

Zone 5 circuit

Section 5: Hayes to Coombe Lane

Distance: 5.45 mi, 8.72 km

Introduction

This section is mainly rural, but with a suburban stretch in the middle. It follows the general course of the London Loop between the same start and finish points, but makes a significant diversion at Shirley to avoid a boring stretch along a main road, as well as two other smaller diversions.

There is a pub in Shirley and a restaurant near the end (but both were closed on my most recent visit).

Directions

Turn right out of Hayes station, then left up Station Hill.

Take the first right, still on Station Hill.

At the top, turn left again.

At the corner, carry on along the footpath.

Keep straight ahead. At Holland Way, keep to the right of the metal fence.

At the end, turn right down the main road.

Take the first left, which is Gates Green Road.

Take the footpath on the right.

At the end, carry on up Church Drive.

Carry on into the park.

As you near the far side, turn right, cross the road and carry on along the footpath opposite.

At the end, turn right towards the church.

Go straight through the churchyard, leaving the London Loop, bear left on the steps, and then carry on along the footpath.

Go along the edge of one field and across a second field.

Bear right and cross a third field diagonally.

Cross the road, and take the path opposite, up towards the wood.

Take the steep path straight uphill when you enter the wood.

Keep climbing, go straight on at the first intersection and turn left at the second as the path levels out. Here we rejoin the London Loop.

Keep straight ahead on the main path, until you see houses ahead.

Turn left.

Pass two meadows on the right. Here we briefly leave the London Loop.

Enter the trees, then turn right.

The London Loop rejoins from the right, then turns off to the left.

Keep straight ahead. Do not join the road on the left.

At the roundabout, turn left along Lime Tree Grove.

Take the second right, which is Heathway.

At the end, carry on towards Millers Pond.

Keep straight ahead past the pond, then turn left at the T junction.

Turn right down Langland Gardens.

Take the footpath on the left, and follow it to the end.

Carry straight on, over a mini-roundabout.

Turn left into Spring Park Avenue, the right into The Vale.

At the end, turn left.

At the end, carry straight on along the footpath opposite. Here we rejoin the London Loop yet again, but leave it again almost immediately by bearing left.

At a fork, bear left again.

After a climb you reach a main road.

Turn left up the hill, then right into Maberley Villas.

Follow the track down then up.

At a 5-way junction take the second left.

Then keep going in the same general direction until you come out of the trees.

Turn right along a broad track, which gradually bends round to the left.

Pass a Chinese restaurant on the left, and join the London Loop for the last time.

Reenter the woods, and follow the main path in the same general direction until you reach Coombe Lane tram stop.