

Route 3

Sunbury-on-Thames – Twickenham

via Crane Park



START/FINISH: Kempton Park, TW16 5AQ

Distance: 11.25 miles

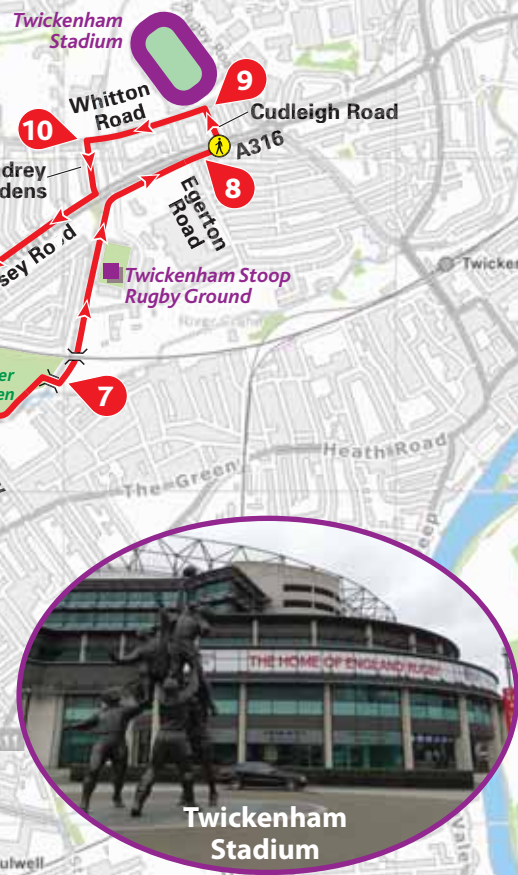
- 1** Starting from Gate 1 at **Kempton Park**, on **Park Road**, turn right and go over the railway bridge and as you descend you will see in front of you a footbridge over the **A316**. Cross this and continue alongside the London-bound carriageway of **A316**, through a layby and drop down away from the road and follow this for 1500 metres to emerge onto the road at a roundabout.
- 2** Cross the road and continue along **Sunbury Way** which bends left and **Hanworth Park** opens up to your right. Take the path on the right just after **Tudor Court**, formerly the location of **Henry VIII Hunting Lodge**, on your left and follow this for 300m to the **Rugby Club**. Turn left on the gravel cycle path for 650m. Bear right and then turn sharp left just before the houses (50m before the road). Follow to a car park (**Air Park Leisure Centre & Library**).
- 3** Head left across the car park with the **Leisure Centre** to your left and emerge onto **Uxbridge Road**. Cross the road and go straight on into **Woodlawn Drive**. At the T-junction turn right and immediately left into **Meadow Road**. At the next T-junction turn right.
- 4** Head along **Pevensey Road** and turn left onto **Hanworth Road** for 150m until you see the second entrance to **Crane Park** on your right. Cross the road into the park and follow the sign to the **Shot Tower**.
- 5** Follow the path for 800 metres passing the famous **Shot Tower** to your right and following the river going under two road tunnels, obeying the signs to dismount.
- 6** Continue for 1200 metres after the second tunnel until the path meets the road (**The Meadway**). Cross into **Kneller Garden** to follow the river to the right and across the second bridge. Turn immediately left at the end of the bridge, onto the gravel track.
- 7** Continue on gravel track, with the river on your left, passing under the railway and continue to the **A316**. Turn right on the cycle way, passing **Twickenham Stoop Rugby Ground** and crossing **Egerton Road**.
- 8** Continue 50 metres until the crossing and cross the **A316**. Go straight on down **Chudleigh Road**.
- 9** At the end turn left (The home of rugby – **Twickenham Stadium** is right in front of you, with the statue (worth viewing) onto **Whitton Road** and turn 3rd left into **Kendrey Gardens**.
- 10** Go to the end of the road and turn right on the cycle way alongside **Chertsey Road**. Follow this for 600 metres over the railway. Immediately turn right onto the footpath (dismount please) to descend down into the subway and emerge onto **Meadway**.
- 11** Turn left to follow this for 200 metres until you reach the **River Crane Park** and turn right along the path. You are now reversing your outward route for a while.
- 12** Follow the river and after you have gone under the second tunnel immediately take the path to the right and emerge onto the road. Turn right and cross the river then turn right after 350 metres into the park.
- 13** Continue on this path, passing a play area and then keeping to the left until you reach **Hounslow Road**. Turn left and 1st right into **Pevensey Road**.
- 14** Return to the **Air Park** entrance the reverse of the way out and go ahead towards the Centre. Take the path on your right with the **five-a-side pitch** on the left. At the end of the enclosure turn left and follow the track for 600 metres to emerge on the road.
- 15** Turn left and go straight ahead on the track to **Elmwood Avenue**.
- 16** Emerge onto **Elmwood Avenue** and go right and immediately left onto **Felthambrook Way**. Follow this to the roundabout and take the 1st 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 a garage to reach a roundabout.
- 17** Cross the road before the roundabout and take the path you took on the outward leg. After 600 metres a path in the wall on your left appears just after the steep bridge – take this under the **A316** and follow it to the right and up to join the path alongside **A316**.
- 18** Follow this for 300 metres and take the slip road left into **Park Road**.
- 19** Over the railway bridge and arrive back at Gate 1 of **Kempton Park**.



Hanworth Park



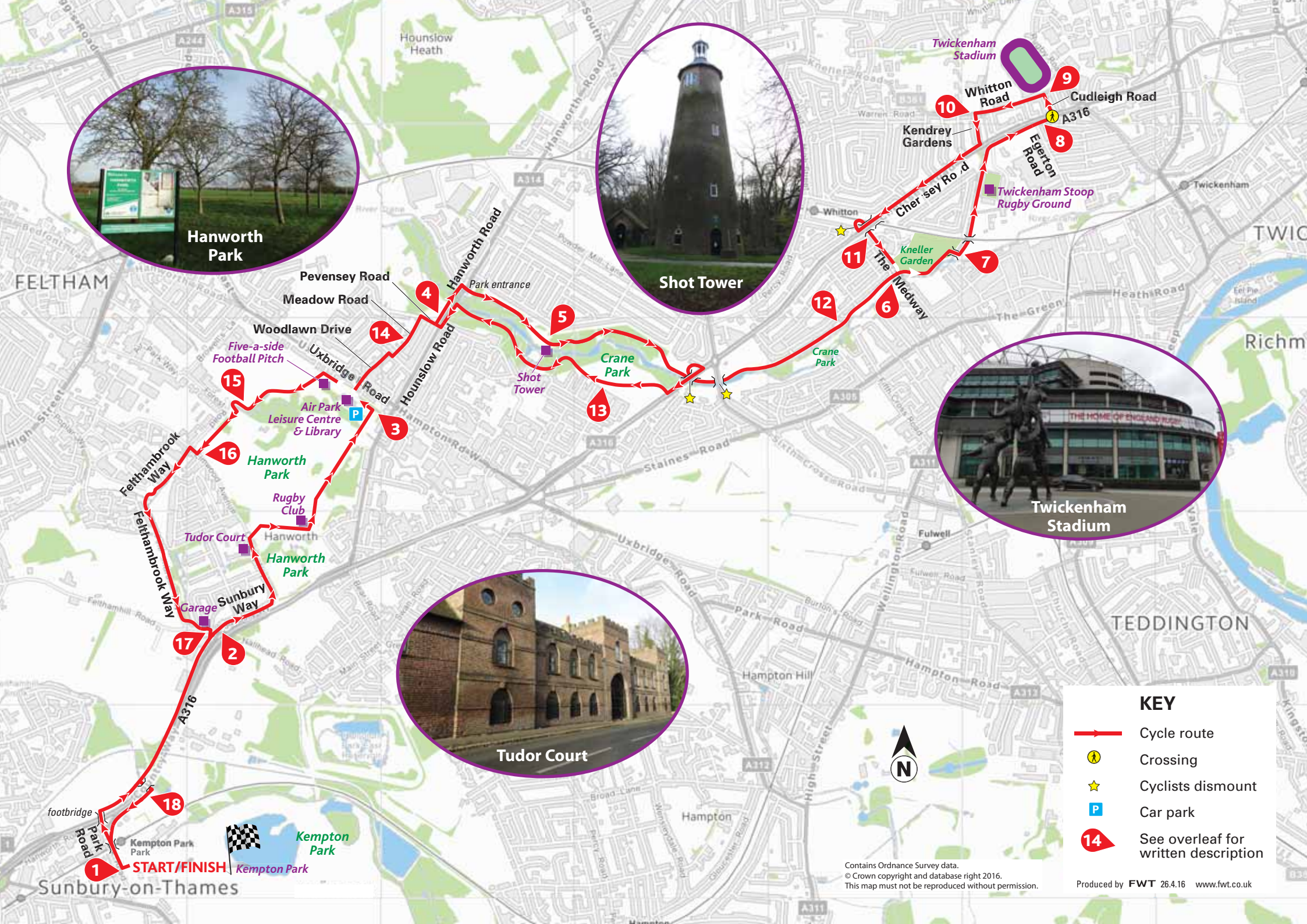
Shot Tower



Twickenham Stadium



Tudor Court



KEY

- Cycle route
- Crossing
- Cyclists dismount
- Car park
- See overleaf for written description



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