

## Route 5

## Staines-upon-Thames - Thorpe





Distance: 9 miles

for Health



START/FINISH: Lammas Recreation Ground, TW18 4XZ

- Starting in the car park with the park behind you, turn left on **Wraysbury Road** and continue 850m passing under the motorway bridge to reach the footpath on the left immediately after.
- Turn left on the footpath with the road embankment on your left and follow this as it rises up to go over Runnymede Bridge. Continue, until the end of the barrier where you must dismount and walk to the Runnymede Roundabout. Follow the path round to the right to carefully cross the Windsor Road (A308) just before the Runnymede Hotel and then cross the Egham Bypass (A30).
- 3 Turn right to follow the cycle way alongside the A30 for 1100m. Bear left along Langham Place just before the Ferrari/Maserati Car Sales on the right.
- Turn left towards *Egham Town Centre*, soon passing *Strodes College*. When the road swings right, bear left on the **High Street** until the roundabout. Turn right here to the end of the road where you cross the footpath to the traffic lights.
- Cross the road to go ahead towards the railway station. Go over the level crossing and soon join the cycle way on the left. Ignore the left turning at the first roundabout (**Wesley Drive**) and follow the cycle way for a further 700m to the next roundabout.
- Take the second exit to follow the shared cycleway/footpath alongside **Stroude Road** for a further 1100m, passing **Great Fosters** on your left, before turning left into **Hurst Lane**.
- Follow the lane for 1100m, initially on tarmac and finally on a short unmade (potentially muddy) section to pass through posts.
- Turn right at **Thorpe Green** and continue to **Green Road**. Turn left (\*) for 750m to the roundabout just after the motorway bridge. (\*There is a cycle way opposite which runs alongside **Green Road** but requires three road crossings).
- 9 At the roundabout take the second exit (still **Green Road** but later **Village Road**) to pass **The Red Lion PH** on your left. Continue ahead for a further 600m to reach **Ten Acre Lane**.
- Follow the road to the left to soon pass the *Industrial Estate* on your right (continue ahead at the roundabout) to reach the junction with **Thorpe Lea Road**.
- Turn right and follow this road for 1km to the next roundabout.
- At the far side of this roundabout turn left on the cycle way and immediately turn right on the **Vicarage Road** shared cycleway/footpath. Continue 850m on this cycleway (taking care as you cross several side turnings) until just before the level crossing.
- Turn right into Pooley Green Road and after 150m turn left into Mullens Road.
- Continue for 1100m, soon joining Century Road, then Wendover Road, until the junction with Thorpe Lea Road.
- 15 Turn left to go over the level crossing and continue towards the roundabout before Staines Bridge.
- Take the cycle way on the left just before the roundabout and immediately cross **The Causeway** (A308) via the zebra crossing. Turn right on the cycleway to go over the bridge, rejoining the road with care just before the traffic lights.
- At the lights, bear left and soon turn left into **Church Street**.
- Fork left at *The Bells PH* and follow the road for 150m before entering the *Lammas Recreation Ground* at the pedestrian gate.

