

Paddlesport normal operating area
(dark blue) with distances from the
boat park landing stage in kilometres



UPSTREAM			DOWNSTREAM		
	0.450	“The Café”		0.060	Club House (start line)
	0.870	Ravens Ait (downstream)		0.450	Kingston Bridge
F	1.0	Westfield Landing slipway	G	0.660	Kingston Sea Cadets
	1.9	Thames Ditton Marina		0.720	Kingston Rail Bridge
E	2.2	Warspite & Ajax Sea Scouts (Ditton Reach)	H	1.3	The Boaters (pub)
D	2.7	Ye Olde Swan (pub)	J	1.7	Albany Watersports/ Leander Sea Scouts
C	3.2	The Albany (pub)		1.9	Trowlock Island (upstream end)
	3.75	River Ember (Mole)		2.4	Trowlock Island (downstream end)
B	4.0	Beach upstream of landing stage	K	2.6	Lensbury Boat House
	4.1	Hampton Court Bridge		2.9	Teddington Lock Cut
A	4.2	Riverbank, Molesey		3.2	Footbridge
	4.4	Molesey Lock		3.3	Teddington Lock (rollers)
			L	3.5	Teddington RNLI

