THAMES PATH
NATIONAL TRAIL

LALEHAM TO PENTON HOOK LOCK

This walk makes the most of the green spaces and woodland areas available between Laleham and Staines. The island at Penton Hook Lock is a lovely space for both you and your pooches to explore. You can vary the length of your walk by exploring more of Laleham Aork and the island.

Please note: The island may not be accessible at all times due to safety reasons - if the bridge is closed please do not try to climb around.

Distance: 4miles **Duration:**1.5 hours **Difficulty:** Easy

Car Park Car Parking: Several options are available.

1. Laleham Park & Riverside Lands, 218 Thames Side, Staines-upon-Thames, Staines KT16 8RN – marked on the map as an orange 1.
2. Laleham Park & Riverside Lands, 215 Thames Side, Laleham, Staines-upon-Thames, Staines TW18 1UQ – marked on the map with an orange 2.
3. Abbey Drive - parking available - Staines-upon-Thames, Staines TW18 1SR.

Refreshments, and toilets: This walk is fairly quiet, so not many options for refrshments. Very near Laleham Park there is The Three Horsehoes pub, which would be an easy detour - 25 Shepperton Road Laleham, Staines TW18 1SE.
Toilets can also be used at Penton Hook Lock when a lock keeper is on duty.

Map of the route. Car parks are in ***orange***

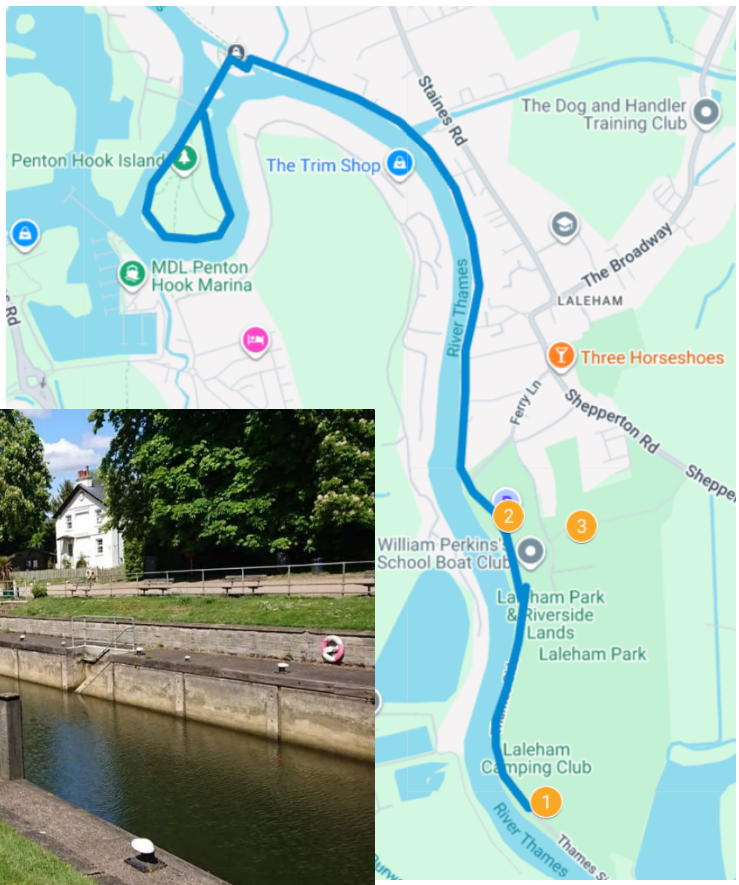
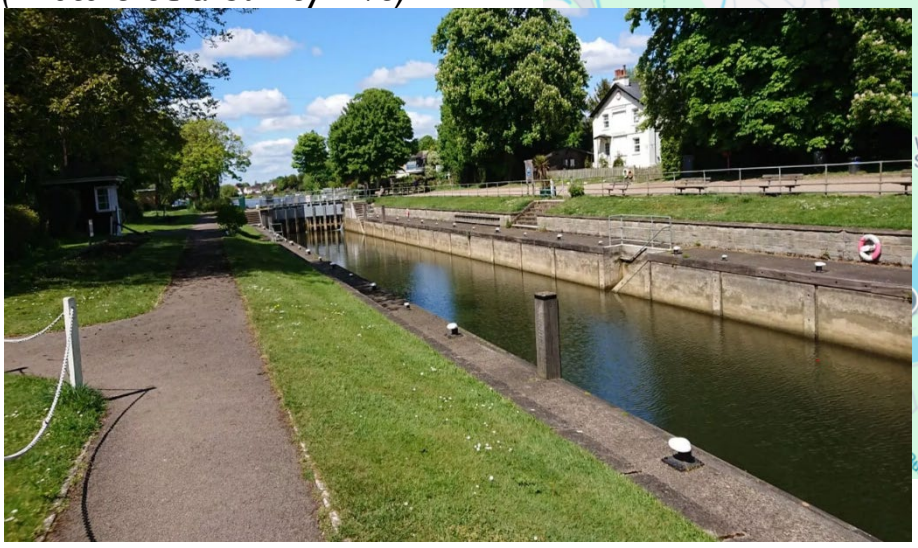


Photo: Penton Hook Lock
(Photo credit: Surrey Live)



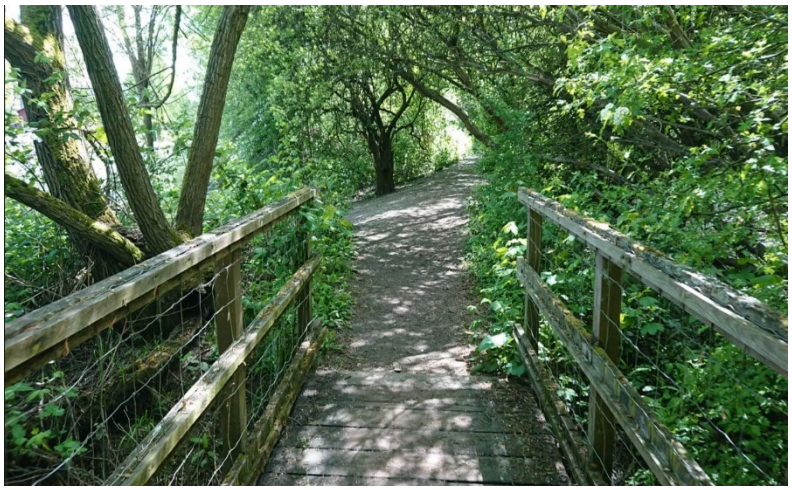
LALEHAM TO PENTHAM LOCK

Description:

The walk starts in Laleham Park (marked 1 on the mark) where you have a choice of two main car parks. For the slightly longer walk (0.5 miles longer), start at Laleham Park & Riverside Lands, 218 Thames Side, Staines-upon-Thames, Staines KT16 8RN – marked on the map as an orange 1. For the slightly shorter walk start at Laleham Park & Riverside Lands, 215 Thames Side, Laleham, Staines-upon-Thames, Staines TW18 1UQ – marked on the map with an orange 2. There is also separate parking available on the side of Abbey Drive (orange 3 on the map), which is just a short walk to the park, Abbey Dr, Staines-upon-Thames, Staines TW18 1SR.

Laleham Park (formerly the grounds of the Abbey) provide a wide area of open grounds and woodland for walking. The Thames Path National Trail runs alongside the river through the park. From your parking spot make your way towards the river. Once you reach the water's edge you need to walk with the river on your left.

Continue along the Thames Path until you reach to Penton lock.



Here you can cross the lock and follow a path across the weir to reach Penton Hook Island.

Penton Hook Island is a wooded island with a mixture of both waterside and wooded trails for you and your pooches to enjoy. Off lead walks are fine here, but please be respectful of other dog owners, and as always, pick up after your pets.

Once you have finished exploring the island, retrace your steps back to the car parks.