**Introduction**

This is one of the longest sections of the Capital Ring but the bonus is that it has great contrasts, going from the River Thames to Oxleas Meadow, one of the highest points in the area.

The route is mainly level but there are some steep slopes and two long flights of steps, both of which have detours so that they can be avoided. There is a mixture of tarmac paths, pavement, rough grass and tracks.

There are bus stops along the way, so as this is a long section you can break your walk. There are links with the Thames Path and Green Chain Walk, both also part of the Walk London Network; in some places you may find you have to follow the Thames Path and Green Chain signs.

There is one detour on the route which is well marked. It is hoped that eventually the route will follow the river for a longer distance as riverside development allows.
Directions
The walk starts by the southern end of the Woolwich Foot Tunnel, adjacent to the River Thames and heads along by the river towards the Thames Barrier.

Did you know?
The Woolwich Foot Tunnel was built in 1912 and goes under the river to North Woolwich, which is the end of the Capital Ring at section 15. The Woolwich Free Ferry, adjacent to the Foot Tunnel entrance, takes vehicles and foot passengers over the Thames and has been operating for over 800 years.

Head upstream along the riverside path (with the river on the right) past the two cannons that remain from the Gun Drill Battery when this area was a Naval Dockyard. Shortly after the cannon and past a modern estate the path reaches the flood defence wall; either climb up the Linkbridge for a good view of the Thames Barrier or use the ramp to the left.

Did you know?
The Thames Barrier was proposed following a terrible storm in 1953 which produced a tidal surge up the river; it drowned many people and caused great damage. The barrier was completed in 1984 and its huge steel gates can be raised in 45 minutes. There is a visitor centre off Eastmoor Street, via Woolwich Road.

Turn left inland onto Harlinger Street, then left onto Ruston Road and follow the road to the right. Keep following the Capital Ring signs, crossing the roundabout to reach Woolwich Road and Maryon Park.

Once in Maryon Park turn left up the slope, then turn right into the main part of the park. On the left is a fingerpost and beside it a map of the park. Bear right at the tennis courts and walk up the 115 steps.

For an alternative accessible route avoiding the steps: from the entrance of the park turn right and follow the Green Chain walk to the left of the tennis courts, which will meet the Capital Ring again on the other side of Thorntree Road.

The path leads to Thorntree Road, cross over into Maryon Wilson Park, which was once part of the old Hanging Wood (there is a large Green Chain signpost on the opposite side of the road here). Follow the wide tarmac path past the children’s zoo.

Did you know?
Maryon Park and Maryon Wilson Park were once owned by the Maryon Wilson family of Charlton House. This park was formed from sandpits and another nearby sandpit is now the home of Charlton Athletic Football Club.
2 Cross Charlton Park Road to reach Charlton Park. Keeping Charlton School on the left, turn right along the wide tarmac path - Charlton House is ahead.

Did you know?
Charlton House in the distance was built in 1612 for Sir Adam Newton, and is one of the best examples of Jacobean architecture left in London. It was restored in 1878 by Norman Shaw for the Maryon Wilson family. There are toilets and a coffee shop here.

At the end of the path turn left taking the path across the park to Canberra Road. Turn left along and follow Canberra Road until it meets Charlton Park Lane. Follow Charlton Park Lane to the right, taking the first left into Inigo Jones Road which leads to Hornfair Park.

Continue in the same direction through Hornfair Park. To exit the park turn left and then right to reach Baker Road. Cross the road and head over Woolwich Common south towards Shooters Hill Road.

Did you know?
The Roman Watling Street crossed Shooters Hill on its way from Dover to London. The name Shooters Hill may come from gunnery practice on Woolwich Common or because the road was historically a haunt for highwaymen. In A Tale of Two Cities, by Charles Dickens, a stagecoach struggles up the muddy road of Shooters Hill.

3 Having crossed Shooters Hill Road, head up Eltham Common. Go up the hill and into Castle Wood, part of Oxleas Woodlands. At the top is Severndroog Castle.

Did you know?
Severndroog is an eccentric triangular castle standing 19 metres high. It was built as a memorial to Commodore Sir William James, owner of the land in the 18th century. The East India Company employed him to suppress piracy and he captured a fortress in India with this name. His widow built the castle after his death in 1784.

To get to the rose garden of the now demolished Castlewood House, either go down 72 steps (some of which are uneven) or take the Green Chain alternative route. If you take the alternative route turn right at the junction at the bottom of the hill to reach the gardens. Further on, some steps on the left of the path lead up to the former gardens of Jackwood House. To continue along the Capital Ring, return to the path down the steps.

Continue through the woodland to Oxleas Meadows where there is a cafe and toilets.
Follow the Capital Ring signs through Oxleas Wood, crossing over Rochester Way and into the ancient Shepherdleas Woods (now part of Eltham Park North).

The last section of this walk follows a path through the trees alongside the railway line. Here either turn right to cross over the very busy A2 on Falconwood Bridge (to get to the start of Section 2 of the Capital Ring) or go on ahead to Falconwood railway station to complete Section one.