

COLNE VALLEY TRAIL

To reach the Colne Valley Trail from Rickmansworth station turn right out of the station entrance then turn right again onto Station Road and pass under the railway line. Turn right when you reach the High Street and then bear left after the Western Inn and follow the road to the roundabout. **Cyclists should note that both Station Road and the High Street are one way streets and should walk along the pavement.** At the roundabout turn left then cross Riverside Drive using the pedestrian crossing. Turn left then right into Rickmansworth Aquadrome.



- 1 Cross over the River Colne and turn right. Follow the path around to the left and continue along the path between the two lakes.
- 2 At the T-Junction just before the car park, turn right. Follow the path straight ahead past the sailing club, then turn left towards the Grand Union Canal after passing through some gates.
- 3 Turn right when you reach the canal and follow the towpath past Stockers Lock then Springwell Lock. Immediately after this second lock cross over the canal using the road bridge then turn right and follow Springwell Lane up the hill.
- 4 When you reach a farm track on your right head down here following the waymarkers past Springwell Farm and along a path offering fantastic views of the canal, Springwell Reedbed and Springwell Lake. Continue straight ahead when the main path turns left up the hill and follow the path through 4 gates.



- 5 When you reach a junction turn right and follow the path towards the houses. Continue along Summerhouse Lane until you reach Park Lane.
- 6 Carefully cross this busy road into Jacks Lane, continue straight ahead then onto the tree lined track when the road ends. When you reach another tarmac section turn right towards the canal bridge.
- 7 Turn right immediately after crossing the canal then right again to follow the towpath under the bridge and along the canal for approximately 1 mile until you reach the next lock.
- 8 Walk past Widewater Lock and under the road bridge then turn right up the steps and right again following Moorhall Road over the canal. Turn right again into Denham Quarry's car park and head across the car park and through a kissing gate.
- 9 Follow the path through the woods and beside a lake until you reach a wider track. Here, turn right and follow the track past the marina and bearing left continue between the canal and a lake.
- 10 Pass under the railway viaduct and beside another lake on your left. When you reach a junction, turn right, over a ditch then use the larger bridge to cross over the canal and rejoin the towpath.



11 Continue heading south along the Grand Union Canal towpath, past Denham Deep Lock and then cross to the other side of the canal using the white hump back bridge.

12 Continue heading south and pass under the A40 road bridge. You will soon pass Uxbridge Lock then cross over the canal again and continue onwards until you reach Oxford Road beside the Swan & Bottle pub.

To reach Uxbridge Station turn left onto Oxford Road and after crossing Sanderson Road turn left into the High Street. Go past the old cinema, now a fitness club, and cross Harefield Road to Uxbridge Town Centre. Continue onwards then, where the road turns left, cross over using the pedestrian crossing and walk through the pedestrian area until you reach Uxbridge Station on your left.

To reach section 2 of the Colne Valley Trail which runs from Uxbridge to Colnbrook and Langley continue along the canal towpath under 3 bridges. When you see the white decorative fencing immediately after the third bridge follow the directions indicated in the Colne Valley Trail section 2 leaflet.

The route is signposted at all of its major junctions – look out for this logo.

