

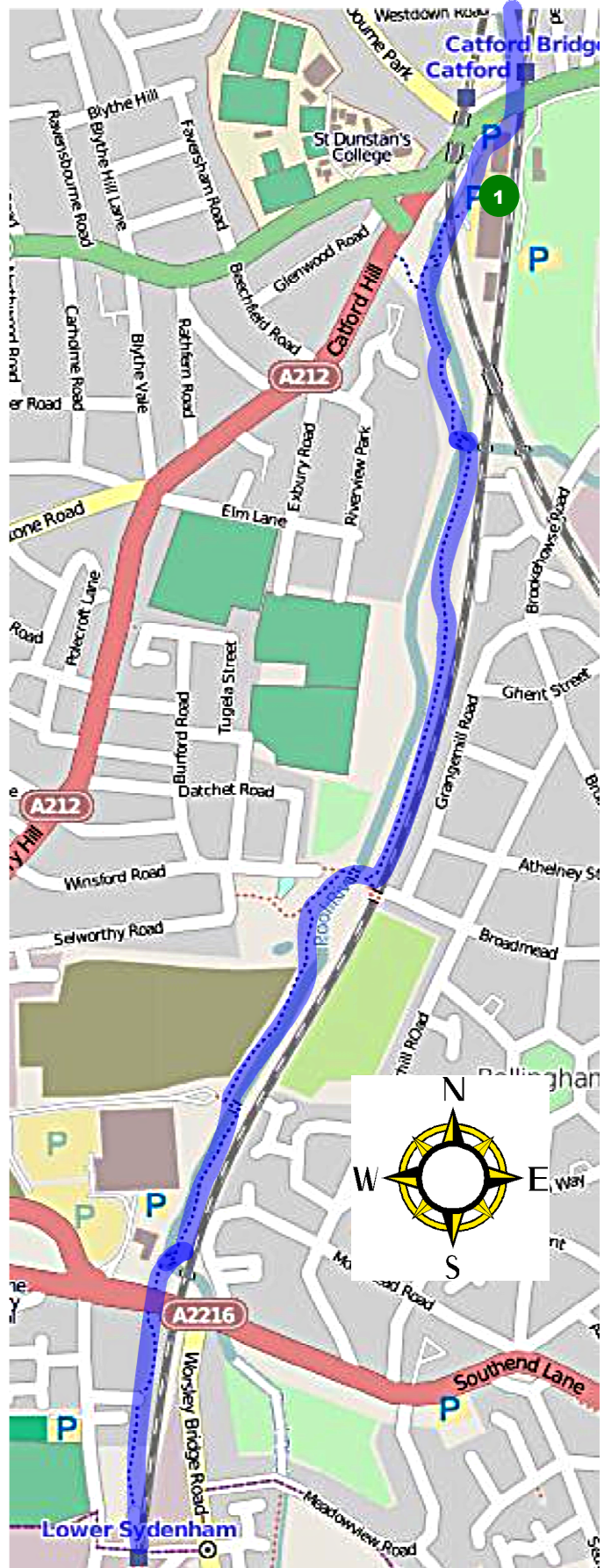
LOWER SYDENHAM - CATFORD

2.5KM 1.5M 10m climb both ways

This section is largely on cycle paths, with occasional road crossings or short road stretches. Largely well signposted as route 21.

1) Northbound turn right at car park and ride along cycle route by the retaining wall of the road. Turn left under an underpass and emerge next to Catford Bridge Station. Cycle alongside the station and then take a cycle path to the left.

Southbound turn right onto a road next to Catford Bridge Station. Go under the underpass straight ahead and turn immediately right along a cycle path next to a car park. Then turn left to follow the route.



ELMERS END - LOWER SYDENHAM

4km 3m climb 20m either way

Except for a section south of Kent House this is a well signposted section.

3) Go under the railway at Kent House. You need to walk your bike.

Between 2) and 3) the route is on a private estate. There are no signs and the road surface is a bit rough.

2) Cycle path on the north side of the road and road crossing.

Between (1) and (2) you are on a straight road, with one minor kink.

Different classes of suburbia on this part of the route, rich and not so rich very near to each other. But it likely that there are invisible walls keeping communities apart.

Cator Park looks bleak compared with some of the parks to the north

