – p108 Northmoor Lock
- Map 21 – p109 Bablock Hythe
- Map 22 – p111 Eynsham Lock
- Map 23 – p113 King's Lock
- Map 24 – p114 Godstow Lock
- Map 25 – p115 Oxford
- Map 26 – p121 Iffley Lock
- Map 27 – p124 Sandford-on-Thames
- Map 28 – p125 Lower Radley
- Map 29 – p127 Abingdon

- Map 30 – p131 Culham Lock
- Map 31 – p132 Clifton Lock
- Map 32 – p133 Clifton Hampden
- Map 33 – p135 Day's Lock
- Map 34 – p136 Shillingford
- Map 35 – p138 Wallingford
- Map 36 – p143 North Stoke
- Map 37 – p144 Moulisford
- Map 38 – p145 Goring & Sireatley
- Map 39 – p147 Basildon
- Map 40 – p149 Pangbourne
- Map 41 – p152 Mapledurham Lock
- Map 42 – p153 Reading
- Map 43 – p155 Caversham (Reading)



Thames Path East

- Map 43 – p 155 Caversham
- Map 44 – p 156 Reading Boat Club
- Map 45 – p 157 Sonning
- Map 46 – p 158 Lower Shiplake
- Map 47 – p 159 Marsh Lock
- Map 48 – p 161 Henley-on-Thames
- Map 49 – p 164 Temple Island
- Map 50 – p 165 Aston
- Map 51 – p 167 Hurley
- Map 52 – p 168 Marlow
- Map 53 – p 171 Bourne End
- Map 54 – p 173 Cookham
- Map 55 – p 175 Maidenhead
- Map 56 – p 176 Bray Lock
- Map 57 – p 177 Dorney Lake
- Map 58 – p 178 Boveney
- Map 59 – p 179 Eton & Windsor
- Map 60 – p 185 Old Windsor
- Map 61 – p 187 Runnymede
- Map 62 – p 188 Egham
- Map 63 – p 189 Staines
- Map 64 – p 191 Chertsey
- Map 65 – p 195 Shepperton Lock
- Map 66 – p 196 Walton-on-Thames
- Map 67 – p 197 West & East Molesey
- Map 68 – p 198 Hampton Court Palace
- Map 69 – p 199 Kingston upon Thames
- Map 70 – p 205 Teddington
- Map 71 – p 205 Ham
- Map 72 – p 206 Twickenham
- Map 73 – p 207 Richmond
- Map 74 – p 210 Brentford & Kew
- Map 75 – p 211 Chiswick Bridge
- Map 76 – p 212 Hammersmith Bridge
- Map 77 – p 213 Putney & Fulham
- Map 78 – p 222 Chelsea Bridge
- Map 79 – p 223 Vauxhall Bridge
- Map 80 – p 225 Southwark
- Map 81 – p 227 Tower Bridge
- Map 82 – p 235 Canary Wharf
- Map 83 – p 239 Greenwich Foot Tunnel
- Map 84 – p 243 Thames Barrier



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RIVER THAMES NEWS



The **Thames Path** is a National Trail that runs for 184 miles (294km) from the river's source near Kemble in the Cotswolds to the Thames Barrier in London. With magnificently varied scenery and passing so many ancient sites, this is as much a walk through history as an easy ramble beside a river.



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