

#### 54. Hampstead Heath swimrun

**Distance**        **4 miles/6.5km**

**Ascent**         **139 metres**

**Start/finish**    **Hampstead Heath Station, NW3 2QD**

Follow South End Road north and turn R on a cycleway across East Heath, crossing between the ponds and swimming in the mixed pond if you fancy it. Continue running, curving L to Viaduct Pond. Turn L and follow the path around the southern end of the pond and to the R to Vale of Heath Pond. Turn R and follow paths north-east to Kenwood House. Turn R and follow paths south-east between the Highgate Chain ponds and then L to Millfield Lane, turn R onto this and follow it past the Kenwood Ladies' Pond. Turn R away from the lane and along the eastern bank of the boating pond, turn R after this and then L past the south-western bank of the men's pond. Turn R after the last pond and cross the heath to reach the edge near houses, turn L and follow these south. Turn R and follow the road west back to the start.

Miles	Km	Directions
0.0	0.0	Follow South End Road north and turn R on a cycleway across East Heath and crossing between the ponds.
0.4	0.6	Continue running, curving L to Viaduct Pond.
0.9	1.4	Turn left and follow the path around the southern end of the pond and to Vale of Heath Pond.
1.2	1.9	Turn right and follow paths north-east to the path junction just past Kenwood House.
2.1	3.3	Turn right and follow paths south-east between the Highgate Chain ponds and then left to Millfield Lane.
2.5	4	Turn right onto this and follow it past the Kenwood Ladies' Pond to a road junction.
2.7	4.3	Turn right away from the lane and along the eastern bank of the boating pond, turn right after this and then left past the south-western bank of the men's pond and past the next pond to a path junction.
3.2	5.2	Turn right and cross the heath south of Parliament Hill to reach the edge near houses.
3.6	5.7	Turn left and follow this path south to the edge of the heath. Turn right here and follow the road west back to the start.