

Route Highlights

This route takes you through some of the most rural parts of the borough, with great views across London and Wembley Stadium from parts of the parklands. It begins following the Capital Ring path, a circular path which travels around London, through Northwick Park, Preston Park and then into Fryent Country Park. Green and rural, this walk is a great escape to the countryside in Brent!

1 Start: Exit Northwick park tube station for Northwick Hospital and take the capital ring footpath through the park. Towards the end of the park, follow the capital ring path as it turns left and you walk over the grass **2**. It will then turn right and take you out of the park **3**, and follow the signs and turn left and take The Link through South Kenton underpass and head for the Windermere pub **4**. Turn right onto Windermere Avenue then left into Allonby Gardens, and at the end of the alleyway turn right into Montpelier Rise then immediately left into Preston Park **5**. Walk through the park exiting on the east, College Rd side, by turning right **6**. Turn left into Glendale Gardens, left into Longfield Ave, right into Grasmered Ave then left into Preston Rd **7**. Pass Preston Road station, turn right into Uxendon Crescent, right into The Avenue, head under the railway bridge and then take your first left onto West Hill and then left again onto Uxendon Hill **8**. Turn left at the grassy pathway into Fryent Country Park which is signed again with the capital ring signs **9**. Once on open ground, stay on the left until the first railway footbridge **10**. Turn right here and take the grassy path up the hill, following the capital ring signs. Stay on this path until you reach the pond **11**. This route leaves the capital ring here. Go around the close side of the pond, keeping the water on your right and take the path that is nearly straight ahead as you are walking along the bottom of the pond **12**. Its not marked with any signs and is wide and flat. Follow this path along until you hit the open grassy path just off Fryent Way. There's a small dirt track exit to your right to Fryent Way. **13**. Cross the road where you come out and head straight over and take the small dirt track directly opposite. Head straight up the grass here, there is no path but keep the row of hedges to your right **14**. Veer left at the first line of trees, and head diagonally through the field on a path that has been worn through the grass, through two rows of trees. Stay to the left of the hedgerow - and follow the capital ring signs between the hedges and continue straight on keeping the hedges to your right, to the sign post at the top of the hill. Leave the capital ring path here and head straight downhill on the grass path heading to the left of the trees. When you reach the row of trees, turn left and aim for the end of the row of houses out onto Fryent Way **15**. When you hit Fryent Way, turn right and head out of the park. At the roundabout turn right onto Kingsbury Rd **16** and you will see Kingsbury Tube station where this **route ends**.

Places of Interest/Heritage

Northwick Park: is a large flat area of open parkland with a brook running alongside the path which runs the length of the park. There is a playground and several sporting facilities.

The Windermere Pub: was built in the 1930s, and maintains many original features and traditional décor including an art deco interior and listed timber wall paneling.

Preston Park: is a large neighbourhood park concealed by houses on all sides. It has Green Flag accredited status and has a playground and several sports facilities.

Fryent Country Park: together with Barn Hill Open Space is over 100 hectares of fields and woodlands 15km north west of Central London. Over 800 species of wildlife including 80 recorded bird species, 21 types of butterflies and over 500 wild flowers can be found in this park alone. There are a few hills in the park providing great views out over London, and many walking paths. Parallel to Fryent Way is an ancient track known as Hell Lane or Eldestrete which may date back to Saxon times or earlier. Barn Hill, originally named Bardonhill in 1547 was landscaped in 1792 as part of a local landowner's country park, and the Fryent Park hay meadows are remains of two manors, one originally owned by King Edward. It's a designated nature reserve and is used by local conservation groups for wildlife projects such as surveys of hay meadows, butterflies, frogs and birds and is well used for recreational purposes.



Facilities:

There are no facilities on this route.

Distance

4.2 miles - 6.7 km - 9,660 Steps

Time

Fast - 1hr 10mins, **Medium** - 1hr 30mins, **Slow** - 2hrs 30mins

Calories

Fast - 460, **Medium** - 410, **Slow** - 400

Difficulty

This route involves footpaths through green areas which are not suitable for wheelchairs or prams.

Start / end station

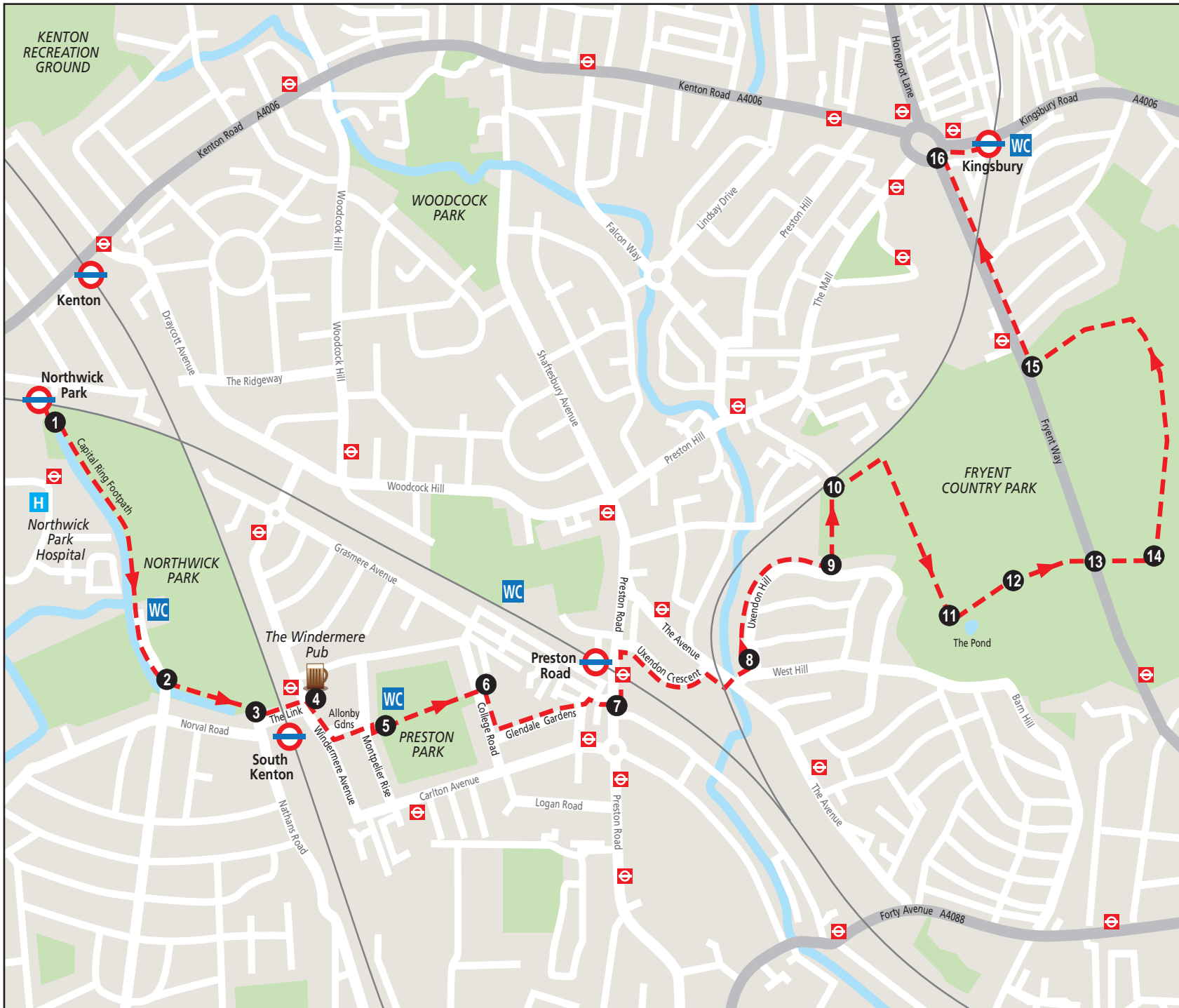
Northwick Park to Kingsbury

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Route 7 - Kingsbury, Roe Green and Fryent Country Park





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KEY

-  Walking Route
-  British Rail Station
-  Tube Station
-  Bus Route
-  Hospital
-  Toilets
-  Church
-  Place of Interest
-  Park / Open Space

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