

Walking and Cycling

AT WOODCOTE PARK

Walking Route 2

Epsom Downs

4 miles with an optional extra mile



- Walk up the Captain's Drive and leave Woodcote Park through the pedestrian gate.
- Cross Langley Vale Road and follow the public footpath sign to the right (with the stands behind you and Langley Vale Road on your right).
- Continue down the gentle slope, taking in views of the racecourse on your left.

- At the bottom cross the sandy path and take a left fork walking over grass to another path.
- Turn right onto this path and walk towards the end of the racecourse ('end' is probably the wrong word as races start from here and finish in front of the stands!), walking between two thickets.
- Continue on this path passing the racecourse 'end' on your left. Follow the path, ignoring the track which forks off to the left.
- Continue down the slope towards the white barriers. Cross over the sand track and turn immediately left onto another track.
- Continue walking with the barrier on your left and the houses on your right. After around four hundred metres you will reach a signpost. Turn right onto the public footpath.
- Continue on this path, going down and then up with houses on your right. This housing area is known as Langley Vale (a community surrounded by the Downs and Woodcote Park).
- Ignore paths to your left and right and keep going straight ahead. Watch out for a white post on your left marked CAP 42. These coal-tax posts (of which there are many in the North Downs) are boundary markers erected in the 1860s to mark the points where taxes on coal were due to the Corporation of London.
- After a few more metres you will see a play area (with swings etc.) and a small outdoor gym on your right. Pass the building/compound on your right, ignoring the turning on your left, and head towards the next signpost. Here you can enjoy a panoramic view of the Downs with the spire of Headley Church directly in front of you on the horizon.
- Turn right onto the public bridleway and continue down a slight slope.
- Stop at the Warren notice board displaying a 'Living Woodlands' poster. You may wish to explore this area.
- If so, turn right past a green barrier and continue walking down this path.
- At the junction you may see a 'wigwam' shelter made out of branches. At this point, you can either turn back to the bridleway or turn left to complete a circuit.
- If you have turned left, walk about one hundred metres and look for a minor path to the left. It may be marked by a large forked branch propped up against a tree. Follow this path until you come to a wall. Turn left and continue walking with the wall on your right. When you arrive back at the bridleway, turn right.
- Continue down a concrete path (known to some local runners as the 'ski slope'). When you reach the single white barrier on your left you will face a crossroads. Take the second turning on your left which is a public bridleway and walk through a wooded area until you arrive at another crossroads.
- At this point turn left, crossing over a black sand track and follow the grassy path up the hill.

- Cross over another smaller sand track and walk towards the signpost. At this point, turn right and follow the public bridleway ignoring paths to your left and right.
- Carry on along the bridleway (you will see the white barriers of the racecourse in front of you), passing a path on your left and then stopping at the crossroads some three hundred yards before the barriers.
- Turn left onto a main track. Cross over the sand track and continue to the racecourse.
- Cross over the racecourse but pause in the middle to imagine the horses racing up to Tattenham Corner (on your right).
- On reaching the other side pause to take in the view of the stands. The building on the left is known as the Grandstand and the building to the right is known as the Queen's Stand. At this point, 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. On a clear day, you will see parts of London.
- Immediately turn left onto a minor slip road with the racecourse on you left and the stands on your right.
- After about two hundred metres turn right onto the grassy path leading to the Rubbing House pub (on the map there are three such paths but take the first one you come to - they all end up in broadly the same location). This building is white with a dark roof and a car park in front.
- Cross over the sandy path and take a steep incline towards the Rubbing House.
- At the top, turn left and follow the road with the pub on your right.
- At the bottom turn left on to Langley Vale Road.
- Pass the Holiday Inn on your right, cross the road and you are back at the gate to the Captain's Drive.

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 on kept on a lead while the racehorses are being exercised.