

River Lee Country Park



Filled with fun activities, River Lee Country Park is a haven for walkers, wildlife watchers and families.

Things to do

Enjoy an invigorating walk, run or cycle on traffic-free trails through a network of beautiful lakes and waterways.



Play a round of Disc Golf with friends and family.

Test your four-legged friend's skills on our dog agility course.



Discover our sculpture trail with walking routes that take in wonderful sculptures.



Relax on the River Lee – you can hire canoes, electric or row boats at Broxbourne Old Mill and Meadows.



Enjoy a sensory summer in wildflower-rich meadows filled with butterflies and dragonflies. Warm summer evenings are perfect for watching out for bats overhead!



Look out for:

Winter wildlife – spot wetland winter birds such as Shoveler, Smew, Gadwall and Bittern.



Queen Elizabeth Olympic Park



The place which inspired a generation is being transformed into a dynamic new quarter of London with an array of great events, parklands, sports venues and places to visit.

Things to do

Take a tumble with the kids at Tumbling Bay playground adjacent to Lee Valley VeloPark. Children will love the slides, swings, sandpits and wobbly bridges!



Lee Valley VeloPark offers a range of cycling activities from family pay and ride sessions on the traffic-free road circuit or mountain bike trails to track tasters and accreditation. Admire the stunning velodrome and take a break with something to eat or drink in Café 42 Degrees. Entry to the venue is free, cycling sessions are payable.

Take a guided boat tour along the river that runs through the park or add even more excitement by exploring in a Swan Pedalo.



If you're feeling active, head to Lee Valley Hockey and Tennis Centre for a game of tennis on the indoor and outdoor courts.



Look out for:

Peregrine Falcons flying overhead hunting for prey.



Other nearby activities



Lee Valley White Water Centre

Pre-book a range of activities on the lake or the white water courses.



Lee Valley Park Farms

Take a trip on the wild side and visit our farmyard friends, mischievous Meerkats and more!



Waltham Abbey Gardens

Relax in the rose garden and take in the historic surroundings of the Augustinian Abbey.



Royal Gunpowder Mills

Explore this heritage site from the Mad Lab and Rocket Vault to the Armoury and History Tour.



Refreshments

The Terrace Bar & Café

Lee Valley White Water Centre

The Bumblebee Café

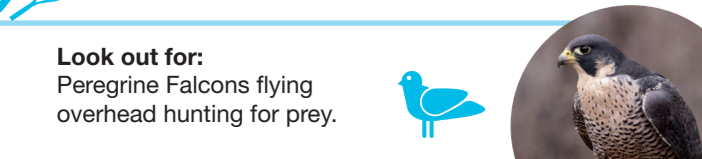
Lee Valley Park Farms

The Old Mill Retreat Café

Broxbourne Old Mill and Meadows

For opening times please check

visitleevalley.org.uk



Lea Bridge Road



In the heart of this urban area of east London you can discover nature reserves teeming with wildlife and a wealth of walks and cycle routes.

Things to do



The WaterWorks Centre nature reserve is perfect for bird watching across old filter beds with plenty of bird hides – look out for Teal in winter with their stunning green eye strip and yellow bottom.



Explore Leyton and Walthamstow Marshes – this large nature reserve is grazed by cattle in the summer and is home to one of the largest remaining ancient wetland meadows in the capital.

The open spaces and nature reserves on Lea Bridge Road offer miles of traffic free, well surfaced pathways ideal for taking a leisurely stroll. Download a route, explore on your own or come along on one of our guided walks.



Look out for:

Water Voles – although often elusive, look for signs of their habitat, such as burrows, nibbled vegetation or piles of small cylindrical poo.



Five wildlife favourites



Lee Valley is brimming with flora and fauna – make sure you don't miss our famous five!



View and submit wildlife sightings online at visitleevalley.org.uk/wildlifesightings
You can also share them with us on



1

Bittern

A winter visitor to the reedbeds, this well camouflaged member of the heron family can be difficult to spot, but be patient and you could see them catching fish.



Other nearby activities

Lee Valley Riding Centre

Saddle up! Pre-book your session and grab the reins for a horse riding lesson. Have a go sessions, group lessons, learn to ride courses as well as private lessons are available for kids and adults.



Lee Valley Ice Centre

Be the coolest in east London as you glide over the ice. Daily public skating sessions ensure fun for the entire family or develop your skills with Learn to Skate courses.



Queen Elizabeth Olympic Park

If you want to explore further afield, you can reach the site of London 2012 across Hackney Marshes. With sporting venues, open spaces and playgrounds, make a day of it as you discover this spectacular area.



Refreshments

Blades Ice-Bar

Lee Valley Ice Centre

WaterWorks

Centre café

For opening times please check visitleevalley.org.uk

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Kingfisher

Look low over the valley's waterways and listen for a shrill call and a flash of cobalt blue as a Kingfisher dashes by.



3

Water Vole

Stroll along the rivers and waterways and listen out for the characteristic 'plop' as these secretive creatures dive into the water.



4

Orchids

There are six species of orchid found in the grasslands of the Lee Valley. Early Marsh Orchids flower from late May and the Lee Valley is one of the few places to see them. The beautiful Bee Orchid can sometimes be found in large swaths across the meadows.



5

Dragonflies

From the dainty fluttery flight of the Banded Demoiselle to the powerful darting flight of the Emperor Dragonfly the waterbodies of the Lee Valley come alive with dragonflies in the summer months.



Locations

Location	Map grid
Amwell Nature Reserve , Amwell, Ware, Herts SG12 9SN	B2
Bow Creek Ecology Park , Bidder Street, London E16 4ST	Y4
East India Dock Basin , Orchard Place, London E14 9QS	Y4
Gunpowder Park , Sewardstone Road, Waltham Abbey, Essex EN9 3GP	L3
Lee Valley Almost Wild Campsite, Broxbourne , Nazeing New Road, Broxbourne, Essex EN10 6TD, 03000 030 632	F3
Lee Valley Athletics Centre , Lee Valley Leisure Complex, Meridian Way, Edmonton, London N9 0AR. 020 8344 7230	P2
Lee Valley Boat Centre , Old Nazeing Road, Broxbourne, Herts EN10 6LX. 01992 762 085	F2
Lee Valley Camping and Caravan Park, Edmonton , Lee Valley Leisure Complex, Meridian Way, Edmonton, London N9 0AR. 020 8803 6900	P2
Lee Valley Campsite, Sewardstone , Sewardstone Road, Chingford, London E4 7RA. 020 8529 5689	N3
Lee Valley Caravan Park, Dobbs Weir , Essex Road, Hoddesdon, Herts EN11 0AS. 03000 030 619	E3
Lee Valley Golf Course , Lee Valley Leisure Complex, Meridian Way, Edmonton, London N9 0AR. 020 8803 3611	P2
Lee Valley Hockey and Tennis Centre , Eton Manor, Leadmill Lane, Queen Elizabeth Olympic Park, London E20 3AD. 03000 030 614	V3
Lee Valley Ice Centre , Lea Bridge Road, Leyton, London E10 7QL. 03000 030 624	U2
Lee Valley Marina, Springfield , Spring Hill, London E5 9BL. 020 8806 1717	U1
Lee Valley Marina, Stanstead Abbots , South Street, Stanstead Abbots, Herts SG12 8AL. 01920 870 499	C3
Lee Valley Park Farms , Stubbins Hall Lane, Waltham Abbey, Essex EN9 2EF. 01992 892 781	H3
Lee Valley Riding Centre , Lea Bridge Road, Leyton, London E10 7QL. 020 8556 2629	U2

Lee Valley VeloPark , Abercrombie Road, Queen Elizabeth Olympic Park, London E20 3AB. 03000 030 613	V3
Lee Valley White Water Centre , Station Road, Waltham Cross, Herts EN9 1AB. 03000 030 616	K2
Middlesex Filter Beds , Lammas Road, Leyton, London E10 7QB	U2
Myddelton House Gardens , Bulls Cross, Enfield, Middx EN2 9HG	L1
Queen Elizabeth Olympic Park	V3
Ramsey Marsh , Enfield, Middx EN3 6JH	L3
River Lee Country Park (Broxbourne Old Mill & Meadows), Mill Lane, Broxbourne, Herts EN10 6QT	F2
River Lee Country Park (Cornmill Meadows), Crooked Mile, Waltham Abbey, Essex EN9 2ES	K3
River Lee Country Park (Fishers Green), Stubbins Hall Lane, Waltham Abbey, Essex EN9 2EF	H3
River Lee Country Park (Pindar), Windmill Lane, Cheshunt, Herts EN8 9AJ	H2
Rye House Gatehouse , Rye House Quay, Rye Road, Hoddesdon, Herts EN11 0EH	D3
Rye Meads Nature Reserve , Rye Road, Hoddesdon, Herts SG12 8JS. 01992 708 383	D3
Stanstead Innings , Marsh Lane, Stanstead Abbots, Herts SG12 8HL	C3
Three Mills Green , Three Mill Lane, London E3 3DU	X3
Tottenham Marshes , Watermead Way, Tottenham, London N17 0XD	S1
Waltham Abbey Gardens , Abbey View, Waltham Abbey, Essex EN9 1XQ	K3
Walthamstow Marshes and Leyton Marsh , Lea Bridge Road, Leyton, London E10 7QL	U2
WaterWorks Centre and nature reserve , Lammas Road, Leyton, London E10 7QB	U2
YHA London Lee Valley , Windmill Lane, Cheshunt, Herts EN8 9AJ. 0345 371 9057	H2

More about public transport to our venues and open spaces can be found at visitleevalley.org.uk



Lee Valley Regional Park

How to find us



Explore the great outdoors

Whether you're a wildlife lover, avid adventurer, fan of long walks, thrill seeker or simply enjoy a great day out with the family – there's something for everyone in Lee Valley Regional Park!



Take in stunning surroundings from hidden gems to urban retreats in the Lee Valley which stretches through Hertfordshire and Essex and into London. Discover our nature reserves and marshes which are perfect for walking and wildlife watching. Explore the vast River Lee Country Park filled with activities for all the family. Immerse yourself in history at the Grade I listed mill at Three Mills Green or reveal mysterious goings on at the medieval splendour of Rye House Gatehouse.

If action-packed adventures are what you're after then get active at one of our sports venues, from white water activities to tackling the tracks and trails at Lee Valley VeloPark.



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Start your adventure today!

visitleevalley.org.uk |

