Introduction

Much of this section is beside roads, but the route goes through some interesting and leafy residential streets as well as Tooting Bec and Wandsworth Commons.

The walk is entirely level on tarmac paths or pavements, though there is one steep footbridge with steps.

There are cafes and pubs at Streatham, Tooting Bec Common, Balham, Wandsworth Common, Earlsfield and Wimbledon Park. There are public toilets at Streatham Common, Balham and Earlsfield.

Follow the route with the distinctive Big Ben Capital Ring signs. There are bus stops and Rail and Underground stations at Streatham, Streatham Common, Balham, Wandsworth Common, Earlsfield and Wimbledon Park, as well as buses along the route.
Directions

From Streatham Common station turn left along the approach road and continue ahead along Estreham Road to the footbridge, where section five of the Capital Ring starts.

The start is dense with criss-crossing railway lines heading into central London.

Follow the railway line around Estreham Road and where it meets Hambro Road at the bend, turn left through the subway under the railway to Potters Lane, then turn right along Conyers Road. On your left the odd mosque-like building is Thames Water’s Streatham Pumping Station, built in 1888.
2 Carry on towards and cross Mitcham Lane and keep ahead along Riggindale Road, running parallel to the rail line. At the end bear left on to Tooting Bec Road, and after crossing over the railway line, cross the road at the traffic lights and go to the entrance to Tooting Bec Lido.

Did you know?
Tooting Bec Lido has one of the largest swimming pools in Europe holding a million gallons of water. It was opened in 1906 as a conventional pool, but rebuilt as a lido, Italian for beach, in 1936. Its iconic blue pools, diving boards and sunbathing areas have been used in films such as Snatch with Brad Pitt.

Bear half right along a tarmac footpath to Tooting Bec Common. There is a lake just off to the left and further on a cafe to the left. Cross over Bedford Hill road and continue ahead to the northern part of the common. The path bears left, parallel to the railway line.

After about 200 metres turn left down a wide alleyway to come out on to Culverden Road. Cross ahead into Fontenoy Road and then right into Bedford Hill. Turn first left into Ritherdon Road, right into Cloudesdale Road and at the end turn left into Elmfield Road past Balham Leisure Centre. At Balham High Road (on the other side of the road) is Du Cane Court.

Did you know?
The rather austere exterior of Du Cane Court hides some of the most elegant apartment blocks in South London. These date from the 1930s, the Art Deco period. Many celebrities have lived here and it was the location for the television series Poirot.

Turn right along Balham High Road and then left onto Balham Park Road heading down the side of Du Cane Court.

To leave the walk here, keep straight on Balham High Road and under the railway bridge for Balham Underground and Rail station.

Continuing on Balham Park Road, cross Boundaries Road and keep ahead and where the road bends to the left, turn right along an alleyway leading to the first part of Wandsworth Common.

3 Follow the path beside the railway line and go through the ticket office of Wandsworth Common Rail station. Bear left beside the station approach to St. James’s Drive, cross at the lights to pass the Hope Pub, then cross Bellevue Road. Bear half right to the next part of Wandsworth Common where you rejoin the path alongside the railway line.

There are toilets and a cafe in the former Neal’s Farmhouse, the cream building to your right which now houses park offices and a nature study centre.
Keep on the path and go ahead with a cricket pitch on your right. Just before the end, bear left up a short earth path to reach Trinity Road. Cross at the traffic lights towards the County Arms pub, then keep ahead along Alma Terrace. Ahead is the forbiddingly high wall of Wandsworth Prison.

Did you know?
The prison was built in 1851 as the Surrey House of Correction. Oscar Wilde was imprisoned here in 1895 before being moved to Reading Gaol where he wrote his famous ballad of the same name. Great Train Robber, Ronnie Biggs, was here for two years before he escaped in 1965. Derek Bentley was hanged here in 1953 for the murder of a policeman; his conviction was overturned in 1998.

At the end of Alma Terrace, turn left along Heathfield Road to a mini roundabout and turn right into Magdalen Road. This very straight road runs for three quarters of a mile (1.2 kilometres), passing the pleasingly-named Beatrix Potter primary school on the left over half way down.

An alternative route to Magdalen Road follows a parallel path through the cemetery (the gate at the end is narrow and not suitable for wheelchairs).

After leaving the cemetery, pass Earlsfield Public Library and then Earlsfield Rail station is on the right. At the end of Magdalen Road, cross over and turn right at the lights and go under the railway bridge.

At the next major junction with lights, turn left onto Penwith Road, crossing the River Wandle, then left onto Ravensbury Terrace. Follow the road as it bends to the right, passing Rufus Business Centre.

Did you know?
The Wandle, which gives its name to Wandsworth, is one of the fastest flowing rivers in the London area with a drop of 200 feet in just ten miles. It powered many watermills which produced flour, metal, leather, paper, textiles and even gunpowder. The river is accompanied by the Wandle Trail.

Continue along on Haslemere Avenue which then becomes Mount Road. Turn left down Lucien Road and head into Durnsford Road Recreational Ground. Follow the path past Wimbledon Park school and a playground into Wellington Road. Turn left out of the park and then right into a short alleyway past Field Court. This comes out onto Durnsford Road.

Turn left to cross at the lights towards Wimbledon Mosque, built in 1977, and then turn right up Arthur Road.

Section five finishes at Wimbledon Park station.

To continue on section six, stay on the right-hand side and keep ahead past the station.