

# Zone 5 circuit

## Section 27: Cockfosters to Gordon Hill

Distance: 3.54 mi, 5.66 km

### Introduction

This section is of moderate length. It is nearly all rural, consisting of Trent Park and adjacent agricultural land. There are a few suburban streets at the end.

There are a few pubs a little distance from the end.

### Directions

We start on the London Loop, by taking the right-hand exit from Cockfosters station, up the stairs to the carpark.

Cross the carpark entrance and turn right onto a path between metal fences.

Keep straight ahead until you reach a meadow, then turn left across a ditch.

Follow the main path into the woods.

At a T junction, turn right. Here we leave the London Loop.

Keep straight ahead, down to a stream, and up the other side.

Then carry straight on along a narrow strip of woodland with grass to either side.

When you reach a carpark, bear right and cross it diagonally.

Leave through the carpark entrance, and carry on along a footpath in the same direction as before.

Immediately keep straight ahead when the tarmac path bends left.

When the path emerges from the undergrowth, bear right onto a grass path.

Keep going in the same general direction, with buildings to the left and a golf course to the right.

As you approach the end of a long strip of grass, with a house visible through the trees ahead, bear right off the main path.

At a T junction and the end of the golf course, turn right onto a track then immediately bear left off it.

Follow the path through Shaw's Wood.

On the far side, turn right onto a bridleway.

Just before the bridleway crosses a stream, turn left onto a footpath than runs alongside it.

Keep straight ahead at a crossroads.

Keep on the path as it bends round to the left, and crosses a concrete farm track.

Go a short distance along another concrete farm track, then bear right on a left bend.

Follow the path until it takes you over a footbridge.

Bear right diagonally up the slope straight ahead, aiming to the right of the nearest house.

At the top, find a gap in the hedge, and join a residential road.

Turn right along Chase Ridings.

Turn left up The Grove.

At the main road turn left.

At the T junction turn right.

Turn left along Bycullah Road.

Bear left onto Rowantree Road.

Take the second right, Chasewood Avenue.

After a series of left bends, immediately before a carpark, turn left along a footpath.

At the end, turn right.

At the end, carry on along the footpath opposite, slightly offset to the left.

At the end, bear left.

Carry on straight ahead along another footpath.

At the end, turn right over the railway.

You will shortly reach Gordon Hill station on your right.