

# Zone 6 inner

## Section 6: New Addington to Sanderstead

Distance: 5.20 mi, 8.32 km

### Introduction

This section is mostly rural, and is hilly nearly all the way. A large part of it is along the Vanguard Way, and it also shares a part of the London Loop (but going in the opposite sense).

There are cafes in New Addington and some places to eat in Sanderstead, but you will be very lucky to find anything in between.

### Directions

From New Addington tram stop, take the leftmost of the paths across the grass to the right of Overbury Crescent, by the four animal statues.

On reaching the road, turn left, then take the footpath right just after the amenity site. Bear right at the fork, and follow the tarmac path down the hill.

Cross the road, and carry on along the path on the other side.

The path starts to ascend into the woods, with a golf course on the right.

At the first junction, turn right and continue climbing, still with the golf course on the right.

When you reach the end of the golf course, carry straight on, passing a fenced-off area on the right.

When you reach a wider path, with more golf course ahead, turn right, downhill.

Carry straight on through the gate into Selsdon Wood. We are now on the Vanguard Way and the London Loop.

Bear right at the first fork.

Then keep straight on through the wood, first up and then down, crossing several paths on the way.

On the far side, turn right then left to leave the wood.

Carry on along a footpath, with a fence on your left.

Follow the footpath straight ahead all the way to the end, crossing a couple of roads, to reach a main road with a church in a large carpark on your right and Ashen Vale on your left.

Cross the main road, turn left, then turn right at the busstop.

Go straight on when the tarmac bends right.

Keep straight on, uphill, sticking to the main path.

Near the top, turn left, passing a water tower on the right.

Near the top of a further shorter climb, turn right.

Keep straight on down the hill, and then up and down again.

Along the way, the London Loop turns off to the right. Later the Vanguard Way also turns off to the right, but rejoins again very shortly after.

Finally, leave Littleheath Woods.

At the T junction turn right.

Carry on straight ahead along Crest Road.

At the end, turn right up Ballards Way, then turn left into Ballards Farm Road.

At a fork, bear left downhill, leaving the Vanguard Way which goes straight on.

Cross the main road, and carry on into Croham Hurst Golf Course.

Bear right along the edge of the carpark, alongside the wire netting.

Keep straight ahead uphill. Bear right at a fork.

After crossing another track, the path becomes rather indistinct. Just head straight on up the hill with a ditch (probably dry) on your left.

At the very top, advance towards a bench, admire the view, then take the footpath to the right, downhill.

At the bottom of the steps, turn left, right and right again in quick succession.

Then carry on down to the road.

Cross the road, and go down West Hill.

Turn right into Essenden Road.

Turn left along Old Fox Footpath, which may be rather overgrown.

Go straight on at the first intersection, and turn right at the second.

Turn right at the road.

Take the footpath on the left, between nos. 25 and 47.

Go straight ahead across the next two roads, to reach Sanderstead station ahead.