

The Thames Path, one of England's 13 National Trails, follows the River Thames for 184 miles (294 km) from its source in the Cotswolds through some of Britain's finest countryside to the Thames Barrier in London. www.nationaltrail.co.uk/thamespath

Teddington Lock

Distance from source: 146 miles (243km)
Height above sea level: 14 feet (4.3m)

There are three locks at Teddington and these represent the lowest and largest on the non-tidal River Thames. Richmond Lock, 3 miles (5 km) downstream, is only used at low tides. Mean river flow at Teddington is about 15,000 gallons (70,000 litres) per second but it can increase tenfold during high rainfall.

Wildlife at Teddington

The River Thames through London forms a vital corridor of habitat.

Here at Teddington there are good populations of fish. Sea trout and salmon can travel up the river using fish passes to bypass the weir and migrate upstream to breed.

A variety of bird species can be seen including black headed gull, common tern, mallard, cormorant, coot and mute swan.

Plants commonly found along the river include common reed, yellow flag iris and purple loosestrife.



Common Tern



Sea Trout

Ham House

1.5 miles (2.5 km) downstream Ham House, National Trust, is one of a series of fine houses on this stretch of the river. Built around 1620, it is an outstanding example of the Stuart period.

A ferry operates from downstream of Ham House to Marble Hill, offering a circular walk from here of about 3.75 miles (6 km).

The Ham Lands
The land between the lock and Ham House is designated as a Local Nature Reserve. Old gravel pits were filled with rubble from bomb-damaged buildings in London. Today it offers a mix of woodland, grassland and wetland habitats for wildlife.

Eel Pie Island
Named after the pies once sold at the Island Tavern, it was once a popular place of entertainment and is mentioned in Charles Dickens' *Nicholas Nickleby*.



National Trust / David Watson

You are here

Teddington is well known as the place where the river changes colour, signifying the 'highest point to which tides flow' on the River Thames. Before the first lock was built here in 1810, the tide flowed further upstream to Staines.

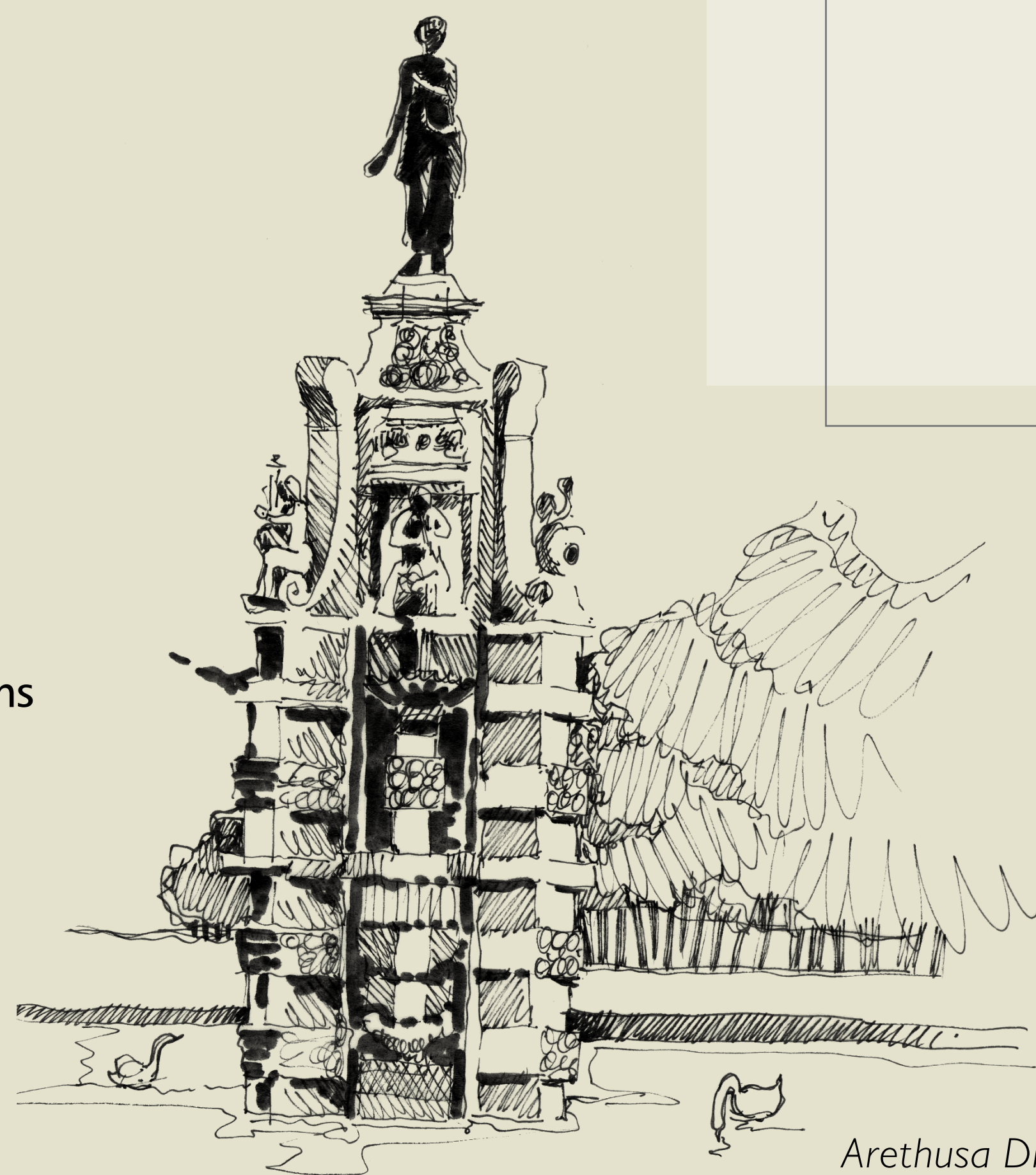
Teddington's name derives from *Tudinton* – a settlement of Tudra, an ancient tribal leader. It is not a derivation of *Tide's End Town*, as claimed by Rudyard Kipling and others.

About ¼ mile (400m) downstream is the obelisk that marks the boundary between the jurisdiction of the Environment Agency (for the freshwater river) and the Port of London Authority (for the tidal section).

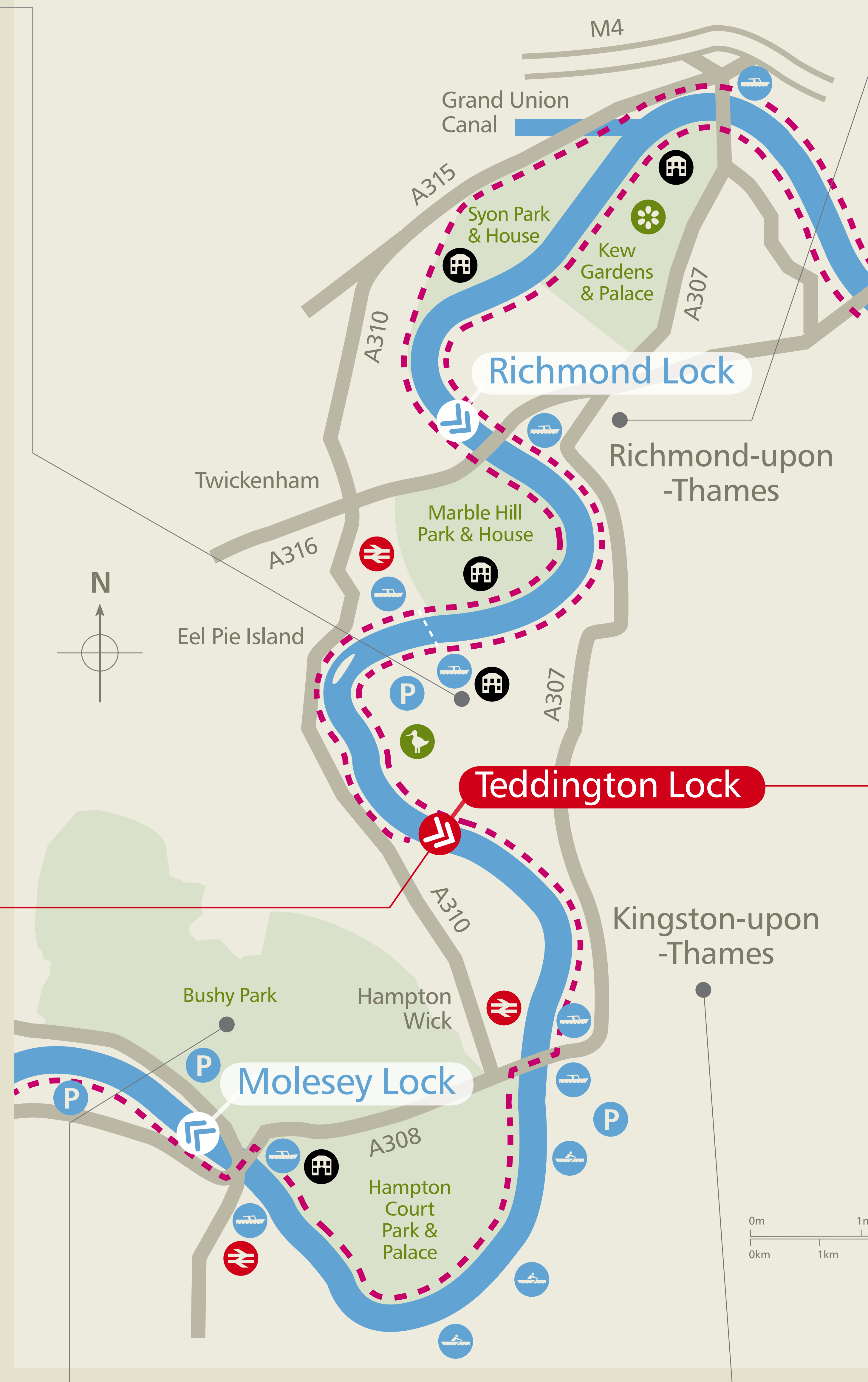
Thames Landscape Strategy

This stretch of river (between Hampton and Kew) is called *The Arcadian Thames* and forms a unique landscape of views, richly ornamented buildings and designed parkland that has inspired architects and artists for over 500 years.

The Thames Landscape Strategy is a 100 year plan to improve the river and its surroundings for all to enjoy.

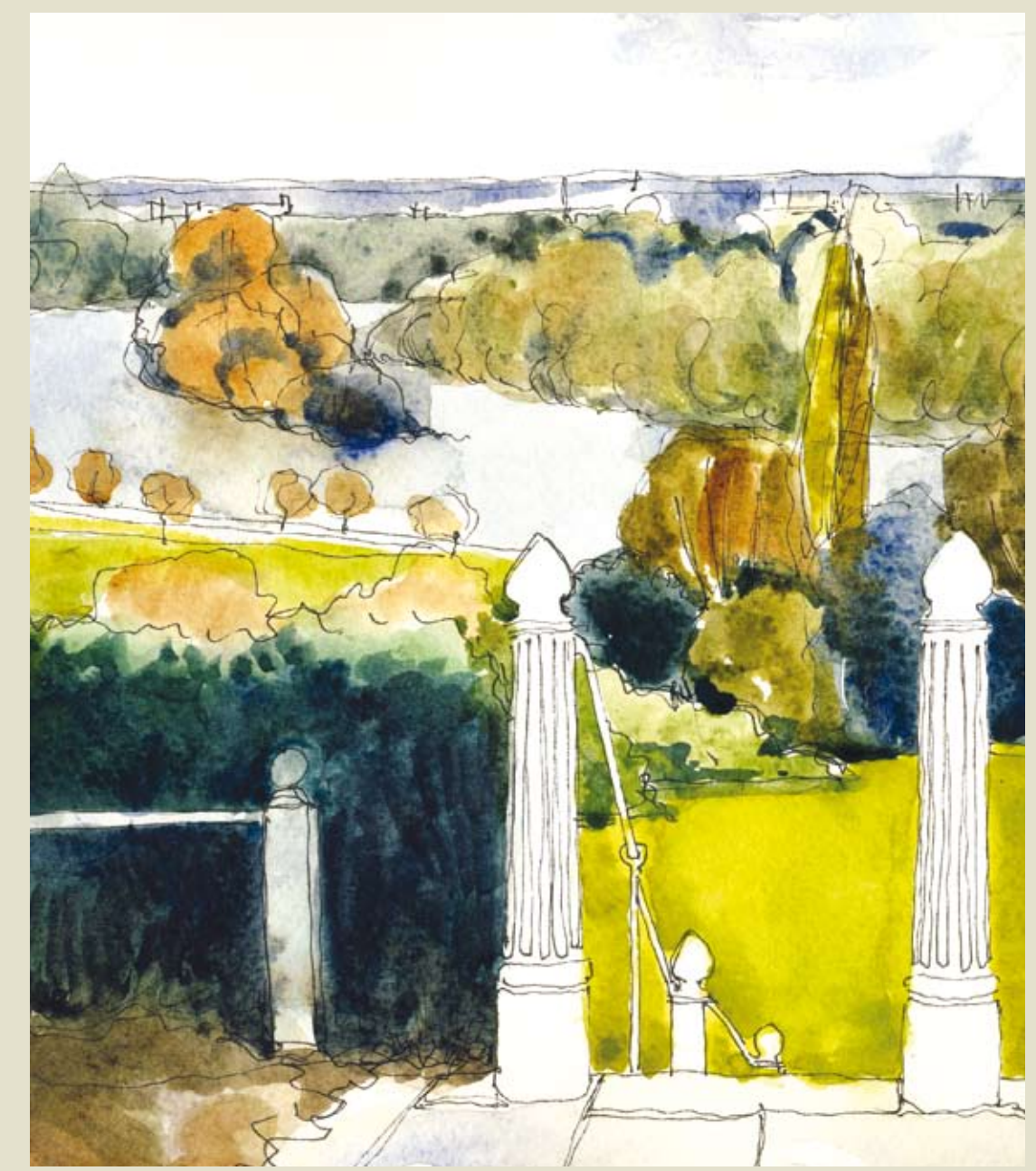


Arethusa Diana Fountain

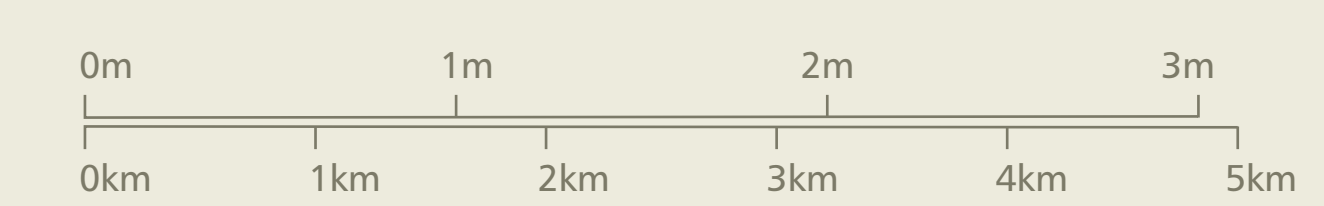


Richmond

2.5 miles (4 km) downstream The name of Richmond-upon-Thames dates from 1501 when Henry VII built a palace here and named it after one of his favourite Yorkshire properties, Richmond Castle. The view from Richmond Hill is one of the finest river views in England and is the only landscape in England protected by an act of parliament (1902).



View from Richmond Hill



Bushy Park

1 mile (1.6 km) southwest Bushy is the second largest of London's Royal Parks. Lying to the north of Hampton Court Palace, it has a rural character and is home to hundreds of deer. The Arethusa Diana Fountain forms the centrepiece to the famous Chestnut Avenue.

A circular walk to Hampton Court via Bushy park, returning along the river, is about 7 miles (11 km).



Kingston Bridge

Kingston

2 miles (3km) upstream Kingston-upon-Thames has a rich history. In Saxon times, it witnessed the coronation of seven kings – seated on the coronation stone outside the Guildhall. The town appears in the domesday book of 1086 as Chingestone. Until 1729 (when Putney Bridge was opened) Kingston was the first bridge across the River Thames upstream of London Bridge.

Kingston is a bustling commercial hub with excellent shopping and fine river frontage. Kingston Bridge retains its classical elegance even though it has been widened and strengthened many times since it was constructed in 1828.