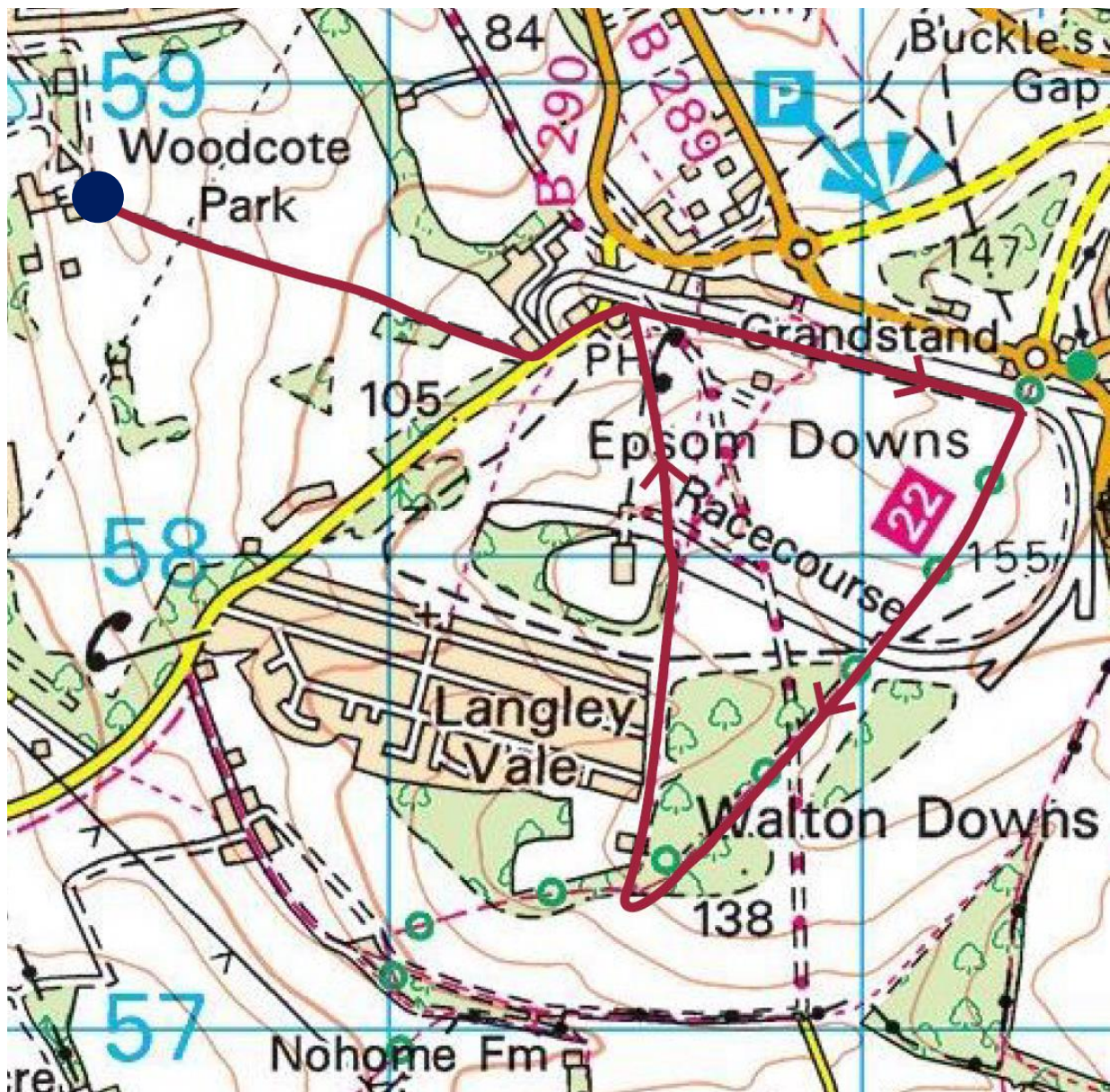


Walking and Cycling from Woodcote Park

Walking Route 1

A leisurely circular route on Epsom Downs

4 miles



- Walk up the Captain's Drive and leave Woodcote Park through the pedestrian gate. Cross Langley Vale Road and turn left towards the Epsom Downs sign (with the Holiday Inn on your left).
- Walk about two hundred yards until you get to The Rubbing House signs. On the way look to your right for views of the racecourse and the Downs themselves. At the signs turn right and follow the road (keeping the Rubbing House pub on your left).

- As the road ends, take the second right onto the track which runs parallel to the racecourse.
- Walk along this track with the stands on your left and the Downs on your right. The Queen's Stand is the second building on your left, the first being known as the Grandstand. Look out for the small statue of Lester Piggott (who won the Epsom Derby nine times).
- Keep walking along this track, passing the tunnel on your left, until it finishes at a junction. At this point the snack bar hut and the Beefeater pub can be seen on your left.
- Turn right up the bridleway.
- During this stretch you may see kite flyers on windy days and model aircraft flyers on calmer days. You may also see racehorses travelling at high speed so please watch out for any warning signs.
- When you reach the racecourse barrier, pause to take a look behind you. You will have a good view of the stands, and, on a clear day, you may see parts of London.
- Go straight across the racecourse and follow the bridleway ignoring paths on your left and right.
- After about four hundred yards you will come to a small signpost with an arrow pointing to the left. Take this left fork.
- After about forty yards pause to enjoy a panoramic view of the Downs with the spire of Headley Church directly in front of you on the horizon.
- Follow the bridleway round until you reach, after a few yards, a signposted junction. Turn right following the footpath.
- Pass a junction with a compound/building on your left and a turning on your right. Ignore this turning and keep straight ahead on the footpath.
- After about fifty metres you will see a play area (with swings etc.) and a small outdoor gym on your left. After a few more metres you will see a white post on your right marked 'CAP 42'. These coal-tax posts are boundary markers erected in the 1860s to mark the points where taxes on coal were due to the Corporation of London.
- Continue your walk and you will pass Langley Vale on your left (a community surrounded by the Downs and Woodcote Park).
- Climb up a short hill until you reach the barriers. Cross over the sand and continue on the footpath, ignoring the minor path on the left.
- Cross the small junction and follow the path round until you reach the racecourse.
- Cross the racecourse (which can be muddy in the winter), pausing to imagine the horses racing up to Tattenham Corner (on your right).
- Cross the small road and continue on the path leading back to the Rubbing House pub.
- At this point you can either walk towards the pub and return to the top of the Captain's Drive the way you came or take a short-cut across the Downs straight to the Captain's Drive gates, which will be on your left.

Racehorses are exercised on Epsom Downs until noon (9.30am on Sundays) so please watch out for them and take care, particularly while crossing the racecourse. Dogs are welcome on the Downs but they should be kept on a lead while the racehorses are being exercised.