



The River Roding, central to the Roding Valley, is a small, lowland clay river. It's source lies in Molehill Green (107m above sea level) in Essex, passing through the London Boroughs of Redbridge, Newham and Barking & Dagenham, finally draining into the Thames via Barking Creek.

Historic map of the former Wanstead estate before it was demolished



James Leal Centre

The Roding Valley is a unique green space found in East London and provides a green link with the neighbouring county of Essex. Used by many for leisure, recreation and travel, it is a place where you can enjoy nature, walk, cycle, horseride and fish. Many use the Roding Valley Way path to access other parks in the area, as a shortcut to various town centres/locations and as a green (off the road, traffic free) commuter/cycle route. The walk from Redbridge to Roding Valley Meadows Nature Reserve is highly recommended, although wellies are recommended in wet weather. The new James Leal Centre in Ray Park also provides a useful hub for people visiting/travelling along the Roding Valley, with a café for refreshments, toilets, stands to lock bicycles to and an exhibition on the areas wildlife and history.

For more information on the James Leal Centre and Roding Valley please contact the Nature Conservation Ranger Team on 020 8559 2316 or nature.conservation@redbridge.gov.uk. Alternatively visit www.redbridge.gov.uk

Map and information inside

Explore the Roding Valley

SUPPORTED BY LONDON DEVELOPMENT AGENCY WORKING FOR THE MAYOR OF LONDON



The River Roding and Roding Valley Park

The valley, which the river flows through, lies on impermeable clays. This means it responds very rapidly to rainfall, with increased flow and volume soon after or during rainfall. The opposite is found during dry periods.



And further afield ...
Hainault Forest Country Park and Hainault Forest covers more than 316 hectares in total history and farm/visitor centre closing information on the areas natural www.hainaultforest.co.uk or www.woodlandtrust.org.uk for more times.
Closest underground: Hainault
Nearest bus routes: 247, 362
Fairlop Waters covers approximately 145ha. Formerly a sand and gravel quarry, it was restored in the 1980's to a golf course, sailing in the 1980's to a golf course, sailing of golden plover and lapwing, other less common/rare passing breeding populations of skylarks, and great crested newts. The complex has a golf course, sailing centre, bar and restaurant facilities as well. Please visit www.redbridge.gov.uk for more information.
Closest underground: Fairlop
Nearest bus routes: 150, 167, 169, 247, 275, 462
Cormorants on Fairlop Waters

Barking Park is the London Borough of Barking and Dagenham's oldest park, opened in 1898. It has a 910 metre long lake, playing fields and facilities for boating, bowls and football. Visit www.barking-dagenham.gov.uk for more info or call 020 8594 3698
Closest underground: Barking
Nearest bus routes: 5, 62, 169, 179, 387, 366, 369

Barking Abbey Ruins
A local walled site at different levels, containing low level stone walls within Barking Town Quay Recent archaeological excavations have highlighted the site as one of the most important religious archaeological sites in Europe. It is situated in Barking Town Centre behind the Cuffey Tower – once a gatehouse to the Abbey. The Tower is the only remaining structure still standing. Also nearby is the historic St Margaret's parish church which has a café. Visit www.barking-dagenham.gov.uk for more info
Closest underground: Upney
Nearest bus routes: 369, 387

The Ripple Nature Reserve
covers about 25 acres and is managed by London Wildlife Trust. Set among Riverside and once a dumping area for pulverised fuel ash, The Ripple applies at Hainault Forest Country Park during opening hours. Vehicle Charge fees are £1.00 for two hours and £2.00 all day.
© Sarah White

is situated near Ilford Town Centre. The park has play facilities with large areas for both younger and older children featuring wooden natural play equipment.
Valentines Mansion has recently been restored to its former historical glory, boasting a restored Victorian kitchen, Georgian rooms and historic walled gardens. The Mansion is now used for public viewing, community events, contemporary art exhibitions and family activities and is also available for weddings and private hire. Entrance is free and open to the public Tuesday – Wednesday 10am – 5pm, Sunday 11am – 4pm. Refreshments, snacks and hot drinks are also available from the garden's cottage café adjacent to the mansion. Please visit either www.redbridge.gov.uk or www.valentinesmansion.com for more information. Alternatively call 020 8708 8100
Closest underground: Gants Hill
Nearest bus route: 119, 296, 396, 462
Valentines Mansion and Victorian kitchen
Please visit www.redbridge.gov.uk for more information on these parks.
Closest underground: Barking
Nearest bus route: 366
Closest mainline: Ilford
Closest underground: Barking
Nearest bus route: 169, 179, 369

Upvall Rec
Closest underground: Barking
Nearest bus route: 169, 179, 369

Loxford Park
Closest underground: Barking
Nearest bus route: 366
Please visit www.redbridge.gov.uk for more information on these parks.

70 hectares, containing an ancient area of oak and hornbeam woodland for its variety of woodland spring flowers, including bluebells, veteran trees and fungi. The park (formerly private estate) was initially arranged by famous landscape designer Sir Humphrey Repton, during the 18th Century. The park is made up of extensive meadows, wildlife ponds, wetland areas, managed scrub land and many ancient/veteran trees, the site being managed for nature conservation.
A natural play area and outdoor gym will be installed at Claybury Park in 2010.
Please visit www.redbridge.gov.uk for downloadable versions of the walks leaflet.
Closest underground: Fairlop, Woodford
Nearest bus routes: 169, 275

Claybury Park covers almost over 18 hectares) locally renowned for its variety of woodland spring flowers, including bluebells, veteran trees and fungi. The park (formerly private estate) was initially arranged by famous landscape designer Sir Humphrey Repton, during the 18th Century. The park is made up of extensive meadows, wildlife ponds, wetland areas, managed scrub land and many ancient/veteran trees, the site being managed for nature conservation.
A natural play area and outdoor gym will be installed at Claybury Park in 2010.
Please visit www.redbridge.gov.uk for downloadable versions of the walks leaflet.
Closest underground: Redbridge, Gants Hill
Nearest bus routes: 462, 179, 123

Clayhall Park
Please visit www.redbridge.gov.uk for more information.
Closest underground: Redbridge, Gants Hill
Nearest bus routes: 462, 179, 123



Roding Valley Meadows Nature Reserve

The nature reserve is a SSSI managed in partnership with Epping Forest District Council and the Grange Farm Trust. These meadows were created by drovers taking their cattle to market, now recreated using sporadic grazing from longhorn cattle, borrowed from the City of London. The reserve is excellent for flowers such as Southern Marsh Orchid (*Dactylorhiza praetermissa*) and Devils Bit Scabious (*Succisa pratensis*).

Closest underground: Loughton
Nearest bus routes: 167



Grazing long horn cattle at Roding Valley Meadows Nature Reserve

Wetland area wildflower meadow



Iford Town centre

Variety of shops, restaurants, pubs, gyms, a cinema, hotels, ten pin bowling and Redbridge Central Library. There are good transport links present (bus routes and Iford mainline station), which link up with the rest of the borough and beyond.



Water lily on the River Roding



Common frog (*Rana temporaria*) in wildlife pond © Natural England



Flowering water crowfoot (*Ranunculus aquatilis*) in the River Roding

- KEY**
- Footpath
 - Cycle path
 - Roding Valley Way
 - Roding Valley Way on road

Horse Riders

Responsible horse riders are welcome in Roding Valley Park (Redbridge). For more information on horse riding within the Roding Valley (outside of Redbridge) please visit the Epping Forest Riders Association website on www.efra.co.uk or contact info@efra.co.uk



Cyclists

For more information on cycling along the Roding Valley please contact your local London Cycling Campaign (LCC) group or the relevant borough council cycling officer (available on relevant council websites). You can find information on your local LCC group by visiting www.lcc.org.uk or contact 020 7234 9310.

Within Roding Valley Park in Redbridge, all pathways have permissive rights to walkers, cyclists and horse riders.



Ray Park, adjacent to the Roding Valley and River Roding. Features include the James Leal Centre and a play area with tunnels, sand pit with fossils, space net and bridge. Tennis courts and a basketball court are also present including a new multi use games area called the Adizone, featuring outdoor gym equipment, basketball court, covered area, climbing wall and dance zone.

The James Leal Centre is a hub for the Roding Valley and includes a café serving hot food and drinks, classroom/meeting area, an exhibition hall with displays and interactive multi-media kiosks, as well as being home to the boroughs Nature Conservation Ranger Team. Bicycle stands are available outside the centre. The centre is also available for parties and meetings.

Please visit www.redbridge.gov.uk for more information.

Closest underground: Woodford
Nearest bus routes: 275, W14



James Leal Centre



Grey heron (*Ardea cinerea*) (www.birdbrainuk.com)

Elmhurst Gardens

Closest underground: Woodford
Nearest bus route: W14

Lechmere Avenue

An entrance to the Roding Valley Park with a new natural play area. Please visit www.redbridge.gov.uk for more information.

Closest underground: South Woodford
Nearest bus routes: 275, 123

South Woodford (George Lane) and Wanstead High Street

Both located on the western side of the borough, with Epping Forest walking distance away. An array of cafes, restaurants, pubs & bars as well as an eclectic range of independent and high street stores. A cinema is located in South Woodford as well.



Mute swans (*Cygnus olor*) on the River Roding

Wanstead Park

Owned and managed by the City of London, Wanstead Park covers 63 hectares and was formerly part of the grand park and gardens which surrounded Wanstead House. It became part of Epping Forest in 1882 and in 2001 the Park was officially given Grade II* - listed status on the English Heritage Register of Historic Parks and Gardens. It is also a site managed for Nature Conservation.

Wanstead Park has a fascinating history encompassing Tudor pageantry, a grandiose house and gardens in the eighteenth century and, during the Regency period, the extraordinary and tragic tale of the last heiress, Catherine Tylney Long.

More information on Wanstead Park's past can be found at the Temple within the park, which is open to visitors every weekend. Toilet facilities are also available at the Temple and a Tea Hut is located in the park as well. For opening times and further information, please visit www.cityoflondon.gov.uk/epping or telephone 020 8508 0028/2266

Closest underground: Wanstead
Nearest bus routes: 66, 101, 145, 308, W13, W14, W19

Wanstead Flats

Wanstead Flats Playing Fields are situated in the southern area of Epping Forest. Throughout the year, Wanstead Flats is shared between footballers, model flying clubs, cyclists, horse riders, dog-walkers, joggers, bird watchers, ecologists and families picnicking.

In terms of wildlife Wanstead Flats has large areas of acid grassland with populations of nesting Skylark (*Alauda arvensis*), as a result has the highest nature conservation designations regionally (Metropolitan SINIC) and nationally (SSSI).

Please visit www.cityoflondon.gov.uk/epping for more information on pitch hire rates, booking and further information.

Closest underground: Wanstead
Closest mainline: Wanstead Park, Forest Gate, Manor Park
Nearest bus routes: 101, 551, 58, 308



CITY OF LONDON



The Ripple Nature Reserve



Inside Valentines Mansion



Valentines Mansion gardens