

# Thames Walk Saturday 17 May 2025

Thank you for registering for the upcoming Thames Walk Fundraiser! In this information pack you'll find an itinerary for the day, a map of the route and some health and safety recommendations to help you complete the walk without any hiccups.

Please don't hesitate to contact us if you have any questions or would like more fundraising advice or materials. You can get in touch by ringing +44 (0)20 8050 2735 or by e-mail at [info@childrenchange colombia.org](mailto:info@childrenchange colombia.org).

Children Change Colombia is the UK's largest charity working exclusively in Colombia. We believe that, with the appropriate support, Colombia's children can claim their right to live safely and in peace and demand that the adults responsible for protecting their rights do so – in this way, children can change Colombia.

## Fundraising

Help us reach our fundraising target of £5,000! You can easily set up a fundraiser on Just Giving [CLICK HERE](#) and your page will connect to CCC.

## CCC T-shirts

T-shirts will be given out on the day of the walk if you have requested them.

## What to bring

- Bring your own lunch for the picnic.
- Comfortable shoes & appropriate clothing (we suggest you wear light long trousers and bring an anorak)
- Water and water bottles (we will have a water refill station as well)
- Your Thames Walk information pack with map of the route and itinerary.
- Your ID or a piece of paper stating your name, address and telephone number only to be used in case of an emergency.



## Duration

- The walk will take at least 4-5 hours and it may be a warm day, so you need to be fairly active to complete the whole route. You should allow around 6 hours from the start of the walk to allow for stops along the way and the picnic stop.

## Important

- In case of emergency during the walk please call 999
- (First Aid Cover will also be present on the day).
- If you get lost please call the CCC Team at on +44 (0)20 8050 2735
- Due to potential for high pollen, please take your antihistamines as advised by your doctor.



# Getting There

We recommend that you visit <http://journeyplanner.tfl.gov.uk> or <http://www.theaa.com/route-planner/index.jsp> to plan your journey. Please allow time for weekend closures and disruptions.

**Tube:** District Line

**Train:** South West Trains from Waterloo via Clapham Junction London Overground

**Bus:**

419 from Hammersmith

65 from Ealing Broadway / Kensington

493 from Tooting Broadway

9, 23, or 27 from Kensington Olympia to Hammersmith

**Car:**

The M3, M25, and M4 provide easy access to the area

From West: Head up the M3/A316, come off at Richmond

From North: Head down the A205 South Circular Road to Richmond



## Meeting Point: Richmond Station



- Meet within the station by the exit next to WH Smith on your left.
- We have a fantastic group of volunteer stewards who will help us ensure the day runs smoothly, if you need to contact the organisers, look out for the Children Change Colombia flags.
- For the 10 mile walk, we will leave Richmond Station at 10:00am. Please arrive 15 minutes before. There will be a final group leaving the station at 10:50 sharp. If you miss this you can join the 11:00 am group for people with reduce mobility who will be getting the bus to Ham Common for a shorter version of the walk.

- **There is also the option of meeting us directly at the picnic site "Isabella Plantation" in Richmond Park where there is a carpark near where we will be sitting.**

### Itinerary 10 mile walk group A

- **9:45am** Meet at Richmond Station, Please arrive 15 min earlier than 10am to register.
  - **11:45am** Pass The New Inn Pub (Ham Common) for toilet stop if needed.
  - **12:30pm** Arrive at the picnic area "Isabella Plantation" Richmond Park.
  - **2:30pm** Start the walk back to Richmond Station through Richmond Park.
  - **4:00pm** Arrive back at Richmond Station.
- There are 2 more groups that will leave a little later.

### Itinerary shorter 4.5 mile walk

- **11:00** Meet within the station by the exit next to WH Smith. From here you'll take the bus to the New Inn Pub in Ham Common.
- **11:45am** Start the walk from The New Inn pub to the picnic site.
- **12:30pm** Arrive at the picnic area "Isabella Plantation" Richmond Park.
- **2:30pm** Start the walking back to Richmond Station through Richmond Park.
- **4:00pm** Arrive back at Richmond Station.



# Map Key

Route from Richmond Station to Picnic Site

Route from Picnic Site to Station

Toilets

Picnic Site



CHILDREN  
CHANGE  
COLOMBIA





## Thames Walk Key Areas

### Map Key

- Route from Richmond Station to Picnic Site
- Route from Picnic Site to Richmond Station
- Toilets



### Area 1

Richmond Station - Thames Pathway

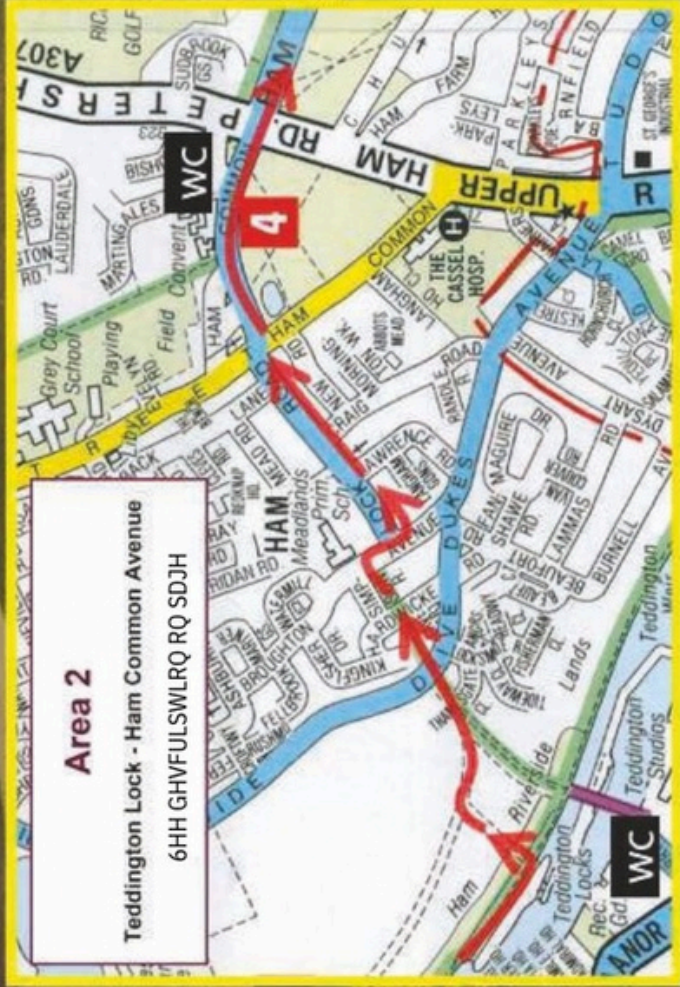
6HH GHVFULWLRQ RQ SDJH



### Area 2

Teddington Lock - Ham Common Avenue

6HH GHVFULWLRQ RQ SDJH



CONTINUE ALONG HAM GATE AVENUE



# The Walk: In Sections

## 1. Richmond Station: Thames Pathway (Area 1 on the Route Map) 10 mins

Turn left at the station onto a street called The Quadrant. At the corner, cross to the other side of the road using the zebra crossing. Carry straight on walking along George Street. Cross the road again (in front of a pub called the Old Ship) and turn left onto Hill Street. Take the first right onto Whittaker Avenue and go down the stairs into the Thames Path. Follow the Path to your left along the river (passing under Richmond Bridge and carrying on along the path to River Lane).

## 2. Riverside Stretch 25 mins

### 2.1: Richmond Bridge - End of River Lane

- River Lane is the point at which the Thames Path slopes down into the river.
- There is a sign post that points inland to Petersham  $\frac{1}{4}$  mile and upriver to Teddington Lock 2 miles.



### 2.2: River Lane Meeting Point - Teddington Lock 30-40 mins

- The stretch between River Lane and Teddington Lock is two miles long.
- Once you get to Teddington Lock turn off the Thames Path and onto the footpath which is located to your left immediately after the lock and before the blue footbridge.



## 3. Teddington Lock - Ham Common Avenue (Area 2 on the route map) 15-20 mins

From Teddington Lock follow signs for Ham and Cycle Route 4. Cross the road at the crossing and carry straight on along a paved path that takes you through a small housing estate. Cross the road (Broughton Avenue) in front of Meadlands Nursery, turn right and take the first left (Lock Road) which will lead you to Ham Common.



## 4. Ham Common Stretch (Ham Gate Avenue – Ham Cross) 20-30 mins

When you reach Ham Common you will see a pond on your right. Continue straight on; cross the road at the traffic light and keep walking along the road through Ham Gate until you reach Ham Cross (a white wooden Cross at the top of the Hill)



## 5. 15 mins

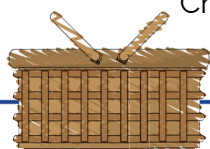
### Ham Cross - Picnic Site

- Once you reach Ham Cross, cross the road and continue straight ahead for 100 meters until you reach a wooden sign post on the right that points right to the Isabella Plantation. Follow the path, which will lead you to the entrance to the plantation.
- You cannot enter the plantation as part of the guided walk. Please follow the pathway to your right that runs outside the plantation. You will see the black fence of the plantation on your left. Follow the path around until you get to the next entrance to the plantation (Broomfield Hill), where you will see the Children Change Colombia stewards waiting at the designated picnic site.
- We expect to arrive at the picnic site at around 1:30pm. Once we have gathered there, you can visit the plantation at your leisure.

### Picnic Stop

1hr 15 mins

The picnic stop will be a well-deserved break. It will give you the opportunity to rest and meet other Children Change Colombia supporters.



## 6.

### Picnic Site - Richmond Station

To get there on your own, please retrace your steps around the Isabella Plantation until you reach Ham Cross. Then turn right and walk along the road towards Richmond Gate. When you reach Richmond Gate cross the roundabout and go down Richmond Hill, then turn right onto George Street until you reach the station.



**Please note there will only be one guided group back to Pembroke Lodge car park and Richmond Station.**

## Emergencies/ getting lost

- In case of emergency during the walk please call 999
- First Aid Cover will also be present. Their phones will be provided on the day.
- If you get lost please call CCC Team on +44 (0)20 8050 2735
- All groups will have a guide and there will be stewards at each check point wearing high visibility vests.



### Please note:

All children must be accompanied by an adult who will be responsible for their safety during the event.



## We love Richmond Park so please help us look after it...

- Stay well away from the deer.
- Guard against all risk of fire.
- Protect trees, plants and wildlife.
- Keep your litter until you can dispose of it in the bins provided.

## Important Safety Precautions

- Due to potential for high pollen, please take your antihistamines as advised by your doctor.
- Remember to stay hydrated and drink lots of water!
- Bring comfortable shoes as there may be some uneven terrain.
- Use sunscreen.
- Do not touch any caterpillars and keep your children away from them.



## Photographs

Parents / Guardians of under 18s/ Adult walkers; if you do not wish your child's or your photo to be taken, please inform us before the walk begins

