**Points of interest/history**

1) Little Britain lake was formed by commercial gravel digging in the 1930s, and is so-called because of the likeness of its shape to the coastline of Britain. There is always interesting water bird life here, including great crested grebes, tufted ducks and nesting herons.

2) The Slough Arm was built in 1882 to carry bricks from the local brick fields into London and was one of the last canals to be built in Britain. Notice the granite Coal Tax post. These were erected in Victorian times to mark the boundary of the area around London within which taxes on coal and other products were due. Over 200 posts survive, most of which are protected Grade II structures.

3) The Frays River is fed by the River Colne at a weir north of Denham Lock. It runs parallel to the Colne for around four miles before rejoining it south of West Drayton. By 1641 the Frays River powered at least five mills. John Fray was Baron Lord Chancellor of the Exchequer in the 1400s. He had much experience of rivers and mills around London and had a financial interest in Cowley Hall - a property which adjoins the Frays River.

4) What is now the Grand Union Canal was completed in 1805, linking London and the Midlands, and was vitally important to Britain’s Industrial Revolution.

5) The banks are filled with typical Colne Valley vegetation such as bulrushes, purple and orange balsam, blackthorn, willows and alder trees.

6) Huntsmoor Park house was an 18th century mansion, sadly demolished in 1946. The woodlands around it are filled with snowdrops in February. At the weir, kingfishers and grey wagtails are often seen.
1) From Little Britain lake car park, head south on the footpath with the River Colne on your right. Follow this path (Trout Lane) as it veers away from the river and crosses a bridge over the Slough Arm of the Grand Union Canal. Trout Lane eventually turns right onto the tarmac of Trout Road. Follow the road around to the left and over a bridge crossing the Frays River. Continue ahead at the mini roundabout and over the steep canal bridge. Turn immediately left down to the towpath where you then turn right.

2) Continue along the towpath for about 2 miles towards Uxbridge, passing the following: Tesco supermarket on your right; Slough Arm of the canal; Packet Boat Lane bridge (#190) at the Water's Edge pub; Benbow Waye bridge (#189); Cowley recreation ground; Cowley Lock; The Malt Shovel pub; Iver Lane bridge (#188) - here you will need to cross the road carefully to the towpath on the other side of the canal; Cowley Mill Road bridge (#187).

3) Just after the first of two metal arches, turn left down Culvert Lane, sign posted "London Loop", past some attractive mid-Victorian cottages. Cross Cowley Mill Road and walk down Longbridge Road opposite, towards Cowley Mill Trading Estate. Continue straight ahead on the footpath and then bear left along the River Colne. After about ¾ mile go through the kissing gate and onto Iver Lane.

4) Turn right over the bridge, cross the road, and then left down the steps. Go through the gate onto the footpath keeping the River Colne on the left and the farmland of Huntsmoor Park on your right. After about ¾ mile you will reach a footbridge on your left.

5) Cross the river and turn right into Little Britain lake car park.

Link route (about ½ mile) from West Drayton station. Turn right at the end of Station Approach onto Yiewsley High Street and cross the bridge over the canal. Turn right immediately down Horton Road, right down the alleyway and then right onto the canal towpath, continuing to the next bridge in order to reach waypoint 2.

Link route (about ¾ mile) from Uxbridge Station. Walk down Windsor Street directly opposite, past St Margaret's church, The Fig Tree and The Metropolitan pubs and cross the road via the pelican crossing. Continue across the large roundabout with Lynch Green and the martyrs memorial on your left, two more pelican crossings, past the Kwik-Fit Garage and turn right down Wellington Road. Cross the Frays River and walk across Rockingham recreation ground. At the end bear right into Frays Waye, turn right into Waterloo Road then left into Rockingham Road. Cross the road, walk over the bridge and turn immediately right down a track. Turn right onto the canal towpath, under the bridge and past The General Elliott pub. After the first of two metal arches carrying service pipes over the canal turn right into Culvert Lane at waypoint 3.

To join the route from Ford Lane, Iver, park safely in Ford Lane and join the route at waypoint 5.