Highpoint House and the Memorial Hospital are placed conveniently near to Oxleas Wood and Meadow, the 18th century Severndroog Castle, and a café. Oxleas Wood is one of the few remaining remnants of ancient woodlands in London, and perfect for a brisk or sauntering walk under the canopy, with a marvellous view over the wooded hills to the south. This walk takes in the local views and sights and shares woodland paths with numerous dog walkers. If you have more time, there are plenty of opportunities to extend the walk following the Capital Ring and Green Chain network of routes.

This route follows the Capital Ring and Green Chain strategic routes – you will pass under the tree canopy, discover a lovely raised lawn on which to have a picnic and catch a glimpse of Severndroog Castle, perhaps the largest folly in England. There has been woodland here continuously for more than 8,000 years and the area has a unique natural history and wildlife. Although the path is well-trodden and with no obstructions, its surface is not always dry, so wear appropriate footwear after it has rained.

1.5 miles
35 minutes (with an opportunity to return in 15 minutes)
3000 paces

An alternative shorter route is offered (0.7 miles/15 minutes/1400 paces).
Highpoint House SE18 3RZ / Memorial Hospital SE18 3RG

Oxleas Wood and Oxleas Meadow

1. Leave Highpoint House and **turn right** into Shooters Hill. Take the **first right** into Kenilworth Gardens and **immediately left** into Crown Woods Lane and walk downhill.

2. Continue past the barrier, through a car park and past a café on your left to a fabulous view over Oxleas meadows and forested hills on the horizon.

3. Just on your right is a finger-post - **go right** here downhill, with the view to your left. **Keep right** at the fork in the path, climbing gently. After 200m **turn left** onto a small road (this is all signposted as a Green Chain walk). Those on the shorter walk will leave us here.

4. Continue past a rose garden and raised lawn on your right. This is a good place for having a picnic lunch.

5. At the end of this open area, **turn left** on a path into the woods (Capital Ring sign). Follow the Capital Ring along the path until it forks. **Take the right fork** (avoiding steps), and **keep straight on** until you come to a small house on the left.

6. **Take the right fork** here - the path rises to pass Severndroog Castle on your left. You will pass meadows to your left and then a car park and eventually come to Shooters Hill. **Turn right** to return to Highpoint House.

Before you reach Shooters Hill you will catch a glimpse of Severndroog Castle that was built in 1784 as a memorial to Sir William James by his wife. It is a dramatic 60-foot high triangular brick-built tower designed in the gothic style by architect Richard Jupp and is a nationally-listed Grade II* building presently on English Heritage’s Buildings at Risk register.

End

Shorter route

1. **1400 paces**  **13 mins**  **0.7 miles**

If you are looking for a shorter walk, follow instructions 1 – 3 above and then **turn right** onto the small road to return to Crown Woods Lane. Go **left** up the lane, **then right** into Kenilworth Gardens, **then left** into Shooters Hill to return to Highpoint House and the Memorial Hospital.

This shorter walk offers you a chance to leave the office, get some fresh air and have time for a quick lunch.

Wellbeing at Work