

# Stomp Away Summer City Stress with Hi-Tec's Top Three London Walks

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Leading outdoor retailer, Hi-Tec hopes to inspire city dwellers to put on their walking boots (<http://www.hi-tec.com/uk/>) and escape London's chaos by selecting three top walks to be enjoyed in and around the city this summer.

Jubilee travel drama gave some prelude as to how crowded and congested trains, tubes and roads might be over the coming weeks, and so Hi-Tec is keen to remind those living in the city that there are options for escape during London's busiest summer in history.

The recommended walks start at Osterley Park, Richmond Hill and Morden Hall Park; locations that have been selected because Londoners will be able to use some of the less-congested transport routes to get to them during the Games.

## Osterley Park

Perfect for relaxing picnics and family strolls, Osterley Park is one of the last surviving country estates in London and its grounds offer a welcome retreat from urban life. Due to the flat landscape and carefully positioned lakes and trees, a stroll in the park will involve many beautiful views of the house, most impressively the view across the tranquil expanse of Middle Lake.

Where to walk: A loop can be followed from the main car park; take 'Nine-Acre Path' in the north-east corner of the park, through farmland, passing the Second World War rifle range, Middle Lake, Queen Victoria's Golden Jubilee Lodge and head back past Osterley House, where you can stop to visit the house and tearooms if you wish.

How to get there: Bus routes H28 or H19 run near the house. The nearest train station is Isleworth (1.5 miles from Osterley) or use Osterley Underground via the Piccadilly line. By bike follow London Cycle Network routes 101 and 102.

## Richmond Hill

The iconic view from Richmond Hill, down towards the River Thames, is the only view in England to be protected by an Act of Parliament. A rewarding circular route links Ham House and Garden with Richmond Station.

This walk will ease your mind as you leave the hustle and bustle of Richmond town centre behind you to take in the glorious view from the Hill, admire the grand 17th century Ham House and stretch your legs along the Thames for a river stroll home.

Where to walk: It's possible to plan a route from Richmond Station walking from the high street to Richmond Hill, past the Royal Star & Garter into Richmond Park grounds. Through the grounds, past King Henry's Mound (another viewpoint) and leaving the park onto Petersham Road, through Ham Avenues to Ham House, and returning to the station via the Thames Path.

How to get there: Train or tube to Richmond Underground/Overland Station. Bus routes alight at Richmond

Station/the Quadrant. Cycle Network 4 passes near Ham House.

## Morden Hall Park

Taking in a historic stable yard, snuff mill and rose garden, a walk through Morden Hall Park will take you far away from modern day city life and back in time to an era reminiscent of Britain's agricultural and industrial heyday. There are opportunities to spot wildlife along the River Wandle and see the watermills that generated the park's fortune from drying and grinding tobacco into the fine powder, known as 'snuff'.

Where to walk: Plot your own circular walk taking in the river, the water mills, the rose garden and the meadows or wetlands.

How to get there: Several buses stop close to the Park from Sutton, Mitcham and Wimbledon. The Tramlink runs between Wimbledon, Mitcham, Croydon and Beckham Junction, alight at Phipps Bridge for the southern side of the Park. The Northern Line will take you to Morden Underground station (0.75 miles away) and Morden South station via national rail is 0.5 miles from the park. By bike take National Cycle Network Route 22, which incorporates The Wander Trail.

For details on other walking destinations in the UK, visit Hi-Tec's Inspiring Walks gallery at [www.hi-tec.com/inspiring-uk-walks/](http://www.hi-tec.com/inspiring-uk-walks/) (<http://www.hi-tec.com/inspiring-uk-walks/>) .

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