

# Zone 6 inner

## Section 25: Hadley Wood to Crews Hill

Distance: 4.92 mi, 7.87 km

### Introduction

This section is very straightforward, because much of it follows a new cycle track. The second half also follows the Freedom Pass Circuit.

There are places to eat at both ends, but nothing between.

### Directions

Turn left out of Hadley Wood station, and cross over the railway line.

Take the footpath on the left immediately after the entrance to Hadley Wood Pre-school.

Turn right in front of a small brick structure.

At the road, turn right and follow the road round to the left.

At the T junction, turn right, then left along Kingwell Road.

At the end, keep ahead along the footpath.

At the main road, turn left.

At the mini-roundabout, turn right onto a footpath.

Carry straight ahead along the left-hand edge of several fields.

Eventually you reach a cycle track. Carry on in the same direction. Here we join the Freedom Pass circuit and the London Loop.

Keep on the cycle track for several miles.

Eventually you get to a main road. Cross it and carry on through the metal gate opposite.

At the T junction turn left.

Follow the farm track as it bends right past farm buildings, and left over Turkey Brook.

Just before the railway, take the footpath on the right. Here we leave the London Loop.

The path takes you alongside the railway line.

After you enter a wood, the path starts to diverge from the railway line.

When you reach the golf course, keep straight ahead along the track marked with white posts.

At the end, cross the carpark diagonally, pass to the right of the hedge and follow the path behind it.

Cross the road, and turn right along the pavement.

Turn left after going under the railway line.

Crews Hill Station is on your left.