

Silvermeade



Length: Approx. 1 mile (1.6 km)
 Start Point: Old Mill & Meadows
 Car Park, Mill Lane,
 (off Churchfields),
 Broxbourne

The start point can be easily accessed on foot, by bike, public transport or car. Broxbourne is the nearest railway station, with regular trains to and from London (Liverpool St) and Cambridge. To reach the Old Mill and Meadows car park, walk out of the station with the New River on your right. Turn right at the entrance/exit to the railway station and using the pedestrian crossing walk along Churchfields until you reach a T-junction. Take a left and you are now walking into the Old Mill and Meadows site, the start point is in the main car park straight ahead. Buses that stop in Broxbourne, which is a ten minute walk away, are the C4, 310, 311 and 392.

Old Mill and Meadows has public toilets, bike hire (closed Mon & Tues), refreshments, picnic areas and is open to fishing except during the traditional closed season.

From the car park you will see a stretch of water on your left which is the Mill Stream. Follow this and walk under the railway line.

1 You have now met the River Lee Navigation. Go through the kissing gate on your right into Silvermeade and follow the grass path running to the right hand side of the site.

***IMPORTANT - During the Summer months Silvermeade is grazed with cattle and we ask all visitors to keep their dogs on leads during this time. In the Winter it is best to wear wellies as the site can get very wet as well as muddy.**

The cattle put out to graze are owned by Lee Valley Park Farms and are our very own "green lawnmowers". Their heavy footprints also churn up softer areas of soil, which mixes up wildflower seed ensuring a good mixed variety of colour and species through Spring and Summer. Ragged Robin, Meadowsweet, Marsh Marigolds and Yellow Flag Iris are just a few to look out for.

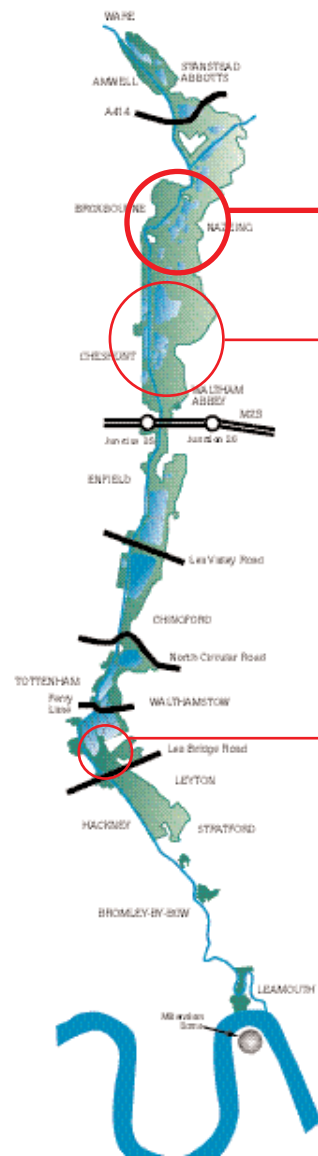
2 Cross over the wooden vehicle bridge, through the kissing gate and right over the wooden pedestrian bridge onto the other side of the ditch. Follow the grass path.

The wet meadows on Silvermeade attract many birds such as Snipe, Heron, Woodpecker, Cuckoo, Coots and Moorhens. Listen out for the prehistoric screech of the Heron or the echoing call of the cuckoo signalling Spring's arrival.

3 Walk over the concrete vehicle bridge and turn right. Follow the grass path keeping the ditch on your right.

Silvermeade is a very important site for many wildlife species especially the rare Water Vole. The ditchlines provide this shy mammal with its perfect preferred habitat. The ditches are also the host to dozens of Dragonflies and Damselflies, look out for the majestic, acrobatic flight of the Emperor and the butterfly-like flitting of the Banded Demoiselle. The wet meadows attract many birds such as Snipe, Heron, Woodpecker, Cuckoo, Coots and Moorhens.

4 Exit the site using the kissing gate and join the towpath walking left, with the River Lee Navigation on your right. This will take you back to the Mill Stream, which leads to the start point in the main car park.



Area A

Three Walks of approx.
 1 mile, 2 miles & 3 miles.
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Area B

Three Walks of approx.
 1 mile, 2 miles & 3 miles.

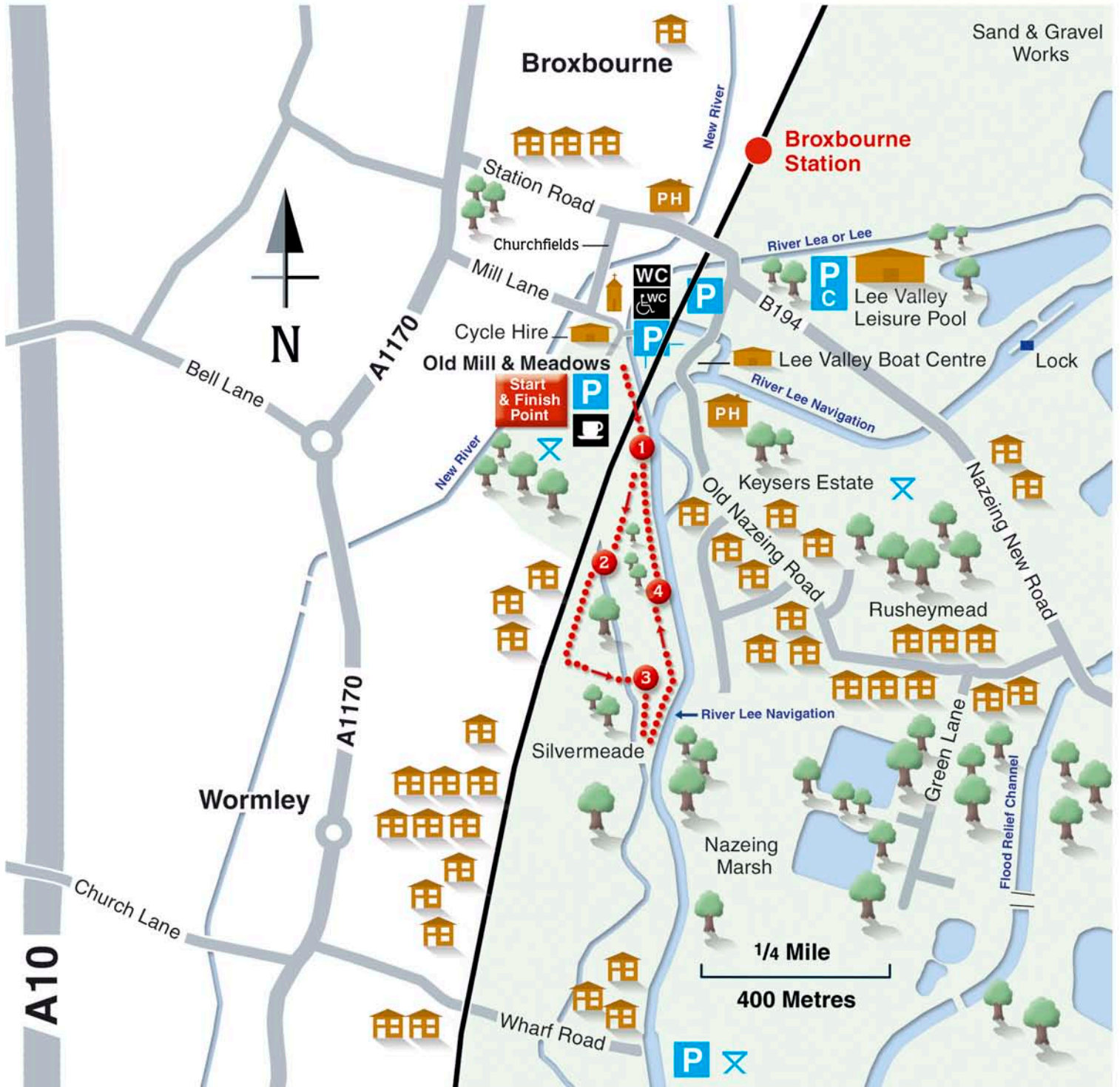
Area C

Three Walks of approx.
 1 mile, 2 miles & 3 miles.

For further information contact
 Lee Valley Park Information Service
 tel: 01992 702200
 e-mail: info@leevalleypark.org.uk
 website: www.leevalleypark.com



Silvermeade



Key

..... Walk

P Car Park
P C Car/Coach Park

WC Toilet
LWC Toilet facilities for wheelchair users
 Café
 Picnic site