This is one of the easiest sections of the Capital Ring with the most riverside walks. It is easy, level walking, mainly on firm towpaths and tracks and some grass. There are steps at Richmond Lock footbridge, with a detour to avoid them, and some short slopes.

The route takes in Richmond riverfront, Old Deer Park and observatory, Richmond Lock, River Thames, Old Isleworth, Syon Park, Brentford Lock and the Grand Union Canal.

There are pubs and cafes at Richmond, Old Isleworth, Brentford, Richmond, Syon Park, Brentford and Boston Manor and public toilets at Richmond and Syon Park.

There are Underground stations at Richmond and Boston Manor, Overground at Richmond, National Rail stations at Richmond and Brentford, as well as buses along the route.
Reaching section seven from Richmond station

To reach the start of this walk from Richmond railway station, cross the main road at the zebra crossing outside the station and immediately take the Old Station Alley opposite the station.

At the end of the alley turn left, passing Richmond Theatre on your left. Continue past Little Green on your right, then cross over to the corner of the much larger Richmond Green.

![Map of Richmond](image)

Take the left diagonal path across the Green. When you reach the other side, cross to the left-hand pavement of the road which continues in the same direction along Friars Lane. Go down Friars Lane until you reach the River Thames path and the main Capital Ring route where section seven starts. Turn right along the towpath to start the walk.

**Directions - from Friars Lane, to avoid steps**

To avoid the 20 steps either side of Richmond Lock, turn left where Friars Lane meets the riverside and then cross over the river on Richmond Bridge. On the far side turn right down Willoughby Road which later turns into Ducks Walk. At the railway bridge you rejoin the river. Keep ahead under Twickenham Bridge onto Ranelagh Drive.

At the footbridge over Richmond Lock and Weir keep ahead to rejoin the main Capital Ring route.

**Directions - from Friars Lane with steps**

From Friars Lane turn right and follow the riverside path downstream. Pass beneath Richmond Railway Bridge, built in 1908. The hexagonal access shaft on your right is used by the water authority, and is mirrored by an identical structure on the opposite bank.

Continue beneath Twickenham Bridge, which carries the A316 Great Chertsey Road, built in the 1930s through the Old Deer Park on the edge of Richmond.

**Did you know?**

The towpath here follows a raised causeway, which was built out into the river in 1766. The Old Deer Park on your right, now used for sport and recreation, was originally a Royal Hunting Park of around 370 acres, created by King James I in 1604. The white domed building is the King's Observatory. The line of obelisks was built in 1778 to mark the original Meridian Line.

Continue to Richmond Lock. Cross the lock by the bridge and continue to follow the riverside path downstream, with the river now on the right.

The path ends at Railshead Road, then follows this away from the Thames to the junction with St. Margaret's Road: turn right here. Follow the high wall around Nazareth House to Lion Wharf Road and turn right. Walk down to the river and turn left.
**Did you know?**
 Nazareth House was originally built for George III’s physician. The Congregation of the Sisters of Nazareth, founded in the mid-19th Century, established a convent and care home there in 1892.

The path goes along a walkway through the frontage of the Town Wharf pub, over a small wooden bridge and past a tall historic lifting crane. Turn left here towards the main road. Then turn right to cross over the small stone bridge and continue ahead towards All Saints' Church, following the pavement on the left.

**Did you know?**
 The path crosses the Duke of Northumberland's River, cut by the monks of Syon to provide fresh water and the power for their flour mill. Further along on the right is the London Apprentice pub which dates from Tudor times. By tradition City apprentices would be rowed with their senior craftsmen to this famous inn to celebrate the receipt of their indentures, entitling them to full journeymen's wages.

Follow the pavement round the corner and cross Park Road to enter Syon Park by the gates on the right.

**Did you know?**
 Syon Park is the 200 acre London estate belonging to the Duke of Northumberland. The first Duke and Duchess of Northumberland redesigned the estate and commissioned the famous 18th century Scottish architect, Robert Adam, to remodel the interior of the existing house. The result was one of the finest interiors created by Adam with grounds laid out by Lancelot 'Capability' Brown, the equally celebrated landscape designer.

Follow the road through the estate, past two pavilions in front of the house and the Garden Centre. Turn right to pass a brick barn.

**Did you know?**
 Here you will see, above the entrance, a plaque commemorating Richard Reynolds, a 16th century chaplain of Syon Monastery, who could not accept the supremacy of Henry VIII and was brutally executed in 1535; his body was placed on the abbey gateway and he was later canonized as a martyr.

Exit by the Brent Lea road Gate, crossing at the pedestrian lights and turning right onto London Road. Walk along to the junction with Commerce Road, cross over and join the Grand Union Canal at Brentford Lock.

Continue past the lock and over the bridge.

**Did you know?**
 The wide basin was once lined with canopied warehouses, giving shelter for the loading and unloading of cargo – in use until the early 1980s. Now they are residential blocks of flats. Only one remains, and the path goes through it.
To leave section seven and reach Brentford station climb the steps up to the A4 and turn right along the road. (To avoid the steps continue under the A4, past the wooden footbridge and take the ramp. Head along Transport Avenue and turn left onto the A4). Cross over at the traffic lights and turn right along Boston Manor Road to reach Brentford Rail Station.

Otherwise, continue underneath the railway line until you reach the A4 Great West Road and head under the A4 towards Clitherow Lock. Cross the canal at Gallows Bridge.

**Did you know?**
The bridge has 'Grand Junction Canal' written on it, which was the original name before it became part of an amalgamation of canals in 1929, now known as the Grand Union Canal.

Follow the towpath under the M4 Osterley Lock. Section seven finishes officially at Osterley Lock.

To get to Boston Manor station Underground, take a signposted path to the right just before Osterley Lock. Go through the woodland and cross the field. At the crossroads walk straight on and turn right at the main road. Boston Manor Station is a few yards ahead of you.