

Cockfosters to Arnos Grove along Pymmes Brook

Contributed by **Libby Martin** of North London & South Herts Group

This is a 5 mile linear walk from Cockfosters passing through Trent Park to the source of Pymmes Brook at Jack's Lake in Hadley Woods. It then follows the Pymmes Brook Trail to Arnos Grove. It is level walking through parkland for most of the way, with a stretch on road through East Barnet.

There is a cafeteria and public toilets in Trent Park near the start of the walk. Another cafeteria lies just off route at the southern corner of Oak Hill Park, and there is a Harvesters pub just before Arnos Grove tube station.

Both Cockfosters and Arnos Grove are on the Piccadilly Line. If coming by car, park in Cockfosters station car park, or by the cafeteria in Trent Park (free – just off route), returning from Arnos Gove by tube. Opportunities to leave early by bus after 3 miles (Cat Hill, East Barnet) or 3.5 miles (Oak Hill Park).

From Cockfosters tube station, turn right (north) to cross the entrance to the car park, then right through the gate at the far side of the car park entrance (east) along the footpath into Trent Park signed London Loop. Pass the cemetery on your left, then turn left (N) past the end of the cemetery, across the open space. Follow the path through the trees as it bears right then left, still signed London Loop. As you come out into the open again, bear left across the open space towards the main entrance and road into Trent Park. (You could bear right to go via the car park by the cafeteria in order to use the toilets. From the cafeteria, head W along the road to the entrance to the park.) Turn right (N) up the Cockfosters Road, and use the island in the middle of the road to help you cross into Chalk Lane, the next turning on the left. Keep right to turn off Chalk Lane into Games Road and continue (W) up the track into Hadley Woods. You can take the pleasanter path through the trees here as it runs parallel to the right of Games Road. Path or road will bring you to a track which heads downhill, finally reaching a little hump-back bridge over Pymmes Brook. To see the source of Pymmes Brook, turn right just before the bridge and up the steps to Jacks Lake, popular with local fishermen.



Returning to the main track, just past the bridge you will see the sign to Pymmes Brook path going left (S). It immediately crosses the entrance road to the new Jewish Community Secondary School, then follows the Brook through the trees down to Baring Road. You now have some road walking. Continue down Baring Road to the end, until you reach Park Road, and follow Park Road down to Cat Hill.

(The signed Pymmes Brook path turns off Baring Road into Victoria Park, then heads down Crescent Road. The brook itself goes down the back of the gardens between Park Road and Crescent Road, so is not accessible here. Park Road is pleasanter than Crescent Road, and the route avoids the walk along the busy and ugly Brook Hill Road.)



When you reach the crossroads at the end of Park Road, go straight across (S), into East Barnet Village. Turn left and walk along the south side of Brookside, onto the green space to the right, then cross Littlegrove into Oak Hill Park.

In the park, generally keep to the left of the brook, but when you reach the SE end of Oak Hill Park, you may want to use the cafeteria in the park near the SW end (corner of Church Hill Road and Parkside).



After crossing Parkside Gardens, you can continue along the left side of the brook between East Walk and West Walk to Osidge Lane. Cross the road and turn left then right to take the path down the left side of the brook. This continues south all the way to Waterfall Road.

Cross Waterfall Road and go under the railway bridge to enter Arnos Park. Keep down the west side of the park but east of the railway viaduct, heading SE towards Arnos Road.

Walk south down Arnos Road to Bowes Road – there is a Harvesters pub at the bottom of the road where you could have refreshments if you didn't stop in the park. Turn right into Bowes Road for Arnos Grove tube station, or cross the road for 34, 184, 251 and 298 buses to High Barnet, East Barnet, Totteridge and Southgate.

Pymmes Brook Trail



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