

Zone 5 circuit

Section 3: Albany Park to Petts Wood

Distance: 5.35 mi, 8.56 km

Introduction

This section is of moderate length, much of it through woods. After the first third, it follows the course of the London Loop until shortly before the end. If you prefer, you can do the whole section by following the London Loop.

There is a conveniently placed pub at Sidcup Place, but after that no refreshments until the end.

Directions

Leave Albany Park station on the south side, by platform 1.

Turn left round the edge of a grass crescent, and then carry straight on down Kimberley Drive.

At the roundabout, turn right along Maylands Drive.

At the end, carry on through the kissing gate into the woods. Bear right onto a track.

Just before the track bends sharp left and goes through a barrier, bear right onto a minor diagonal path, which broadens out on entering the woods.

Follow the path out of Foots Cray Meadows.

Turn left along the road, and follow it round to the right.

At the mini-roundabout go straight on along Rectory Lane.

At the second of two right bends, bear left onto Cross Road.

Turn left down Sidcup Hill.

Take the footpath on the right, just after a grassy area.

When the path emerges onto grass, turn right along its edge.

After a gradual left bend, turn right towards a playground.

Skirt round the playground to the left, and you should see Sidcup Place ahead of you. Ascend towards it.

Bear left onto a paved path, and then turn left along the top of a ha-ha. We are now on the London Loop.

At the end of the path, bear right diagonally across the grass, cutting off a corner of the London Loop.

Go through a barrier, and head towards the roundabout, passing a patch of grass on the right.

Just before the roundabout, take the underpass on the left.

Turn right under the roundabout, then left up the steps.

Turn left and cross over the dual carriageway, then left down the steps, and left alongside the dual carriageway.

Turn right into Scadbury Nature Reserve.

Keep straight ahead on the main path, down to the valley bottom and up the other side on a roughly tarmacked path. Keep straight on past a barrier.

Eventually, after you stop climbing and start to descend, turn left, and left again at the T junction.

Pass a meadow on the right, and start to descend, passing a minor path. Then turn right.

Keep straight ahead on the main path for a considerable distance, passing a turn-off to the Moated Manor on the right. In general, keep the higher ground on your right and the lower ground on your left.

After a wooden bear on the left, you have a flight of steps on a right bend, followed a little later by a boardwalk.

Take the third of three turnings close together on the left.

Turn right at a T junction.

Turn left along a track.

Cross the main road, and enter St Paul's Cray Common on the other side.

Bear left at the first fork.

Bear left, downhill, at an intersection by a noticeboard.

Keep straight ahead, downhill, until you go under the railway, at which point you leave the London Loop.

Turn left then right into Towncourt Crescent.

At the end, bear left.

Go straight on at the mini-roundabout, then turn right into Station Square, on the far side of which is Petts Wood station.