



START/FINISH: Kempton Park, TW16 5AQ

Distance: 9 miles

- 1** Starting from Gate 1 of **Kempton Park Racecourse**, on **Park Road**, go down **Oak Grove** opposite. Continue to the end of **Oak Grove** and cross **Staines Road West** into **The Avenue** opposite (if the road is busy use the traffic light controlled crossing to the left).
- 2** Continue down **The Avenue** for 900m, crossing **Manor Lane** to reach the point where the road narrows at the **Hawke Park** crossing.
- 3** Turn left onto the mud track with grass both sides between fences. Follow this to go across the turning area and immediately take the left fork to reach **French Street**. Cross into **Oakington Drive** opposite and after a further 60m rejoin the fine gravel track alongside the high brick wall on your right.
- 4** At the bollards, continue ahead on the road and follow this for a further 400m to reach the T-junction with **Harfield Road**. Turn right and after 350m turn left at the next T-junction (**Lower Hampton Road**).
- 5** Take the road to pass **Sunbury Cricket Club** and then follow the railings on your left for 500m before taking the track on the left (with concrete bollards).
- 6** Follow the track with the **Water Treatment Plant** on your right, until reaching the next road where you turn right along the cycle way to the traffic light crossing (**Coach Company** on your left).
- 7** Cross here and continue ahead on foot down the footpath to join a road at its bend. Continue ahead soon passing under the railway bridge and following the road as it swings right.
- 8** Turn first left (**Hatherop Road**) and as this road turns right after 400m, immediately take the turning on the left (**Coombe Road**). At the next T-junction turn right (**South Road**).
- 9** At the next T-junction turn left and immediately right into **Old Farm Road**. Continue through the barrier and at the next road turn left and soon follow this road round to the right, passing the **Shooting Star Hospice**, to arrive at the roundabout.
- 10** Turn left and follow the road for 850m to the Y-junction where you go left before turning first left into **The Alders**, soon swinging right with the road.
- 11** At the next T-junction turn left. Continue ahead at the mini-roundabout for a further 450m to the sharp right turn by **Lindon Bennett School** and 80m later fork right on **Church Road**. Soon pass the barrier and later reach the footbridge going over the **A316**.
- 12** Cross over the footbridge and turn right onto **Castle Way** to pass **Tudor Court** on your left and immediately turn right onto tarmac going across **Hanworth Park**.
- 13** Immediately after the **rugby clubhouse** turn left on the gravel cycle path. Follow this until 15m before the railings and turn left with the **Leisure Centre** soon on your right. After 400m turn left at the cross tracks and follow the cycle track. Bear left and follow the fence on your right to the road.
- 14** Turn left and go straight ahead on the track to **Castle Way**.
- 15** Emerge onto **Elmwood Avenue** and go right and immediately left onto **Felthambrook Way**. Follow this to the roundabout and take the first exit using the cycle lane. Follow the road and then take the cycle path on the left before the next roundabout. Continue until you pass the **Garage** to reach a roundabout.
- 16** Cross the road before the roundabout and take the path ahead. After 600m a path in the wall on your left appears – take this under the **A316** and follow it to the right and up to join the path alongside **A316**.
- 17** Follow this for 300 metres and take the slip road left into **Park Road**. Go over the railway bridge and arrive back at Gate 1 of **Kempton Park**.

FELTHAM



Hanworth Park

KEY

- Cycle route
- Crossing
- Cyclists dismount
- Traffic light crossing
- See overleaf for written description

Produced by FWT 15.3.16 www.fwt.co.uk



Shooting Star Hospice



Path near French Street

START/FINISH