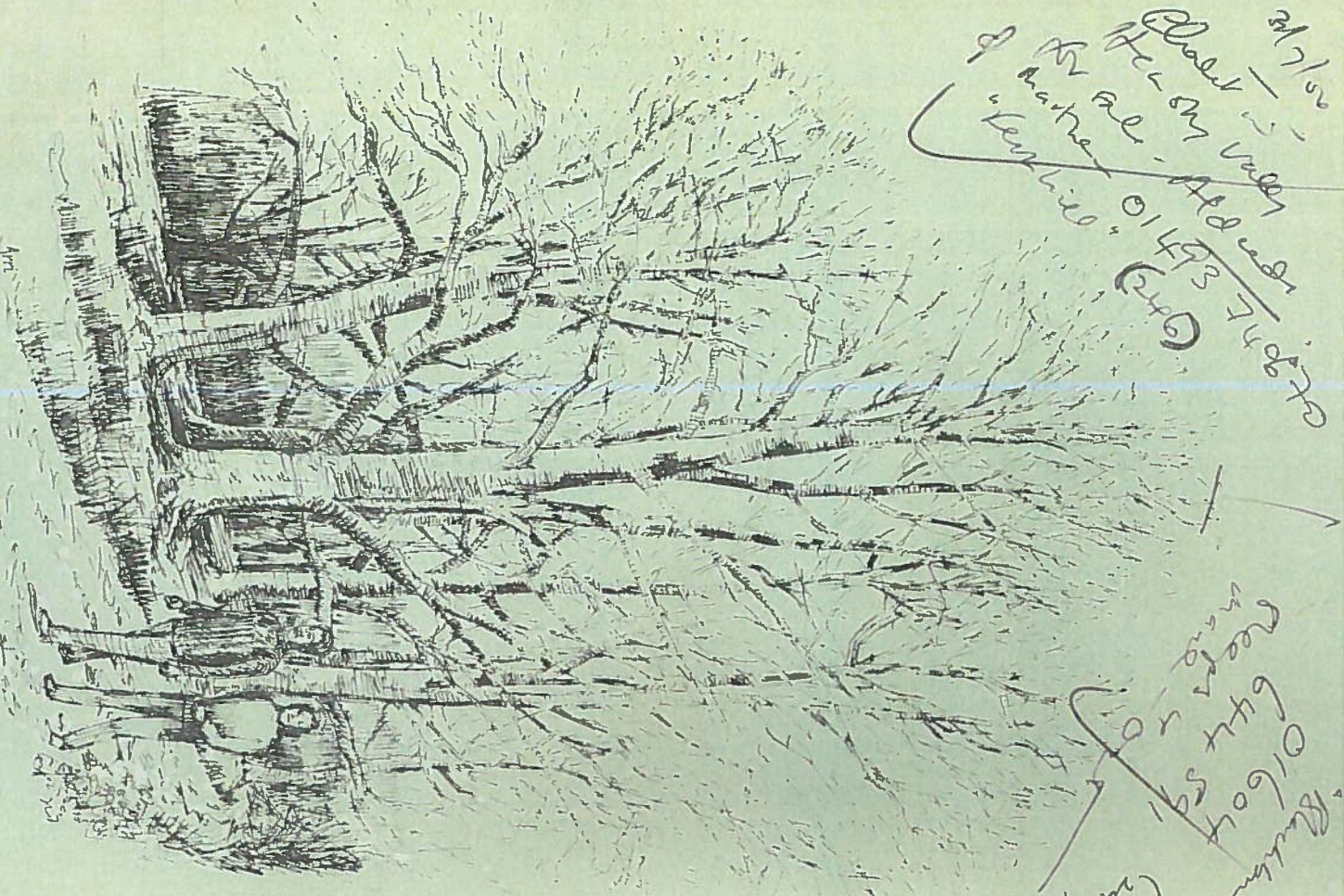


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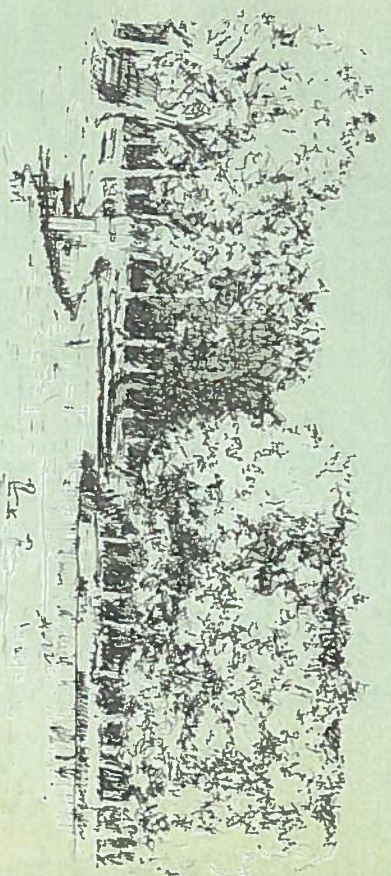
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HORT W... S EPPING FOREST: by Fred Matthews and Harry Bitten

*John*

# Short Walks in London's Epping Forest and its immediate surroundings



by **FRED MATTHEWS**  
 (Secretary, West Essex Group Ramblers' Association)  
 and **HARRY BITTEN**

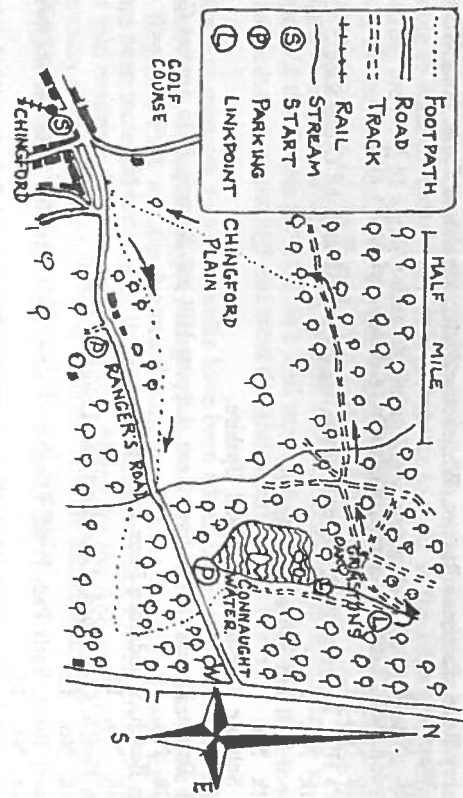
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**WALK No. 1**

**Chingford, Connaught Water and Grimston's Oak. From Chingford Station or the car park by Connaught Water.**



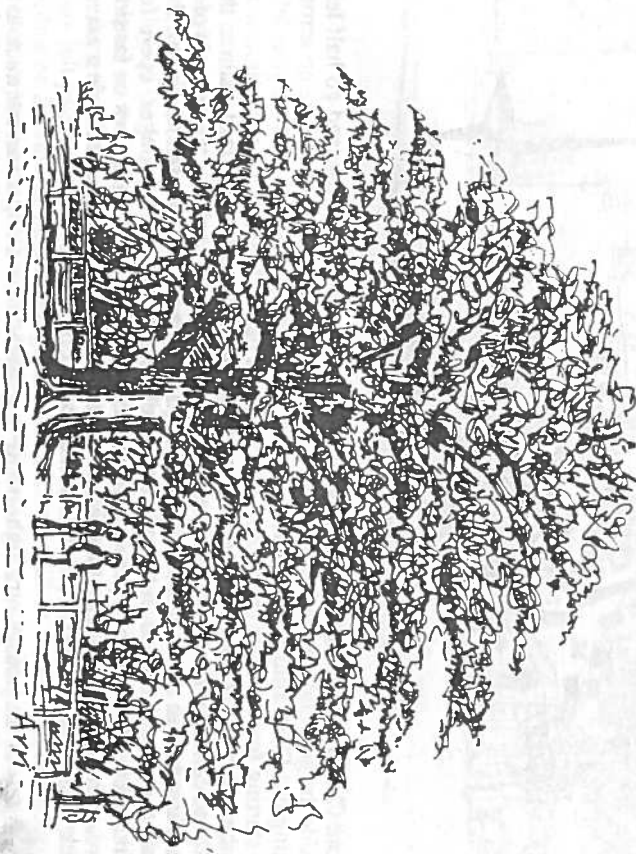
From Chingford Station turn right downhill along Station Road, and just beyond Bury Road on the left proceed half left across the green uphill to the left of the buildings, crossing a bridge over a ditch en route. On the left there are views over Chingford Plain, a fine open space on which football is played during the Winter. Pass behind the Royal Forest Hotel and also the back of the Queen Elizabeth Hunting Lodge, a building with an apparent lean towards the town. At the end of buildings bear right between a fountain and a wooden building, Butler's Retreat, on the right.

This is one of several retreats which were built in the Forest during the last century for the enjoyment and refreshment of day visitors. Bear right round Butler's Retreat and turn right to the Queen Elizabeth Hunting Lodge which houses the Epping Forest Museum and contains an exhibition of the wild life and flora to be seen in the Forest, and is a most useful introduction to the natural history encountered on our walks. It was built at the end of the 16th century as a royal hunting lodge. It is open to the public most afternoons including Sundays from 14.00 hours to dusk or 17.00 hours.

Retrace your steps and continue the walk passing between the fountain and a pond and then proceed downhill with the road away to the right. There are nice views ahead to the right over the road. Bear right to the road at the bottom of the dip. Cross the road and almost immediately turn left over the River Ching from which Chingford may have taken its name. (This is a tiny stream but can be impressive

after heavy rain). Keep ahead uphill rightish in a large open space with a belt of trees on the left. Near top of hill, with a single tree to your right and upper floor of the Warren Wood Public House peeping over the hill, turn left on a wide green track between trees. Continue over a crossing track to the road. Recross with care going down the lefthand side of the car park (from which walk can be started) to Connaught Water. (This is a very popular spot in the Summer when there is boating on the lake). Keep ahead with Connaught Water on your left and at end of lake (link point with Walk 3), continue ahead on a broad track. Go over a bridge and immediately before second bridge turn left on a narrow track through scrub and bramble leading rightish to a gravel crossing track, beside which turn left to a junction of tracks in front of Grimston's Oak in a clearing. This fine tree is named after a famous cricketer of his day.

Turn left beside gravel track passing the oak on your right to and over a crossing track. Then continue ahead beside the gravel track for about half a mile walking in the edge of the trees on the right of the track. On coming to a wide green track on the left opposite an earth bridge follow the green track to the edge of the trees at Chingford Plain and ahead half right to the lefthand corner of a car park which becomes visible on the right, bearing left out to the road and continue along Station Road back to the starting point.

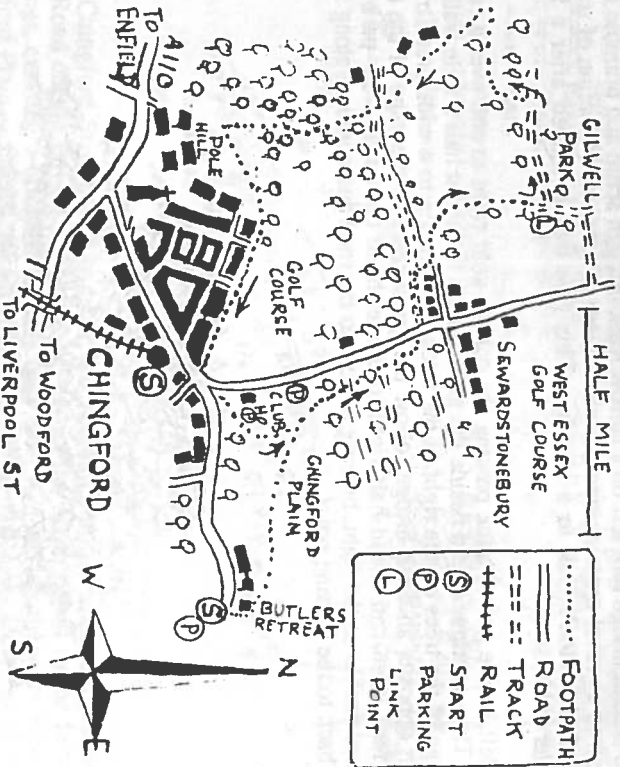


GRIMSTON'S OAK

**WALK No. 2**

**Chingford, Yardley Hill and Pole Hill.**

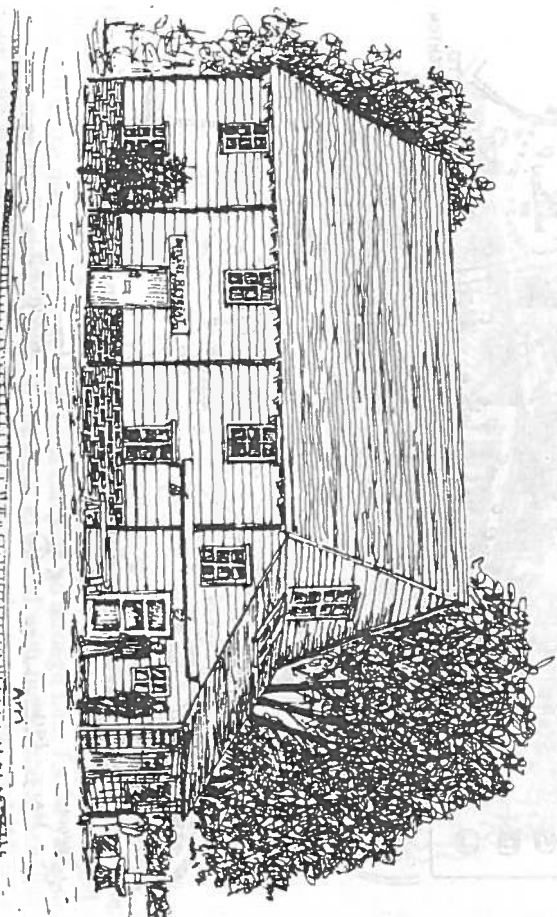
A walk round the fringes of the Forest, giving views over the Lea Valley, which may be started from Chingford Station or the car park opposite Butler's Retreat.



From Chingford Station turn right downhill to and over Bury Road and go half left beside the golf club car park and at its end cross an earth bridge. From here go across Chingford Plain aiming for the left edge of the trees keeping the road on your left. (If starting from the car park, cross the road and pass a fountain on your right with Butler's Retreat on your left and go downhill half left across Chingford Plain to the left-hand corner of the trees). Continue ahead into the trees walking on the right of a gravel track with the road a little to the left. Through the trees on the far side of the road can be glimpsed Jubilee Retreat although this is no longer open for refreshments. Go over two gravel crossing tracks and on reaching houses on far side of road on the left cross an earth bridge and the road, continuing ahead beside a gravel track with the houses on the right and the Forest on the left.

At the end of the houses turn right beside a garden fence along a narrow track to a rough road where turn left. At the end of the track cross a stile and follow the hedge on the right to a second stile half way along a short hedge ahead. Continue uphill with the hedge on the right. (This is Yate's Meadow, which has been acquired as an addition to Epping Forest.)

At the top of the hill (link point with Walks 15 & 21) cross a stile and go along a track for 25 yards and turn left along a wide green track beside the fence of Gilwell Scout Association training and camping ground on the right. Towards the bottom of a steep hill turn left along a wide green track uphill to an open space with welcome seats and views over the Forest. Turn right along a green track following the top of the ridge, which at its crest has extensive views over the reservoirs, then steeply leftish downhill towards houses. Bear left with houses on the right then downhill with a school away to the right. Beyond the school playing fields, turn right over a stream and steeply uphill along a wide grassy ride.

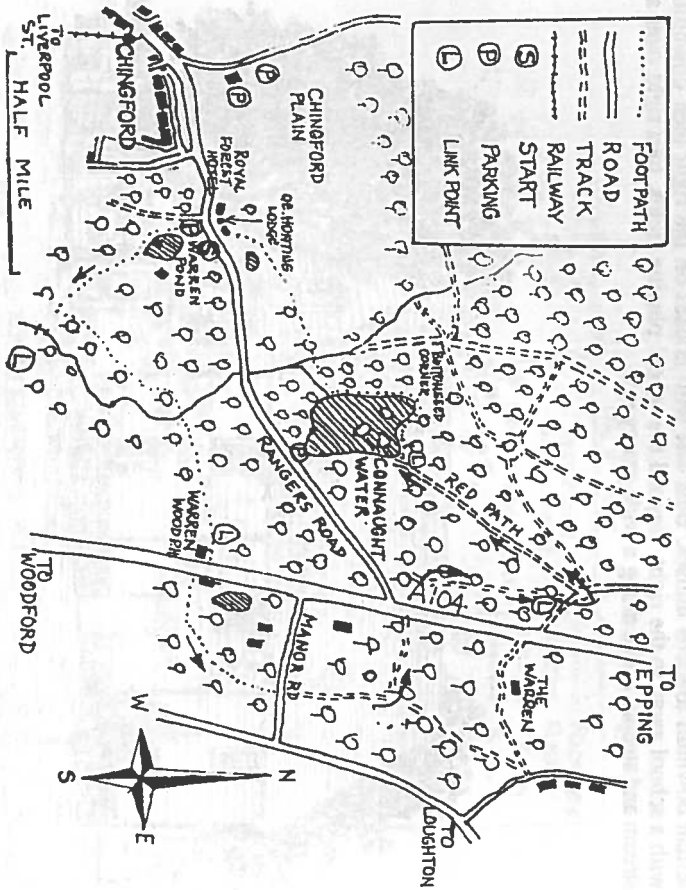


BUTLER'S RETREAT

On reaching the golf course ahead turn right into the trees keeping along the top of the ridge. There is no particular path to follow but keep to the high ground and you will have no difficulty. Gradually go uphill and at the top of the hill pass a deep gully on the left. At its end continue ahead leftish with a wooden post on your left keeping to the high ground over a ditch to an open space. Go ahead to the obelisk marking the Greenwich Meridian. Here there are outstanding views over London. Turn left passing to the left of the concrete triangulation post which was used by the Ordnance Survey for map making. Go half left downhill to the left edge of houses, and on to just inside the Forest where turn right walking with the golf course on the left. Turn right at Bury Road for the station or cross Bury Road and continue on open space on left of main road behind buildings, then right back to the car park.

**WALK No. 3**

**Starting at Butler's Retreat via the Warren Wood Public House, Manor Road, the Red Path and Connaught Water.**



From Butler's Retreat car park proceed away from Chingford Plain towards the very pretty Warren Pond. Do not follow the track to the right but keep ahead along the righthand side of the pond then left along a track which at the end of the pond turns right between posts. Go along the green path and over an open space and just short of a bridge on the main track over the River Ching (link point with Walk 19), turn left on a track (at first beside the Ching but gradually bearing left away from it) to a gravel crossing track. Turn right back to the brook. Do not cross the brook but turn left with it on right.

Shortly on coming to another bridge, cross the brook and continue ahead uphill on a wide open space with a fence to your right. There are wide and extensive views behind as you climb up the hill to the A104 where the Warren Wood Public House is to your right (link point with Walk 16). Cross the road with great care and go ahead keeping the 100 year old Trinity Terrace on your left.

Follow the wide track righthand uphill and then through trees to a cricket field. Continue on track on the left of the cricket field to a gravel crossing track. Turn left beside the crossing track, following it round bends and downhill to Manor Road. Beyond the road the track continues downhill into a dip where ignore a track on the right and go steeply uphill to the top of the rise.

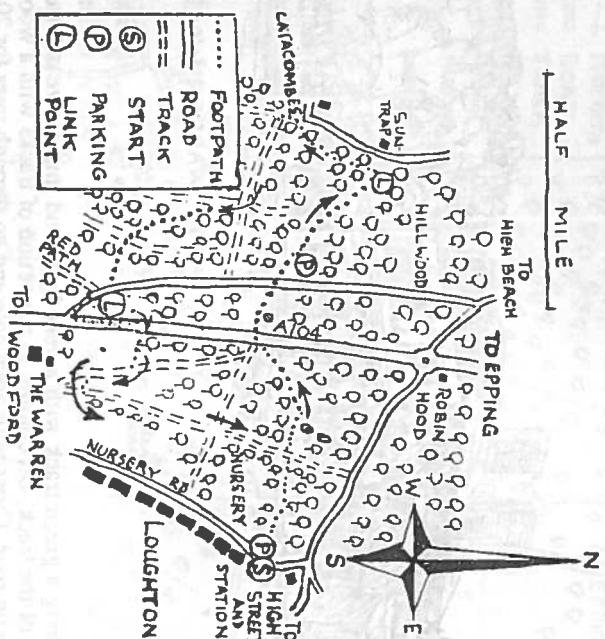


'THE WARREN WOOD'

Here turn left along a green track with a very large and impressive oak tree on the right at the start of the track. On coming to a junction of tracks with a wood ahead, turn left to the main road. Cross with great care and go through trees for 20 yards to a wide green track which follow to the right to a road with three short posts (link point with Walk 4). Turn left on the road for a few yards, then double back left on a gravelly track (the Red Path) with a ditch on the right, and follow to Connaught Water. Turn right over a bridge with the lake on your left (link point with Walk 1), turning left at the end of the lake with the water still on your left. At the corner do not cross the wooden bridge on your left but continue ahead leftish along a green track over a ditch and after emerging from trees, continue ahead diagonally uphill to Butler's Retreat and the car park.

**WALK No. 4**

**Nursery Road car park (Loughton), Fairmead Bottom, Whitehouse Plain, Almshouse Plain, Long Hills and the Warren.**



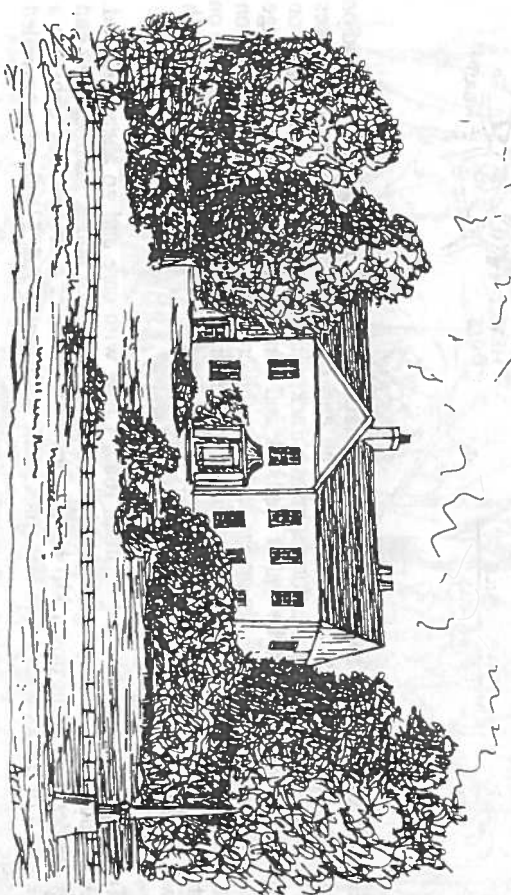
From Nursery Road car park continue on the lefthand path over an open space and into the trees. At junction take the lefthand fork to and over a wide track with Strawberry Hill Pond on your right. At the end of the pond cross an open space to turn left on a track and after 100 yards turn right on a wide track to the A104. Cross with care and continue ahead past a pond on your right to and over a minor road. Continue across the open space - Fairmead Bottom - and when a gravel track joins from the right follow it over a bridge. Do not turn left with the track, but continue ahead with a ditch to the left and the Suntrap Field Studies Centre (link point with Walks 9 & 15), run by Waltham Forest Education Authority, in the distance. 20 yards short of the road, just after passing over a wooden footbridge, turn left over a small mound and continue along the edge of the Forest.

There are a number of minor paths through the holly bushes and the aim is to keep in line with the road on the right and come out on an open space - Whitehouse Plain - on the far side of the belt of trees. On reaching Whitehouse Plain aim for the righthand edge of the belt of trees on the far side of the plain and go ahead with the trees on the left. Then pick up a gravel track at a point where the road turns right. Shortly turn left beside a gravel track through the open Almshouse Plain. You can

walk on the grass on either side of the track as long as you keep it in sight.

At T-junction of tracks at the end of the plain turn right for 20 yards beside the gravel track. Here turn left over a ditch and along a green track and be careful, after about 25 yards, to take the left fork through this very pleasant piece of woodland known as Long Hills. Later cross Grimston's Oak Ride and continue to a minor road (link point with Walk 3). From here as the edge of the Forest is overgrown, it seems best at present to turn right uphill on the road past posts to the A104 and crossing with care, turn left walking on the verge beside the road. Keep an eye on the field on the right and when it ends and the Forest restarts, turn right on a path down the bank and over a ditch and on with the fence of the field on the right. In the foreground is an obelisk erected by General Grosvenor in memory of his horse killed in the Battle of Waterloo.

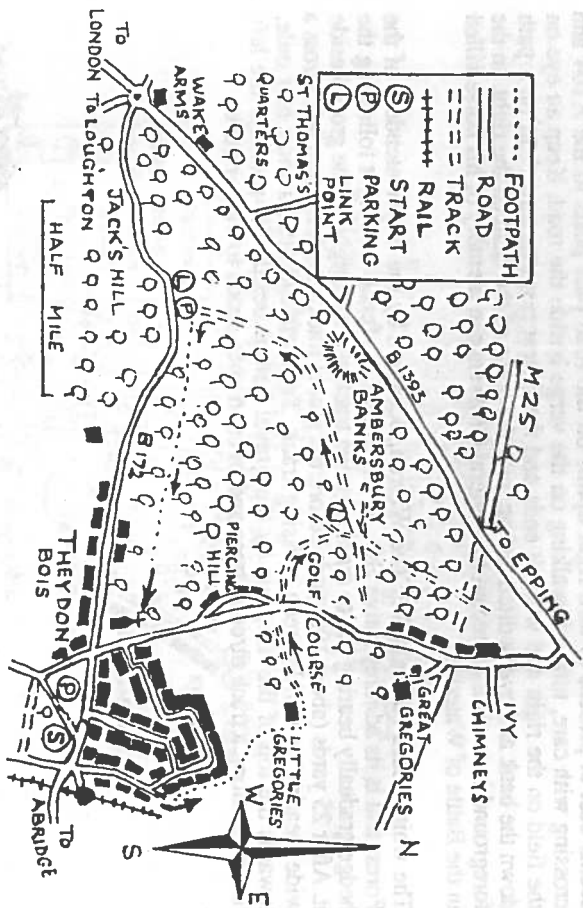
The white house on the hill is The Warren, occupied by the Superintendent of the Forest and is its administrative HQ. At the end of the fence turn right following the hedge gradually bearing left to cross a gravel track and turn right on the green beside it. After 25 yards (about 100 yards before the gravel track runs left), turn left across a wide clearing to a wide green crossing track. Turn left and after a short half mile, towards the top of the rise, just by the gravel humps beside the pond on the left, turn right along a track through trees and over an open space to the car park.



**THE WARREN (THE SUPERINTENDENT'S HOUSE)**

**WALK No. 5**

Theydon Bois, Little Gregories, Ambersbury Banks and Jack's Hill, taking in the undulating countryside to the east of the Forest and the ancient encampment at Ambersbury Banks.



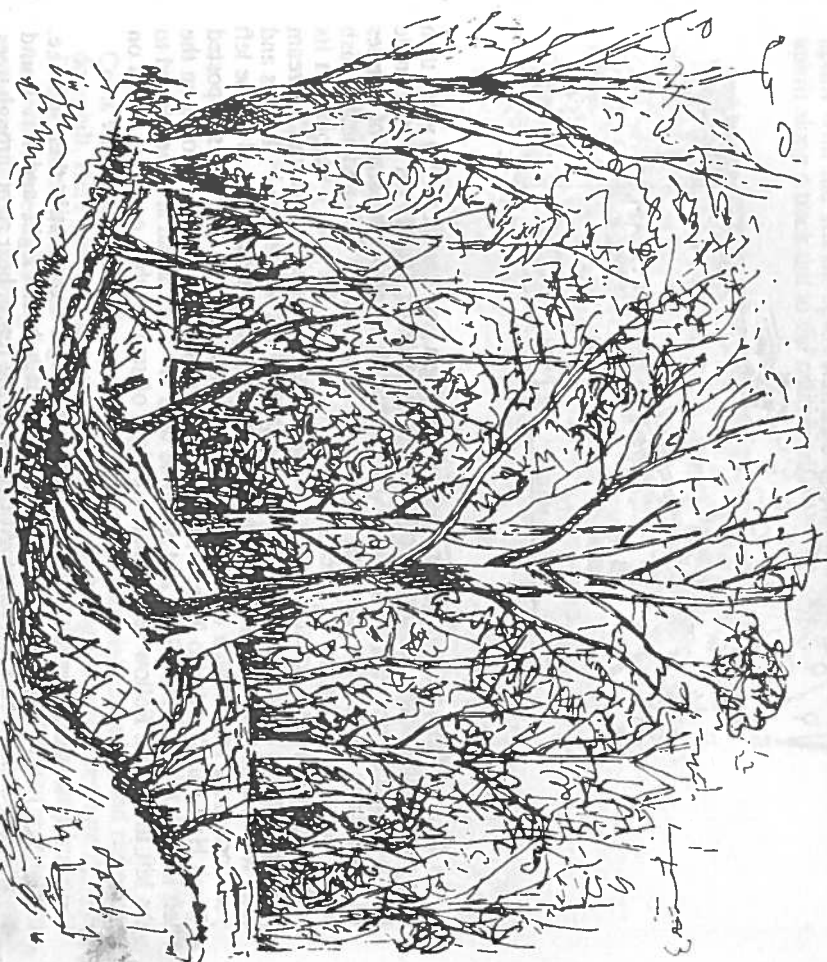
From Theydon Bois Station turn down the station approach and take the first road on the right (Forest Drive). Continue to the end of the made-up road, past Dukes Avenue on the left and on along a grassy track with wooden fences and houses on the left. Cross a stile at the end of the track and continue ahead uphill with a hedge on the right ignoring a stile on the right. At the crest of the hill cross the stile on the right beyond a gate and continue in the former direction with a hedge and farm on the left. At the end of the fence cross a stile on the left and continue beside a high wall and across the stile at its end.

Turn left to lane then right to main road. Cross with care and go ahead on road. When this soon turns left go ahead beside track to right of house, Fairmead. At end of garden turn right down hill beside gravel track over a bridge then uphill to a junction of tracks where turn left (link point with Walks 7 & 13) along a gravelled horse ride.

Continue past Ambersbury Banks on your right and after half a mile, just before coming to a road ahead, turn left beside a wood chip track (link point with Walk 6). After a quarter mile where the track swings left, walk beside it for about 40 yards and at the start of a series of depressions on the right turn right, keeping the road to your

right. You head leftish into a valley which opens up ahead. Bear rightish with the valley keeping on its righthand side with a stream on your left and after a quarter mile cross a stream joining from the right. Keep ahead beside the stream on your left into a wide open space.

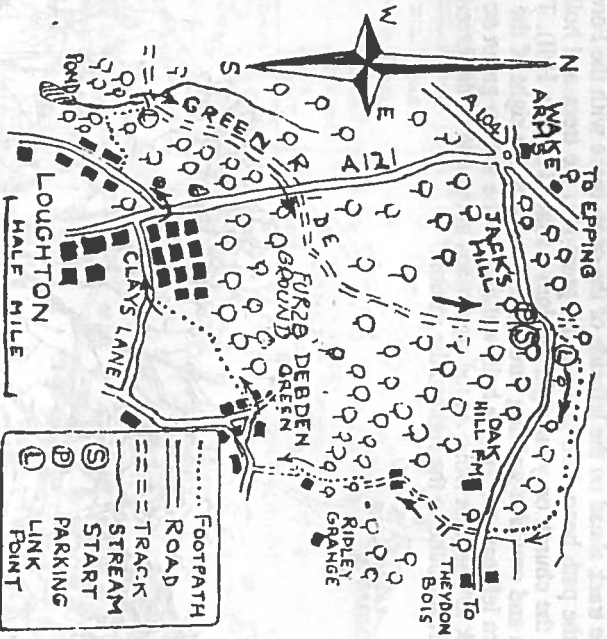
Follow the wide track ahead on the left side of the open space with the Forest on the left and when the path bears left, go over the grass into the trees and holly bushes ahead, passing the church on your right out into a road (Piercing Hill). Turn right past the church and onwards walking through the trees on the right of the road to a crossroads. Turn left past the village hall, walking on the village green on the right of the road back to Theydon Bois. At the crossroads at the end of the green turn left and follow the road round to the right to the station.



AMBERSBURY BANKS

WALK No. 6

Jack's Hill car park (west side of road), Theydon Bois, Debden House, Baldwins Hill and the Green Ride.



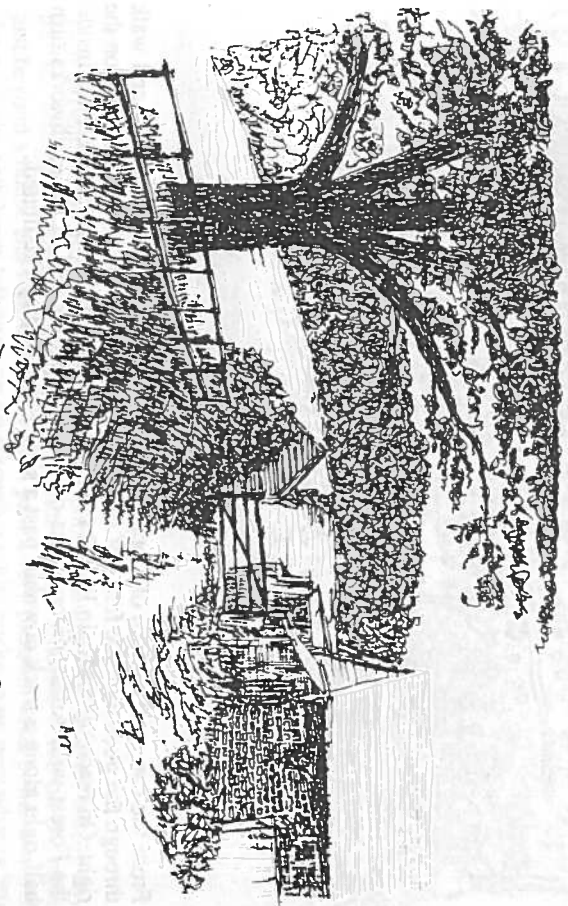
Cross the road from the car park and go ahead along a gravel track for 50 yards then turn right beside a wood chip track (link point with Walk 5). After a quarter mile where the track turns left, walk beside it for about 40 yards. At the start of a series of depressions on the right, turn right keeping the road to your right and head leftish into a valley which opens up ahead. Bear rightish with the valley keeping on its righthand side with a stream to your left, and after a quarter mile cross a stream joining from the right. Turn right uphill keeping half left between holly bushes and later with a fence behind these bushes on your left. After passing a pond on the left you come to a road which cross with care to a drive almost opposite signposted 'Birch Hall Farm' and also 'Public Footpath to Loughton'. Ignore two forks on the left leading to Birch Hall Farm and continue with the drive ahead and then round to the left to stables. Follow fenced path on right of stables, then continue ahead on track.

On coming to the gates in the fence ahead turn right over a stile then left (i.e. straight on) with the fence on the left. The path bears right and left round depressions then on beside a fence. At the end of the fence, bear right through trees then sharply right downhill, with the concrete fence of Ripley Grange on the left. On reaching a road, turn right and after 100 yards (opposite Ripley View on the left) turn right. After a further 150 yards opposite Debden House, turn left up a fenced

track by a Public Footpath sign.

At the end of the fence on the left go onto the golf course on the left and diagonally uphill to a track (keeping a look out for golfers). Turn right on track and when it turns right, go ahead for a short distance to a gap at a corner into a fenced path. Turn left between fences and follow to a road. Turn right to the main A121 and go right for 150 yards, then cross to go up a road called Baldwins Hill.

Opposite a road called Whitaker's Way, turn right along a track with a house on the left. (Just a little further along Baldwins Hill on the right is Deerhurst, the house where the sculptor Sir Jacob Epstein lived). When the track turns left at the end of houses go ahead through the trees gradually bearing rightish downhill into a valley with a stream running through. There is no particular path but this stream runs from Baldwins Hill Pond on the left to where the Green Ride crosses it on the right (link point with Walk 11), so that as long as you keep down to the stream you will have no difficulties. Turn right along the stream to the Green Ride. Turn right and go uphill with the stream still away to the left. Cross a stream and continue ahead uphill along a track out to the main road.

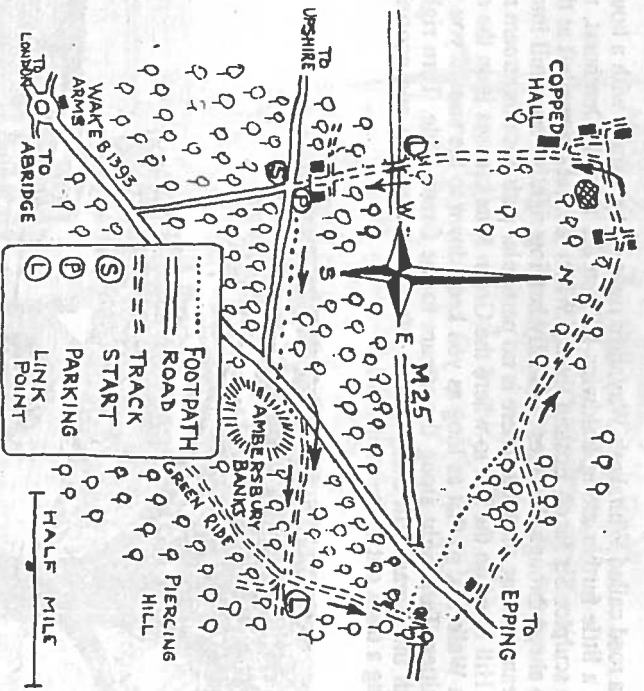


BIRCH HALL FARM

Cross with care to a track opposite which soon bears right then left and right again downhill. Here you will see where the Forest is being thinned to recreate the open spaces which were once a feature of the area with their heathers, and indeed the heather is re-establishing itself to make a welcome splash of colour amongst the green of the trees. Ignore a fork on the left which goes back to the road and continue down into and up out of a valley keeping to the ridge. At the top of the hill bear half right to a crossing track. Here turn half left walking in the trees beside the main track and follow to the car park.

**WALK No. 7**

From Copped Hall gates via Ambersbury Banks and the ruins of Copped Hall, with splendid views of the house and over the Lea Valley.



From the car park in front of Copped Hall gates at Lodge Lane, turn left and walk through the trees with the fence of the Cophall Estate on the left and the road on the right. On reaching the main B1393 road cross with great care and turn left just inside the Forest with Ambersbury Banks on the right. At the end of the earthworks turn half right along a track downhill past a sign 'Horse Riding Prohibited'.

After half a mile there is a junction of tracks where we again meet the Green Ride which now has a gravel track for horses on it (link point with Walks 5 & 13). Turn left beside it and after half a mile come to a crossing horse ride on the top of a hill. Turn left to the B1393 and cross. Turn right on tunnel over the M25. Beyond it turn left beside a wall and at its end the ladderstile has been replaced.

Here you have a magnificent view of our objective, the shell of Copped Hall away on the hill across the valley. The present building is the third on the site but was gutted earlier this century. Cross ladderstile and follow fence on left to corner where turn right downhill with fence to the left. Cross the stile in the corner, continue to

the next stile and cross to the other side of the hedge, following the wood on the right to a stile leading into a drive.

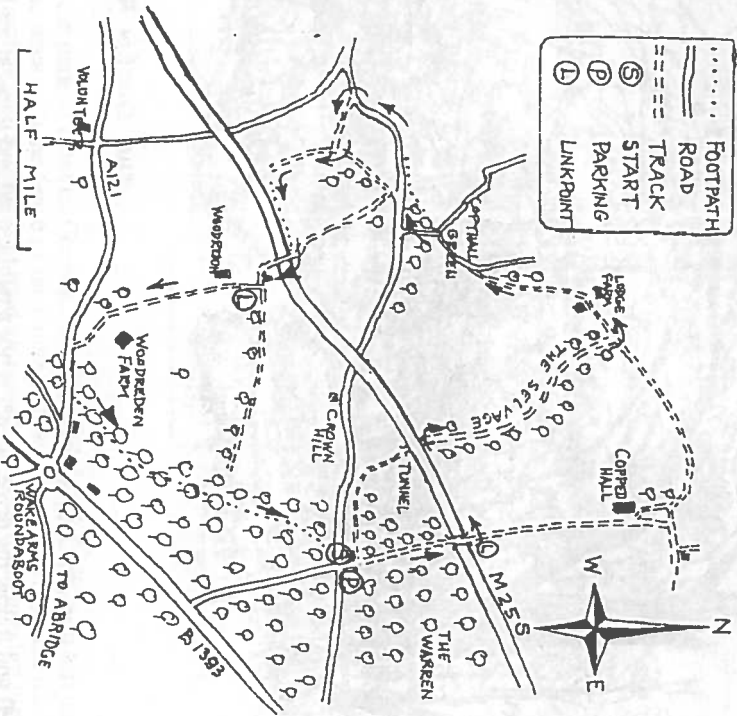


THE GREEN RIDE

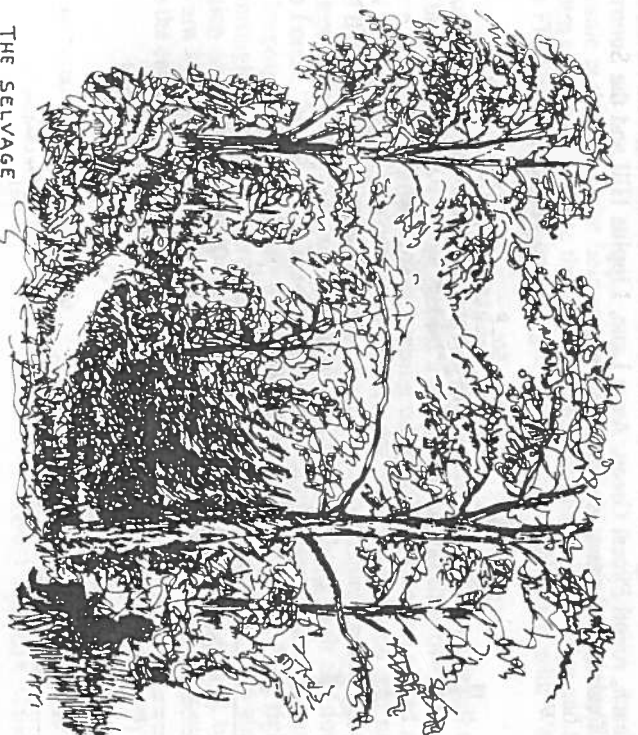
Turn left and follow the drive, which is not a public road and thus carries hardly any traffic, through pleasant undulating countryside uphill. Ignore a drive on the right just beyond a house and follow the drive left past a very pleasant duck pond. Beyond the pond the path bears left and you go through a white wicket gate past what is left of Copped Hall. Continue uphill for about a mile with views to the left and gradually climbing through woodland over the M25 to the main gates. At the edge of the M25 there is a path off to the right (link point with Walk 8). Continue through the smaller gate to the right of the main gates back to the car park.



The Selvage, Copthall Estate and Upshire. A walk to be enjoyed for its wealth of green lanes and tracks and the visit to Upshire, one of the few remaining true Epping Forest villages.



From Copped Hall gates by Lodge Lane go through the smaller gate to the left of the main gates and ahead to cross the bridge over the M25. Turn left beside it for a quarter mile to a wide green lane on the right (The Selvage), one of the finest of many green lanes in this area. Follow it gradually downhill for almost a mile. (Towards the bottom of the hill there is a gap on the right leading into a field and from this gap there is a fine view of Copped Hall, which is visited on Walk 7.) Just beyond here cross a stile into a drive and turn left through the lodge gates onto Copthall Green, a detached part of Epping Forest. Continue ahead leftish walking on the grass beside the rough track to a lane where turn left. At a T-junction with a



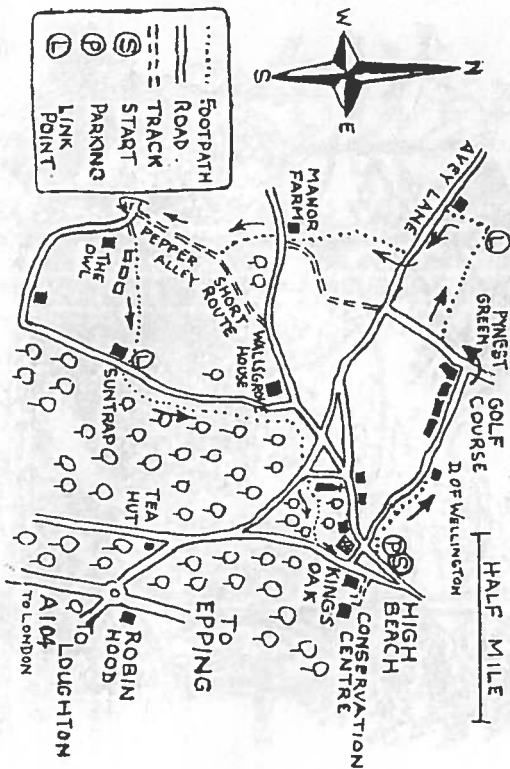
house on the right cross junction and go ahead rightish along a track on the righthand side of the green past a Forest Way\*\* sign. On reaching road continue on track beside the road on your left.

There are good views to the right as you reach the church, village hall and the Four Horseshoes Public House in Upshire on the left. Turn left on a path to the left of the Horseshoes Public House on a fenced path through a gate and on with a hedge on the left, downhill with good views to a wicket gate onto a green lane where turn left. When track turns sharp left turn right uphill to a T-junction, where turn left uphill signposted 'Public Footpath to Epping Forest'. At M25 turn left beside it to a bridge on right which cross and follow track uphill, bearing left beside bungalow on left (link point with Walk 10), and shortly turn right on the Forest Way, with views of the Forest to the left and later over the Lea Valley to the right. Pass a duck pond on your left and go through gates. Go ahead for about a quarter mile then just before the main road turn left, beside a horse ride in narrow strip of Forest with road on right. After about a quarter mile horse ride turns left along the left edge of the Forest, for about three quarters of a mile with views over farmland to left. Just short of a road turn right walking in the edge of the trees with the road to the left, and on coming to a road ahead the car park is to the left.

\*The Forest Way is a 20 mile walk mainly by footpaths from Epping Forest to Hatfield Forest established to commemorate European Conservation Year and details of the route can be obtained from the Highways Department, Essex County Council, Globe House, New Road, Chelmsford.

**WALK No. 9**

High Beach, round Pynest Green, Avey Lane, Lippitts Hill and the Suntrap Field Studies Centre, with views over the Lea Valley.



From the car park at High Beach proceed, with the car park on the left and the tea hut behind, to a road on the right opposite the King's Oak Public House. Turn right following a path on the edge of the Forest which later bears left back to the road on the left near the Duke of Wellington Public House. Follow the road downhill to a T-junction and turn left for 100 yards to a stile on the right, leading through a small area of rough ground and continue along a field with a hedge on the right.

At the end of this long field cross a stile (link point with Walk 22) and turn left past Avey Lane Farm on the right out to a narrow lane. Turn left and after 300 yards cross a stile on the right. Follow the left edge of a field to a stile by a pond and turn left across a field to a gate. Follow the track with conifers on the right through two gates and on along a track to a road at Mott Street. Turn right for 50 yards past Manor Farm on the right then cross a green and stile on the left by Public Footpath sign. Follow the fence on the left uphill over stiles, bearing left with the fence to a stile at the top of the hill, where glance back over the Lea Valley.

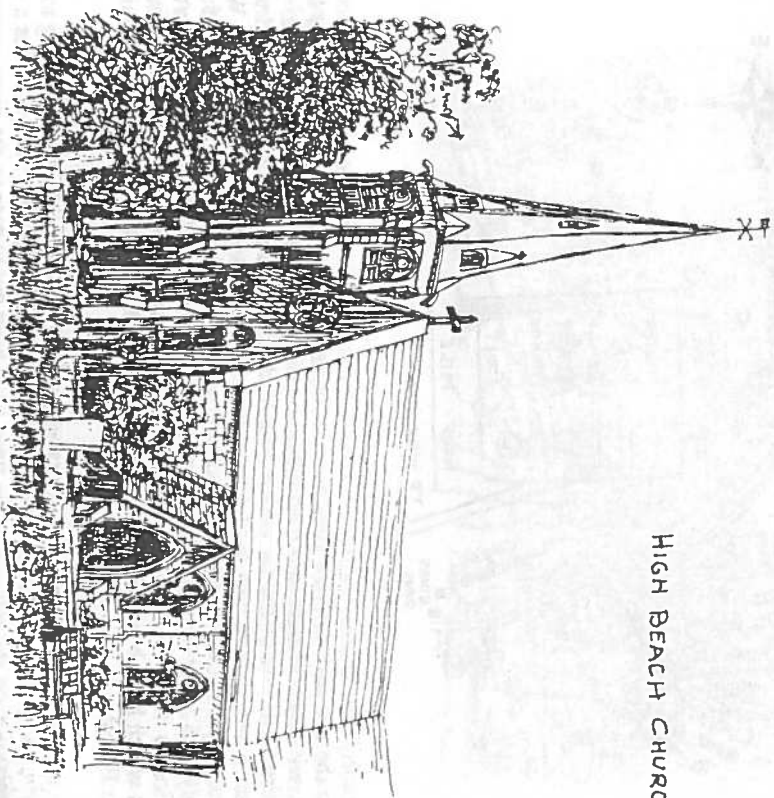
Continue over stiles to a signpost pointing to Mott Street, both the way you have come and also to the left. (The path to the left - Pepper Alley - is a pleasant hedged track which leads out to the road at Mott Street from where Wallsgrove House, mentioned later in the walk, is about 300 yards along the road to the right. This provides a shorter and quite pleasant alternative ending to the walk).

From the signpost turn right along a track across the middle of a field along a line of electricity poles then through a gate and along a track bearing right and left to the road at Lippitts Hill. Turn left and when the road turns sharp right in about 20 yards,

turn left on the green beside the track leading into the Elms. Pass the Elms entrance, cross a stile on the right and continue past caravans on the right.

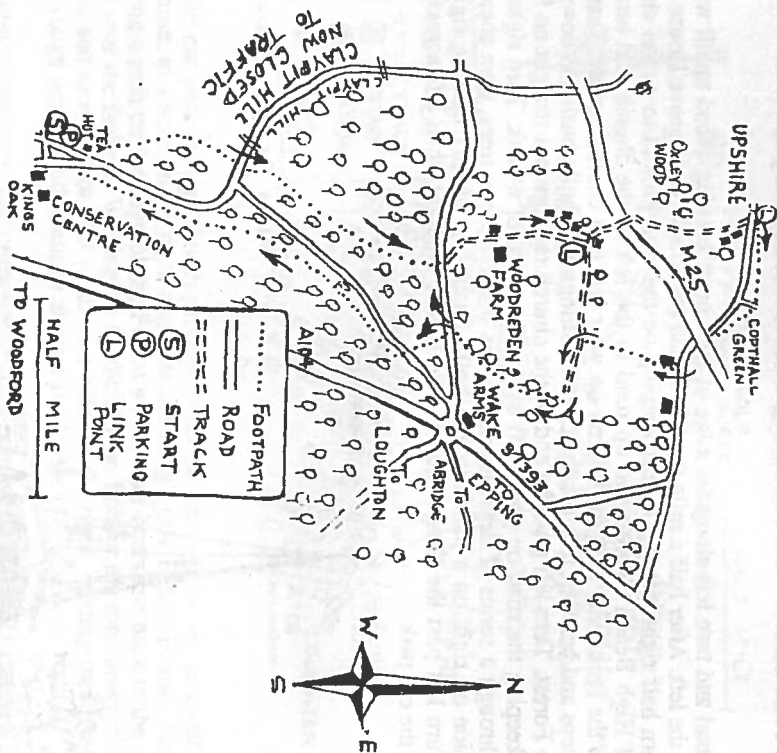
Cross a stile at the end of the field and go across a field to the far righthand corner, where turn right over a stile to the left of a gate. Continue with a hedge and later the Suntrap Field Studies Centre on the right out to a road (link point with Walks 4 & 15).

Cross road and turn left along the edge of the Forest keeping ahead uphill with the road to the left. After half a mile there is a road ahead and Wallsgrove House on the left. Turn half right into the Forest keeping on the high ground to a road ahead in front of High Beach Church. Go up road to the left of the church and turn right through the lych gate, past the church on your left to a church corner. Turn right down steps and bear left to cross the church railings by a holly bush and down steps into the Forest. Turn left past the end of the church railings and straight on for 100 yards (keeping the road on your left) to a path on top of a bank. Turn right along ridge, through a series of depressions and on through large trees, then ahead past depression on right on a path through holly bushes, gradually bearing right to a road. Turn left past the King's Oak Public House on right, then left across green back to the car park.



HIGH BEACH CHURCH

**WALK No. 10**  
**High Beach, Woodreden Farm and Crown Hill Farm.**

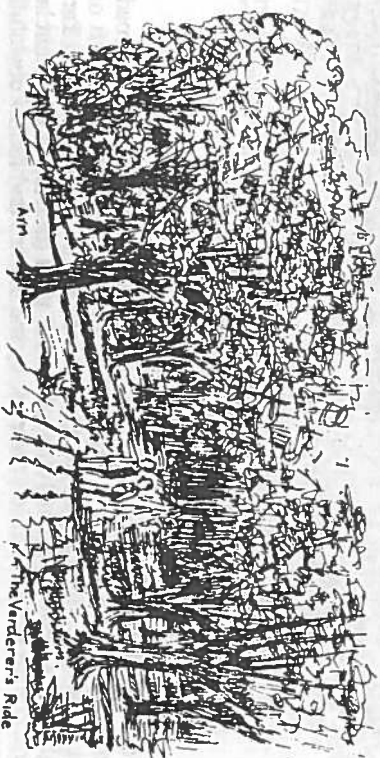


From the car park at High Beach go to the left of the tea hut through silver birch trees, with the car park and road close to your right. There is a steep drop to your left. From the end of the car park a path leads shortly onto a gravel track and when this soon bears right, take the left-hand fork leading diagonally into a valley. When the valley path turns sharp left, go ahead over a bridge and follow the path half right steeply uphill (not path to left into valley), and on to a road (50 yards short of a road junction to the right). Now the M25 is open, this road is one of a number of minor roads which have been closed to traffic as part of a move to restore rural tranquillity to the Forest.

Cross into the Forest picking up a gravel track, walking beside it and keeping to the high ground with a road away to the right. After about a quarter mile you pass a very large clearing on the left where the trees have been cut to reopen the view across the Lea Valley, which prior to the war was a great feature of a walk along this famous

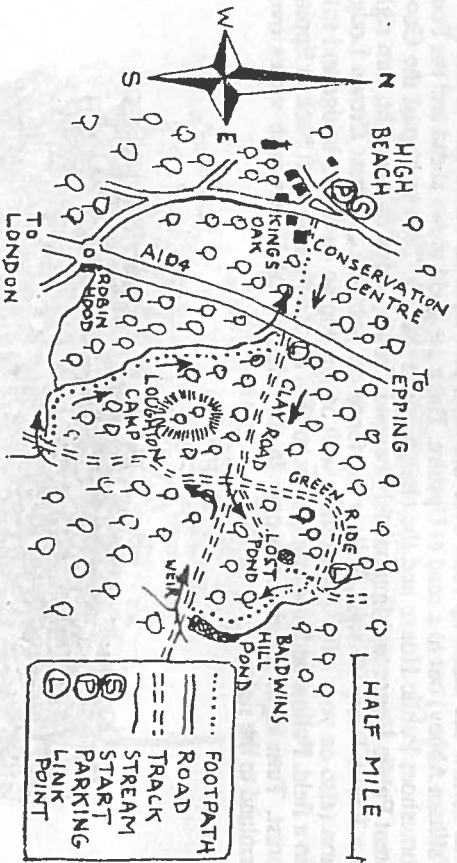
path which is known as the Verderer's Ride. Ignore a left fork and follow the main track round bends out to a main road. Cross with care to Woodreden Farm Lane (about 10-20 yards to left), not the gravel track opposite. This is the start of the Forest Way. Go past a duck pond on the right with views over the Lea Valley to the left. After passing Woodreden House on the left, turn left at a T-junction passing a bungalow on the right (link point with Walk 8).

Then follow the made-up road over the M25 and on with views to the left (over Waltham Abbey) out to a road at Upshire. There are good views ahead and the Four Horseshoes Public House and the church are to the left. Turn right past the Good Intent Public House and immediately beyond Crown Lodge on the right, turn right by a Public Footpath sign. Follow the fence on your left and past Crown Lodge Farm (also on your left). Then follow wall on left and go on over a bridge and stile into a field. Follow hedge on right to a crossing track where turn left back to Epping Forest. Turn right following a path in the edge of the Forest with views over farmland to the right.



Cross a stream in a dip and later bear left to cross a further stream by a bridge on a gravel track. Keep ahead beside the gravel track which turns right just short of a road. At this point there are two options: (a) Turn right to Woodreden Farm Lane, cross road on the left with care and retrace earlier course keeping at the edge of the high ground over a crossing road and using the road on the left as a guide; (b) alternatively cross road with care and go over Sunshine Plain to and over a lane and turn right inside Forest for a mile using lane as a guide until Rushey Plain is reached, when the car park is ahead to your right.

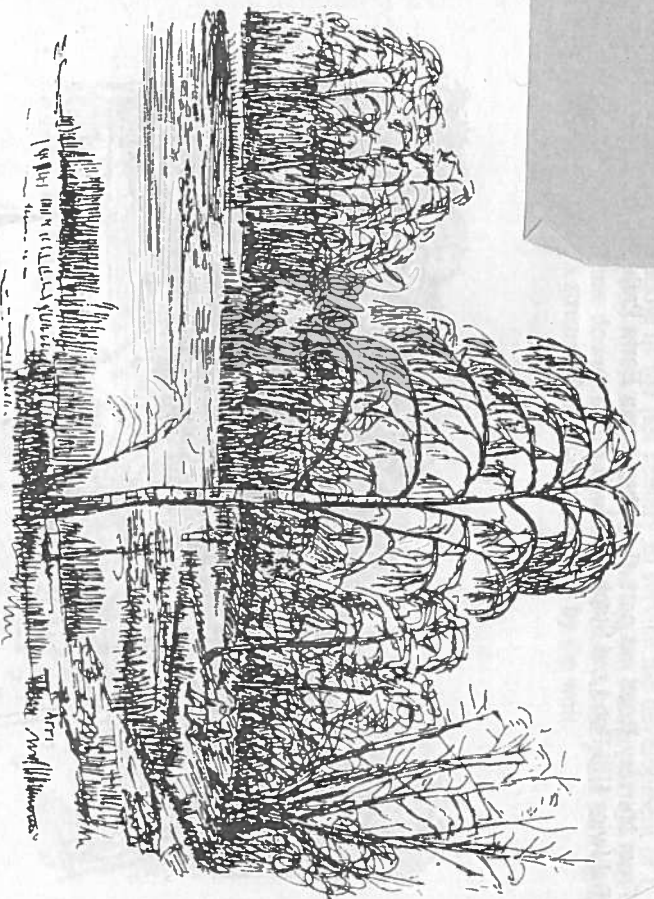
From High Beach via the Clay Road, the Lost Pond, and Loughton Camp (an ancient encampment), including a delightful stream valley back to the A104.



From the High Beach car park proceed across the green and down the road to the Conservation Centre. After visiting the Centre continue ahead to the left of fence and, at its end, continue ahead through trees to a gravel crossing track. Turn right through young trees for about 100 yards to tall trees (in front of silver birches) just after track turns right. Turn left on track by the birches and follow downhill to the A104 road.

Cross with great care to the wide track (Clay Road) almost opposite where there is a car park, and keep on through the trees beside the ride using it as a guide, for 500 yards to a junction of tracks where go over a crossing track. From here take a path half left into the trees keeping at an angle of 45 degrees to the Clay Road for 250 yards to the Lost Pond. Keep this delightful pond on your right and at its end go straight on into the trees. You are at first on high ground then drop steeply downhill to a gravel track which comes in from the left. Turn right beside the track and follow it down into the valley (link point with Walk 6).

Here turn rightish away from track keeping a stream on the left and continue until Baldwins Hill Pond is reached. At its end, where there is an interesting weir, rejoin the Clay Road and turn right beside it uphill. After half a mile turn left beside a gravel crossing track towards the top of the hill. This track runs at first level with Loughton Camp away to the right, then steeply downhill, and after half a mile a bridge over a stream is reached.

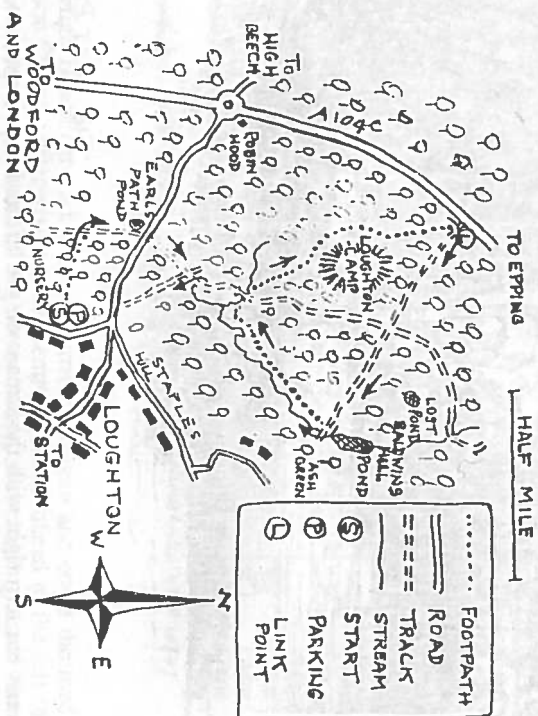


THE LOST POND

Do not cross but turn right with the stream on the left to an open space, where the path runs half right then turns right with a further stream on the left. This leads through a delightful valley for three quarters of a mile back to the A104. On the way you cross a narrow tributary keeping the stream on your left. On crossing a larger tributary keep ahead on the main (righthand) stream on rising ground with the stream away to the left, later rightish to a track on the right (the Clay Road) by a post (link point with Walk 12). Turn left to the A104 which is coming in from the left. Cross with great care to a path leading uphill between two posts and bear leftish with the path at the top of a slight hill, cross a gravel track and keep ahead for 100 yards to the fence of the Conservation Centre. Turn right and at the end of the fence turn left back to the car park.

**WALK No. 12**

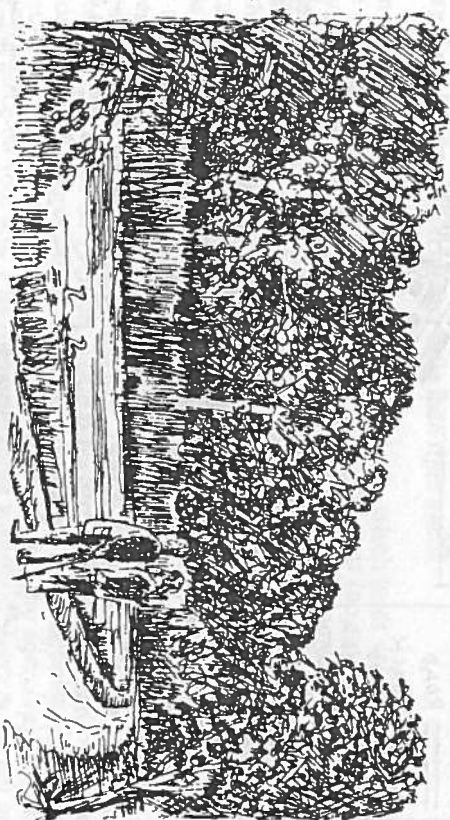
From Nursery Road car park (Loughton), via Earls Path Pond, Loughton Camp, Baldwins Hill Pond and Staple's Hill.



From the car park in Nursery Road, proceed ahead on lefthand path over an open space with the nursery on your left. Continue into the trees for about 200 yards to a wide crossing track and turn right with a pond on the left. The path goes ahead for about a quarter of a mile to pass Earls Path Pond on the left, just before coming out on a road. Cross and continue ahead half right downhill. Go over a crossing track and an earth bridge and follow the track round a lefthand bend to a bridge over a stream. Immediately beyond the stream, follow a path half left into the trees - this is muddy in places - and after 175 yards, turn fairly sharply right uphill, climbing up the centre of a ridge and towards the top of the hill to the earthworks of Loughton Camp on the right.

The path continues beside the earthworks then bears to the right round them. Beyond the earthworks the path goes away in a half leftward direction keeping to the high ground (link point with Walk 11). Just short of the A104 turn right into a wide

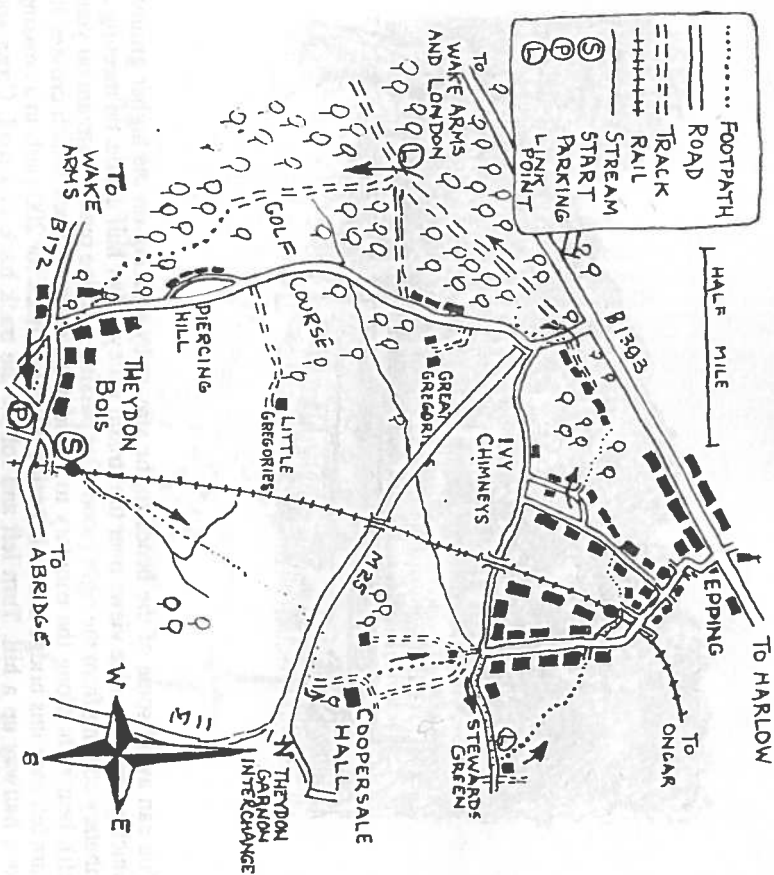
green track and walk in the Forest beside it. This track is known as the Clay Road and was made in the middle of the last century to service the development of the adjoining land, an enterprise fortunately halted by the Epping Forest Act. Go over a crossing track and continue downhill to Baldwins Hill Pond. At the pond turn right, walking on the right of a stream which leaves the pond by the weir.



You can avoid some of the bends in the stream by walking on the higher ground which gives some nice views over the stream valley. After half a mile, on meeting a tributary coming from the right (soon after passing a bridge over the stream on your left), bear right along the tributary to a bridge on a gravel track which crosses it. Turn left over this bridge and walk beside the gravel track for 200 yards to a crossing track halfway up a hill. Turn left and follow the track back to a road. Cross and continue into the Forest with Nursery Road away to your left. When you come to a large open space turn left back to the car park.

**WALK No. 13**

**Theydon Bois via Coopersale Hall, Stewards Green, Epping and Bell Common.**



From Theydon Bois Station turn left down the station approach and when the road turns right into the village, turn left over a bridge over the railway. On the far side turn left and follow the path beside the railway to a stile into a drive. Continue ahead for 50 yards and just short of the entrance to a sports ground, cross a stile on the right and turn left (i.e. straight on) with a ditch on your left. Shortly cross a bridge on the left into a sports field. Path goes half right to cross a ditch on right (at far end of playing field) halfway along (no bridge at present). If games in progress it seems people follow hedge on right to corner then left to this point. Cross next field to start of ditch leading ahead uphill, walking on lefthand side of ditch. On reaching a gas marker post turn left into tunnel under M25. Turn right beside motorway uphill to a track leading left. Turn left away from M25 past pond on right and when track turns right cross stile with views over Epping ahead. Follow hedge on left to a stile. Continue downhill to stile to right of house and ahead with fence on left and through wicket gate.

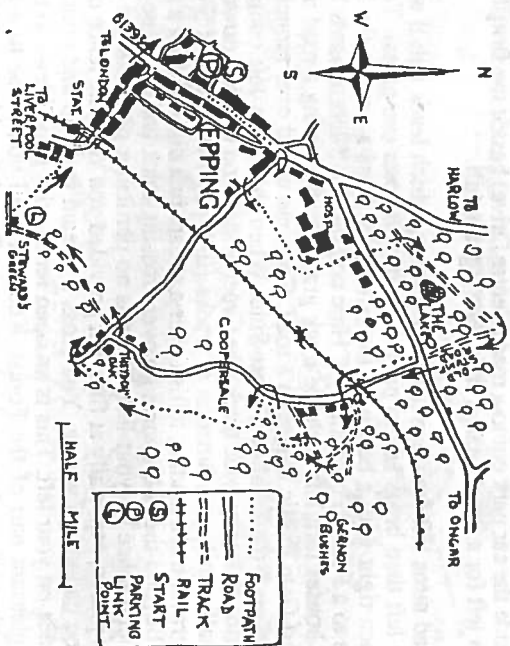
This leads between gardens to a track which you follow right and left past an electricity sub-station to a road. Turn right for 500 yards to a footpath sign on the left (link point with Walk 14) and turn left with a hedge on the right for 300 yards, then go through a gap in the hedge on the right and diagonally across a field to a track to the right of houses. Follow this track to a road, which cross half right to a road leading ahead with houses on the left. At the end of the road cross a bridge over railway into Epping Station approach. Cross to a fenced path opposite leading leftwards beside the car park out to a road (Centre Drive) beside the British Matthews factory. Turn left for a short quarter mile then right uphill.

When the road turns left continue ahead up a track, which leads uphill with an iron fence on the left then bears left to pass through gateposts (no gates). Turn left for five yards then right with a hedge on the left uphill. Pass a gap on the left and on beside hedge to a Public Footpath sign. Here continue half left towards houses. On reaching the houses turn left with the track gradually becoming a road and leading past the Forest Gate Public House to a road. Continue ahead over tunnel over M25 and turn right up a track called Forest Side. When this turns left continue ahead beside horse ride to a very wide track (the Green Ride), and turn left downhill beside it for about half a mile to a junction of tracks (link point with Walks 5 & 7). Fork left beside a gravel track leading leftish over a stream in a dip and with a golf course on your left. Beyond the golf course go over crossing track and continue ahead into the Forest with a fence on your left. There is no particular path and the Forest is a little dense in places, especially at first, but provided you keep the fence on your left as a guide you cannot go wrong. You cross a stream in a dip and continue uphill beside the fence on your left. This is an open fence with good views to the left and is in a very pleasant part of the Forest. Keep on until you come to a large open space and go ahead for a few yards to a stream. Turn left with the stream on your right and when the fence rejoins from the left, jump the little stream.

Go through a very narrow belt of trees into the main open space, turn left for 20 yards then take the path half right over the space, then through trees with Theydon Bois Church on your right. At the road turn right past the church then continue in the edge of the Forest beside the road to the crossroads. Cross road on left to the green and turn left beside road back to Theydon Bois. At crossroads turn left and follow road round to right to the station.

WALK No. 14

From Epping through the Lower Forest (Wintry Wood), Coopersale, Stewards Green, for the truly delightful path from Coopersale to Stewards Green with its view over the Roding Valley.

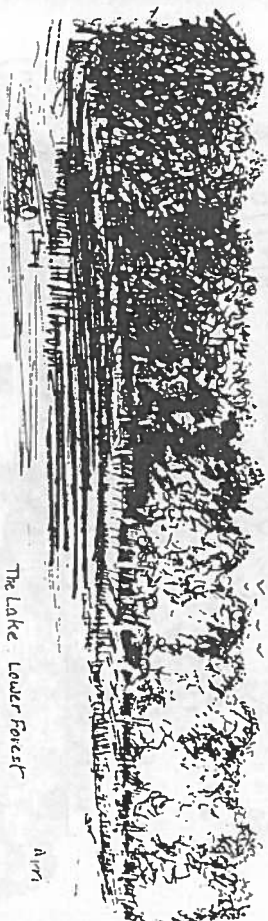


From the car park in Epping behind the church, keep across car park to top side from where farmed and signposted footpaths lead to the High Street where turn left: or from station go up Approach Road and at crossroads turn left to the High Street at traffic lights where turn right. Continue through the town, passing the District Council Offices on your left, and walking on beside the green on the righthand side of the road to a road on the right signposted Abridge. Turn right for a short quarter mile and opposite a road on the right, turn left up steps into a recreation ground which cross to a football field on the left. Follow a path across a field to a gate.

Here the walk turns left beside St. Margaret's Hospital, but it is worth continuing with the path to the end of the field and over the railway, then left for about 15 or 20 yards, for the outstanding view over the Roding Valley. At the end of the hospital go through a gate and on down a lane to the main Epping/Ongar road, which cross with great care. Keep on into the Forest through rather thickish clumps of trees to a crossing path leading right (no particular path but if you keep straight ahead you cannot miss the crossing path). Turn right and follow it to The Lake. Turn left keeping The Lake on the right. Do not cross the bridge on your right at its end, but go ahead for about 100 yards to a wide crossing track, where turn right. Follow to another wide crossing track at the bottom of a rise, where turn right and follow this delightful track - the original Epping/Harlow road, known as the Old Stump Road - between ditches with trees now growing on it in places, back to the Ongar Road.

Recross with care and continue ahead walking in the Forest beside the road. On coming to houses follow road and continue under the railway. Almost immediately (just short of the Garnon Bushes Public House) turn left up a road called Garnon Mead. There are houses on your right and at their end continue on a track into a wood over a crossing track and on (ignoring tracks on left or right) for about 125 yards to a second crossing track. Here you join the Essex Way, which continues ahead down its newly extended and revised route (inaugurated in May/June 1984 by the Women's Institute and the Long Distance Walkers' Association) for 81 miles to Harwich. But we turn right, back towards its start.

At the edge of trees with a sports field ahead turn left and beyond holly bushes on right, at end of sports field, bear right into it keeping along the left edge towards school playing fields. Keep to the left of the playing fields with the fence on the right to a stile, which cross. Immediately thereafter turn back along a path diagonally left (with the playing fields now on your left) for 40 yards. (Here be careful). You come to a pollarded tree on your left where the path enters holly bushes. Turn right along a narrow path downhill through holly bushes leading to a crossing track at the edge of the wood.

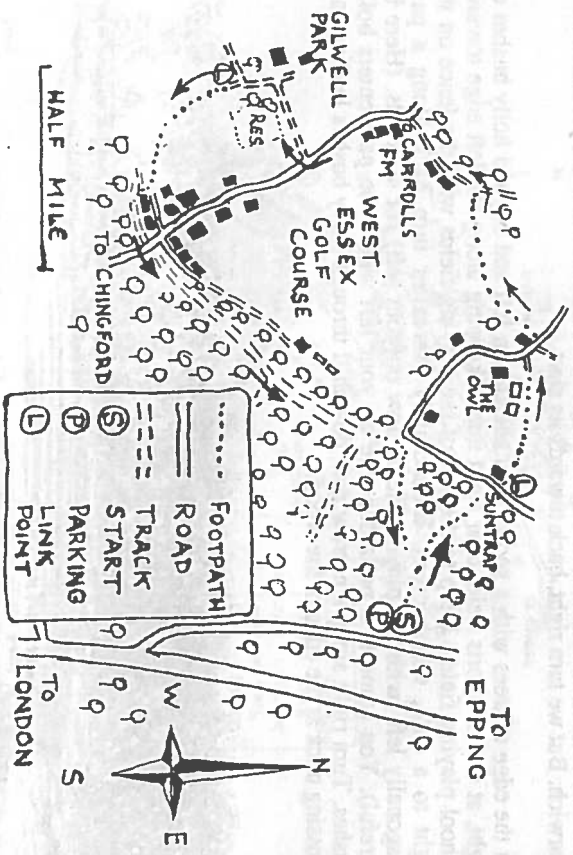


Turn left for 40 yards then right through a gap being careful to step over a narrow deep ditch. Here you come upon one of the best local views with woods to the left and behind, and an extensive view over rolling countryside into the Roding Valley. Follow the hedge on the right downhill. Go through the gap in the hedge at the end of the field and on beside the hedge with views ahead and to the left. The path should cross the corner of this field, but if it is in crop, continue ahead to the field corner, then turn left for about 200 yards to a stile on the right. Cross and keep ahead beside hedge on right, turning left for a few yards at the end of the field to a gate. Beyond the gate cross a field to a stile leading onto a lane.

Turn right for 200 yards and beyond the Theydon Oak Public House on right, turn left along a green lane. This is delightful, but can be muddy in places, and leads for half a mile to a road at Stewards Green (link point with Walk 13). Turn right for 50 yards passing two houses on your right and turn right by a footpath sign. Follow the hedge on your right for 300 yards, then go through a gap in the hedge on your right and diagonally across a field to a track at right of houses. Follow this to a road which cross half right to a road leading ahead with houses on the left. At the end of this road go over the railway and either turn left to the station or right to the crossroad, then left uphill to the High Street for the car park.

**WALK No. 15**

From the car park beside Fairmead Lane (Loughton) via Lippitts Hill, Carrolls Farm, Gilwell Park and Hornbeam Lane.

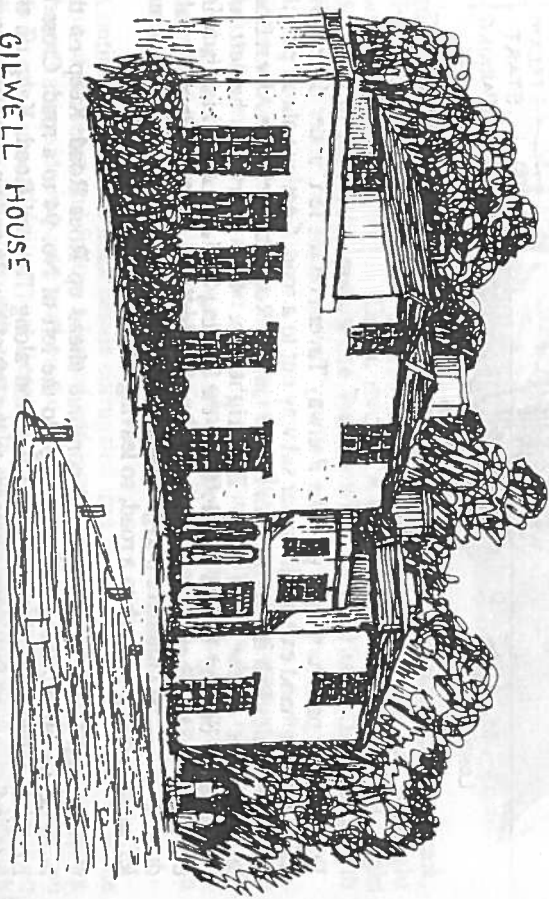


From the car park proceed across the open space, Fairmead Bottom, away from the road. When halfway across, a gravel track comes in from the right, follow it over a bridge but do not turn left with it. Instead continue ahead with a little ditch on the left and the edge of the Forest on the right, towards the Suntrap Field Studies Centre ahead in the distance. Continue to the road and cross a stile to the right of Suntrap (link point with Walks 4 & 9). Follow the hedge on the left past the house and cross a stile at the end of the field beside a gate. Cross the next field to a stile in the far lefthand corner, then go on uphill with a hedge and caravans on the left and over a stile out to a road. Turn right for 40 yards then go left through a gate and along a path at the side of the West Essex Golf Course. There are outstanding views to the right over the Lea Valley.

The path runs between posts and later bears right past a footpath sign on the left and goes downhill through pleasant scenery. Go through a gate and continue along the edge of a field to a crossing track. Turn left and follow to a road by the delightful Carrolls Farm, complete with its charming duck pond. Turn left for a quarter mile then right up the drive to Gilwell Park (the Scout Association camping and training ground).

Walk on the grass beside the drive and turn left in front of the gates, continuing with the drive which soon becomes a grass track. When after 150 yards the track turns right (link point with Walks 2 & 21), continue ahead along a short green track to a stile beside a concealed reservoir on the left. The Lea Valley can be seen ahead (a delightful spot in late October with its views over the Autumn colours of the Forest), abandoning the countryside and becoming more urbanised. Follow the hedge on the left downhill, over a stile, then bear left with the hedge to a stile leading out to a track.

Just before the first bungalow on the right turn right, along a rather muddy path beside the bungalow wall and follow into the Forest. Turn left and follow beside a gravel track out to a road opposite the West Essex Golf Course Clubhouse on the corner of Hornbeam Lane. Cross the road to continue ahead beside a gravel track leading ahead to the right of Hornbeam Lane. Keep on beside the track in the edge of the Forest with the golf course on your left. Beyond the golf course the track continues for half a mile to an open space where a road comes in from the left. Go ahead to a further wide open space - Whitehouse Plain - where turn right back to Fairmead Lane and the car park.

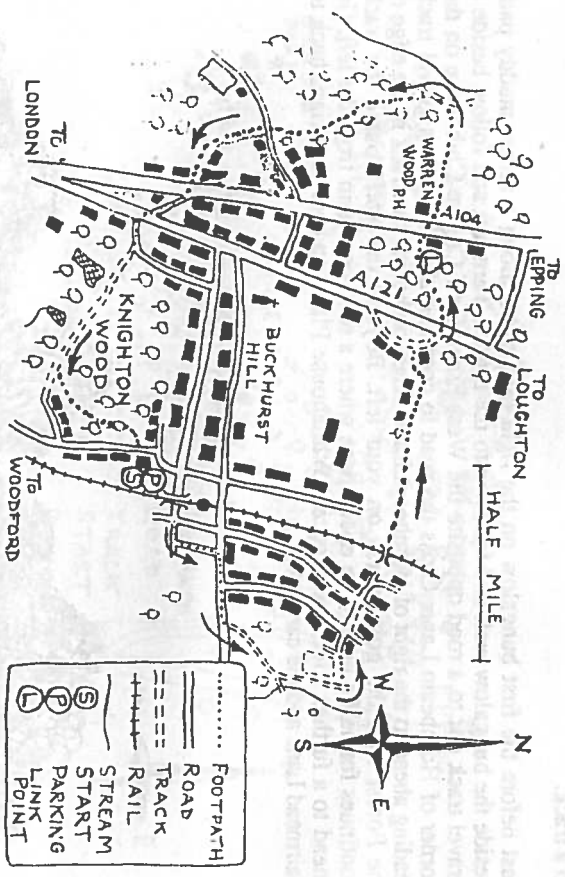


GILWELL HOUSE



WALK No. 16

From Buckhurst Hill Station via the Roding Valley Park, North Farm, Warren Wood Public House and Knighton Wood.



From the car park turn right past the Railway Tavern on the left, under the railway using the righthand exit uphill under subway out to a road. Continue ahead past the Prince of Wales Public House down Lower Queens Road, turn left into Albert Road and continue to the main road. Turn right past Rous Road on the left and immediately beyond houses turn left into the Roding Valley Park, which is being developed by the Epping Forest District Council. Follow concrete path diagonally downhill and past children's playground to allotments on your left. At their end turn left along a concrete track to a road, so leaving the country park.

Pass Boxed Close on the left and continue ahead up Rous Road. Keep on the lefthand pavement and go up a passage to the left of No. 94 to a road. Cross to Blackmore Road, turning left at the junction along Thaxted Road. Keep on the lefthand pavement following a passage to the left of No. 26 and go over the railway.

Follow path across the middle of a field (slightly left), past end of hedge on left and on to a stile to right of a gate into a delightful green lane. At its end continue on a fenced path to left of a garden to a road. Turn right (not path ahead) past a house on right called Norwood and Public Footpath sign. Turn right past a house called The Stables and follow to the main road. Cross with care to a narrow path opposite,

RANGERS ROAD FROM 'THE WARREN WOOD'



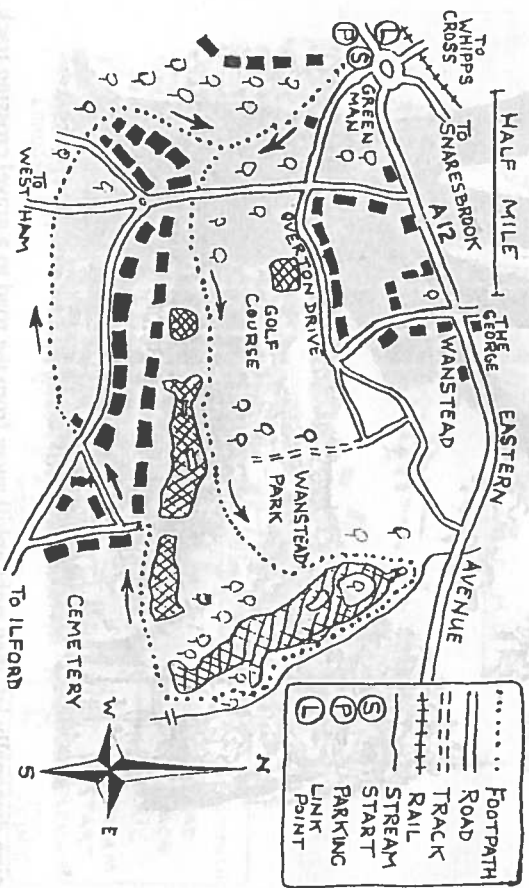
going diagonally left then right uphill away from the road to a gravel crossing track. Turn left beside it and on coming to a cricket field with houses ahead, turn right with cricket field on left. Go on through a belt of trees then diagonally right downhill to the A104 opposite the Warren Wood Public House (link point with Walk 3).

Cross the road with care and go straight on with the public house and a fence on the left and views ahead over the valley. In valley turn left over a ditch beside the River Ching and on between fence on left and Ching on right to gravel track. Keep ahead on left of gravel track and take left fork uphill beside fence. Follow track rightish over open space to road which cross.

Continue ahead on a track beside corrugated iron fence on the left. Turn left at the end of the fence and follow a fenced and later a walled track with very interesting houses alongside it, past a road on the left and out to the main road. Cross rightish to Beech Lane and follow past Beech Avenue to the main road. Cross rightish to Knighton Lane and when this turns left, go ahead along a wide track through Knighton Woods, passing ponds on the right and follow for half a mile. At clearing just before houses turn left on a track through trees, later crossing a bridge and going on up and downhill over further bridges. When track bears right and left and appears to end just before houses, continue on right side of track bearing right out to a road. Turn left along the road, turning right at T-junction and right again at the crossroads back to the car park.

**WALK No. 17**

From the Green Man, Leytonstone, via Wanstead Park (for views of the lake), Wanstead Flats, Bushwood, and Browning Road which is one of the older and more village-like parts of Leytonstone.



From the car park in Browning Road turn left with a tower block on the left. At the junction cross Bushwood on the right onto forest land and go ahead towards the main road on the left. At a crossing track turn right with the wall of the property of the Society of Friends on your left and at its end turn left. Beyond the wall pass a pond on the left, go over a crossing track and through a clearing, passing two groups of two tall trees on the left. Beyond the clearing follow a path rightish towards a tower block, passing two avenues of trees on your right. Turn left past the tower block to the main road. Turn right then left over a pedestrian crossing to the approach to Wanstead Park.

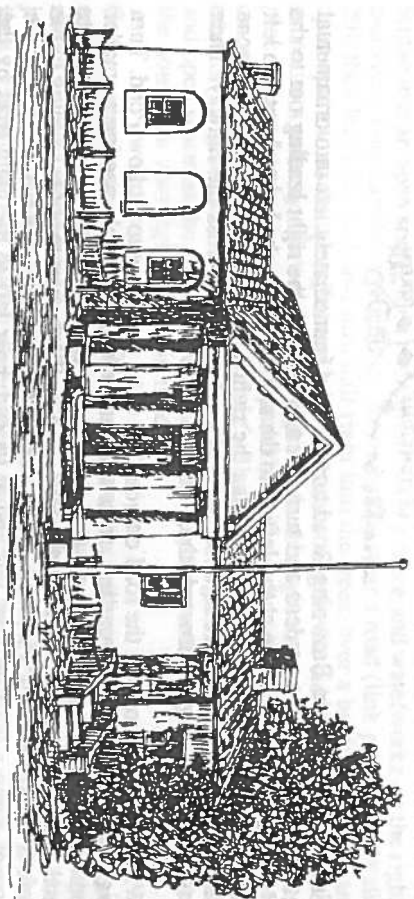
Keep ahead left of ponds, passing a track on the left leading to Overton Drive, and go on into Wanstead Park. Here, either turn left through trees until you reach a wide ride along which turn right to the lake, or take a path half left aiming left of a pylon, which passes the mews of old Wanstead House and a wood on the left before coming to the lake. Either way turn left beside the lake and proceed passing islands on the right. At the top of the lake turn right with a fence and a golf course on the left.

Follow a path later with trees on the right to the River Roding. Turn right with the river on the left and trees and woods on the right. Follow between the Roding and the lake until you reach a bridge on the left with a fence ahead. Do not cross the bridge but turn right, passing stables on the left and with the lake again on your right. Follow to an exit on your left via a double wooden gate in a fence to cross a road (Northumberland Avenue) into Wanstead Park Avenue, which is followed to the first turn on the right (Dover Road).

Continue down to the main road (Aldersbrook Road). Cross this road to a path between the Wanstead Flats HQ on the left and a brick wall on the right and follow for about 120 yards, passing through two wooden fences on the way. At its end turn half right in line with hedge and some trees on your left. From this point the path now appears to be classed as a horse ride (by means of some white posts with horseshoe emblems painted on the side) and is followed to the next road (Centre Road), ignoring the path on the right just before reaching the road.

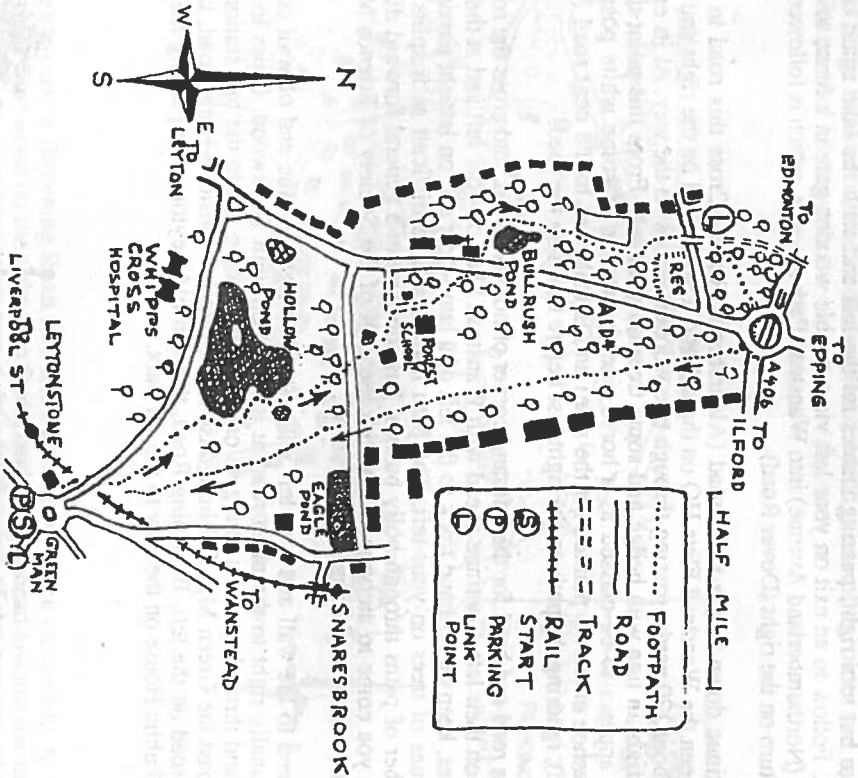
Cross road and head for the lefthand corner of houses ahead, and cross the road to a path on their left. Continue ahead with Wanstead Flats on your left and at the end of houses, keep on lefthand track to the left of a lamp-post and on lefthand, passing two avenues of trees on your left. The path here is a little difficult as it splits into a number of paths through holly bushes, but continue in a general forward direction until you come to an open space with the wall of the Society of Friends Meeting House, seen at beginning of walk, ahead.

Proceed to the wall and turn left with it on the right. At the end of wall continue diagonally right to the main road at its junction with Bushwood. Cross to a gate into and through gardens to a gate on the right leading out to the bus station. Turn left past the Green Man Public House and down Leytonstone High Road, take the first road on the left, Browning Road, through old Leytonstone passing the North Star Public House on the way to the car park.



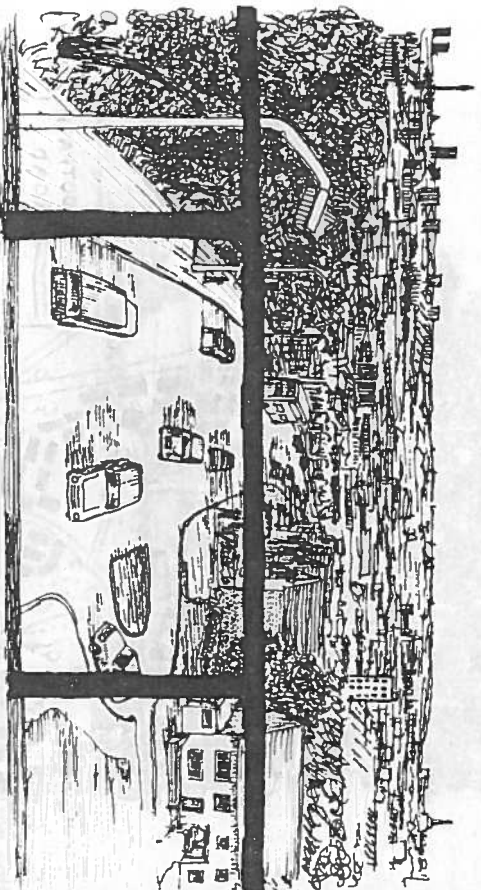
THE TEMPLE WANSTEAD PARK

The Green Man via the Hollow Pond to the Waterworks and back.



From the car park in Browning Road turn left and immediately left into ornamental gardens. Cross these gardens and turn left to a gate on the right leading out to the Bus Station, and continue ahead leftish to the subway under the roundabout. Go left under Leytonstone High Road then take the right exit to come out by Leytonstone House Hospital. Turn left signposted 'Whippers Cross' and cross the railway. Then cross the road with care towards the Forest.

Walk on the green with the road on your left until you come to Hollow Pond. Turn right with the pond on your left, at its end turn left onto a track, passing a smaller pond on the right, and follow to the main road. Cross with care to a road opposite and continue, passing a pond on the left, going half left over the green aiming to the left of a futuristic lighthouse shaped block, and up College Place to the left of the tower. Keep a wall on your left and at its end, bear left to the main road by the Rising Sun Public House. Cross with care and go into the Forest with Bullrush Pond on your right.

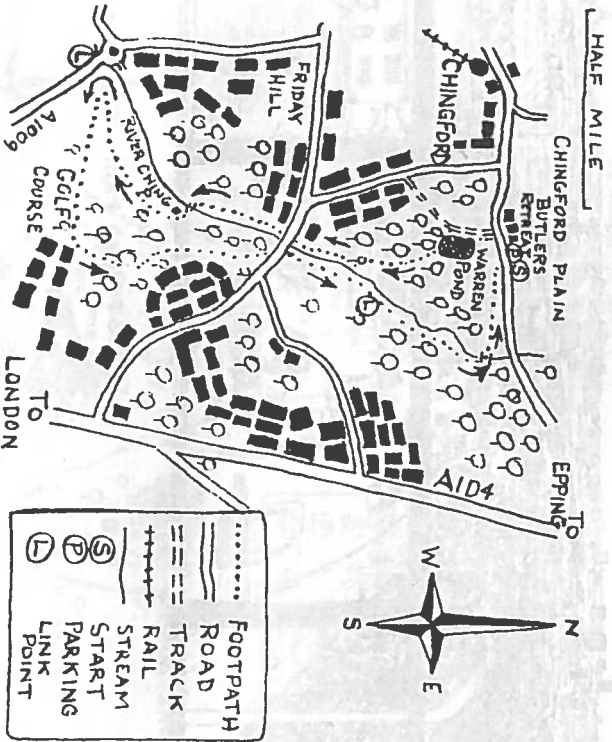


FOREST ROAD FROM THE BRIDGE

Go round to the other end of the pond and then over a bridge keeping along a path with the fence of allotments on the left. At the end of the fence bear left over a bridge into an open space, then right uphill with a fence and waterworks on the right and views over London to the left. Cross a bridge over a road (link point with Walk 20), then leave the path and turn half right into the trees, over a bank and across an open space towards the righthand edge of houses. On the far side of the open space go under a subway. Turn right then right again through another subway, thereafter proceeding ahead along an obvious path through the Forest. After a while the path emerges into a widening glade - Gilbert's Slade - and you then go along a path at the edge of the glade with holly bushes on the left. Later there is a stream on the right and open space on the left. Ignore a path to the right towards houses and go on with the houses on your right to a main road.

Cross with care to a track opposite and follow this with ponds to your right across open space (towards a tall chimney behind houses) to a road on the right with the railway ahead. Cross road on the right then continue over the railway. At the junction turn right down the subway bearing right under Leytonstone High Road then right into the Bus Station. Keep ahead (right) past the Green Man Public House and take the first left, Browning Road, past the North Star Public House and through a delightful part of old Leytonstone, back to the car park on the left.

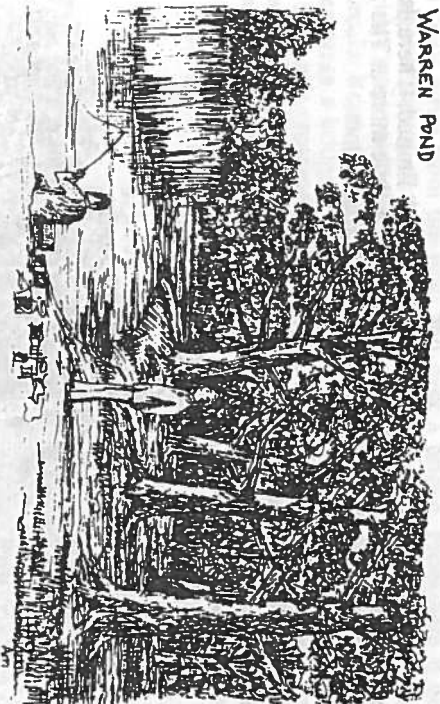
Butler's Retreat via the Ching to Friday Hill and back.



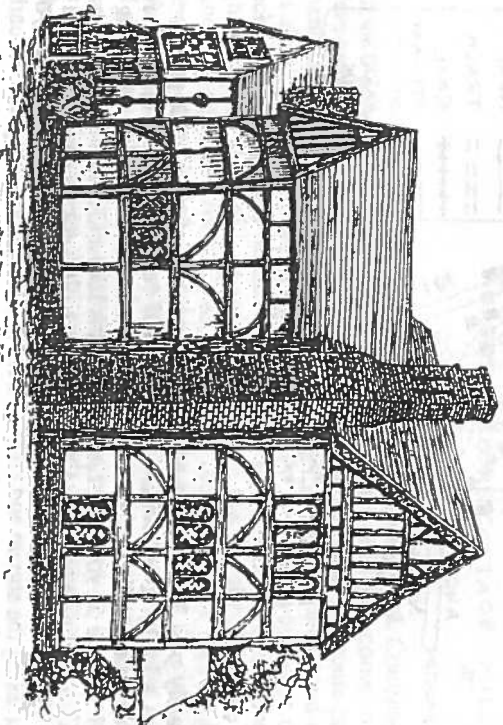
From the car park opposite Butler's Retreat continue ahead into the Forest with the Warren Pond on your left. At the end of the pond go left and right ahead into the Forest to a crossing track, where turn right beside a track which is somewhat muddy, and follow it across an open space to the Ching Brook. Turn right with the brook on your left and follow a path into the trees. The path beside the brook has become overgrown but there are a number of paths through the trees and bushes and if you keep ahead (as near to the brook as possible) you will come out on a crossing road. Turn left back to the brook then right with the brook on your left. You can follow the track but it is pleasanter walking on the edge of the brook.

After about a quarter mile, cross a bridge on your left going uphill with a compound on the left and a house on your right. This leads to a crossing track at the edge of a golf course. Turn right with the course on your left and when the hedge to your right turns right, follow it (not the path uphill between posts) towards a roundabout at Friday Hill. Just before reaching it (link point with Walk 20), turn left on an uphill green track later leading to the right corner of houses. On reaching them turn left along a track or unmade road. At the end of the houses continue ahead along a green track with views over the golf course to your left.

WARREN POND



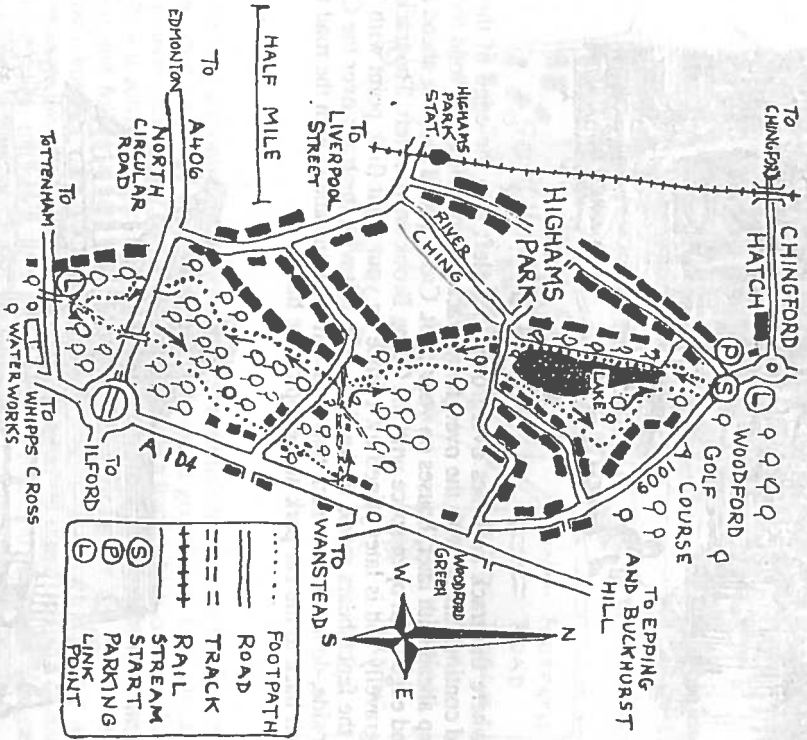
In a dip where the track becomes overgrown, bear left into the edge of the golf course and continue ahead with the overgrown track on your right. Beyond the golf course keep ahead with later, houses on your right. Cross a road keeping ahead along the lefthand edge of an open space with the Ching Brook on your left. The track later becomes gravelly and is later joined by a fence on your right (link point with Walk 3). When the fence bears round to the right, turn left with the track over the Ching. On the far side, do not follow track to a road, but continue ahead with the road to the right, uphill back to the car park at the top of the hill.



**WALK No. 20**

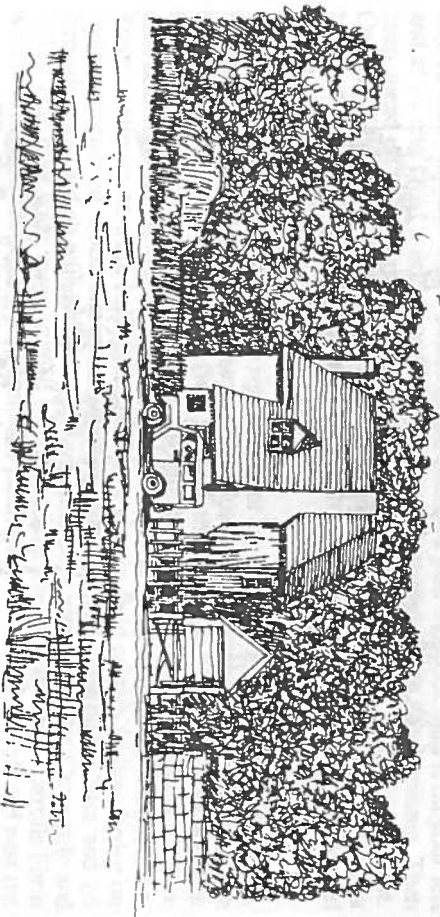
Friday Hill (Chingford) via the lake at Highams Park to the Waterworks.

The car parking facilities at the start of this walk are limited. There is a little informal parking at weekends at Chingford Hatch and a little more at The Avenue, which is 200 yards up Chingford Lane from the Hatch roundabout.



Immediately past The Avenue turn right into a belt of trees (link point with Walk 19), cross a bridge over the Ching Brook and continue with it on the left. At the start of the lake on the left cross a bridge and keep ahead with the Ching on your right and the lake on your left. Keep beside this lake and after about half a mile cross a road. Continue into a narrow strip of Forest with houses to the right and a fence to the left. When the houses turn right keep ahead beside the stream on your right, soon recrossing the stream and keeping between hedge on the right and a barbed wire fence on your left.

At T-junction of tracks at top of hill turn right into open space, cross a small footbridge and go leftish towards the left edge of houses. Cross another footbridge and a road and continue along a path at the edge of the Forest. The path bears left between posts away from the road and over a bridge. From here it goes uphill bearing right at the top of the hill, downhill towards houses then away from houses leftish with a main road to your right. At an open space take the right fork under the North Circular Road, then left with the road on your left. Keep on a path beside the road, then cross a bridge over the little stream on the right and keep straight on through trees to a crossing track (link point with Walk 18). Turn left, go over the bridge over the North Circular Road and go straight along to the left-hand side of an open space. Just to the left hidden in the trees is an interesting memorial to Gypsy Rodney Smith, MBE, who was born in the Forest in the mid-nineteenth century.



FOREST KEEPERS COTTAGE MILLPLAIN

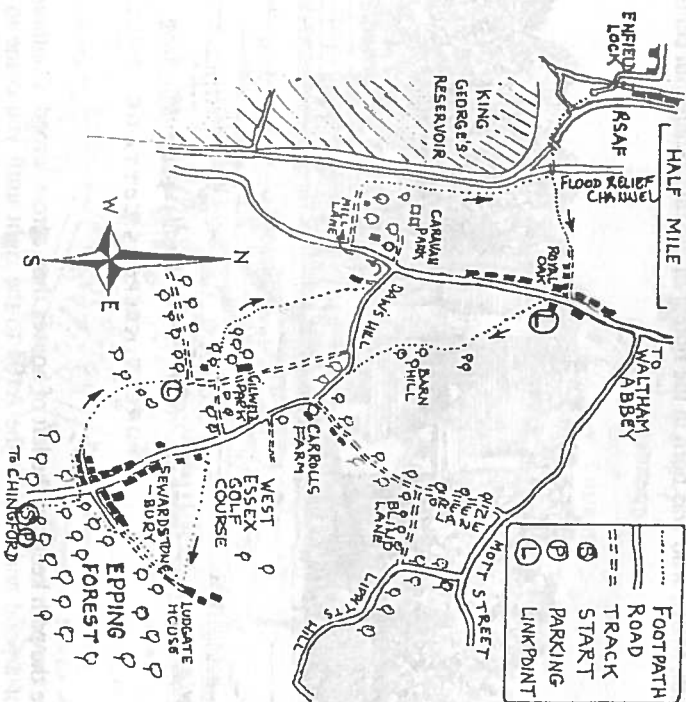
Beyond here the path keeps to the left of houses then across a road. Continue ahead to the left of a pond and on with the A104 to the right until you come to houses ahead. Here turn left along a path with the houses on your right. The route passes by a sharp bend in Harman Avenue and goes downhill, passing a small pond on your left, until about 100 yards beyond the last house on the right, you come onto the stony track leading from this house. Continue ahead downhill to a crossing track. Turn right, keep on downhill, eventually crossing the righthand bridge over a stream, and then go onto a road. Cross, keeping to the right of the lake in Highams Park. From here either follow the lake or take a tarmac path on the right into the park. This takes you up the hill, where there are good views, and after dropping downhill go over a stile leading back onto the path towards the end of the lake. At the end of the lake go straight on over a crossing track, keeping on the righthand side of a slope with houses on your right. This leads into a clearing where keep to the righthand side to Chingford Lane. Cross and turn left back to Chingford Hatch.

## WALK No. 21

Three or six miles

Bury Road car park (Chingford), Gilwell, Sewardstone, River Lea (Enfield Lock alternative start), Royal Oak Public House, Carrolls Farm, Ludgate House.

A rather longer walk of six miles linking Epping Forest with the Lea Valley Regional Park, but which can be divided into two walks of three miles by using the footpath beside the drive to Gilwell to return to Bury Road, or by parking informally at Enfield Lock and walking to Gilwell and back. (See (A) below). A walk on the high ground to the west of the Forest.



From the car park beside Bury Road, walk on the edge of the Forest to the right of the road going over two gravel crossing tracks, and on coming to houses on lefthand side of road cross an earthbridge and the road. Then continue ahead with the houses on your right walking beside a gravel track. At the end of the houses, turn right beside a garden fence along a narrow track to a rough road where turn left. At the end of the road cross a stile and follow hedge on right to a second stile halfway along a short hedge ahead. Continue ahead with hedge on right uphill. At the top of the hill (link point with Walks 2 & 15), look back at the view before crossing a stile into a green lane. Go ahead along this lane past a wide green lane on left and on with the fence of Gilwell Scout Camp on your left. On coming to the main gates of Gilwell on your left, you have a choice of doing the full walk or returning to the car park by turning right beside the drive back to Bury Road, then turning right and continuing at (C) below.

For the main walk turn left through a little gate to the right of the main gates and left into the wide green track leading ahead from the main gates. Follow this fenced path to and over a stile leading into a field, with extensive views ahead, then follow hedge on right downhill and over field corner to a stile. From here cross field rightish aiming for a white house with a red roof, slightly to left, and on the way crossing a stile in the middle of a crossing fence, and bearing gradually left to stile in lefthand corner of field by Sewardstone Village Hall. Turn left in road to main road and cross with care. Turn left past the Sewardstone Caravan Park on right and after last house turn right on a rough lane. This later becomes a green lane leading through a squeeze stile into a long narrow field. Cross the field and turn right with the River Lea Flood Relief Channel on your left. Cross a bar stile and on coming to a bridge on the left, the walk can be joined by those coming from Enfield Lock. For main walk see (B) below.

(A) To start the walk from Enfield Lock, continue past the Lock with it on your left and at its end cross a bridge and continue on the road past the bus terminus. Then keep ahead on a path with the canal on your left and a concrete fence on your right. Cross a bridge and go on between canal and fence and at end of fence, turn left over a bridge over the canal and on over a further bridge over the Flood Relief Channel where turn left.

(B) Continue ahead to cross the righthand bar stile, turn right on first path in dip, bear left and right with path and straight on along a wide track, then along road with houses on right to the main road (link point with Walk 22). Turn right and opposite the Royal Oak Public House cross with care to stile and double signpost. Follow path half right to the field corner and on to field corner on right by a little shed. Route continues on track half right uphill to a gate in field corner. Follow hedge on right to corner of wood where turn left to stile halfway up wood. Cross and go through wood and on with hedge on left and extensive views to right. Cross stile and follow path over wide verge to road where continue ahead (left). Pass Carrolls Farm with its delightful duck pond and continue past a public footpath on left and past the drive to Gilwell Park on your right.

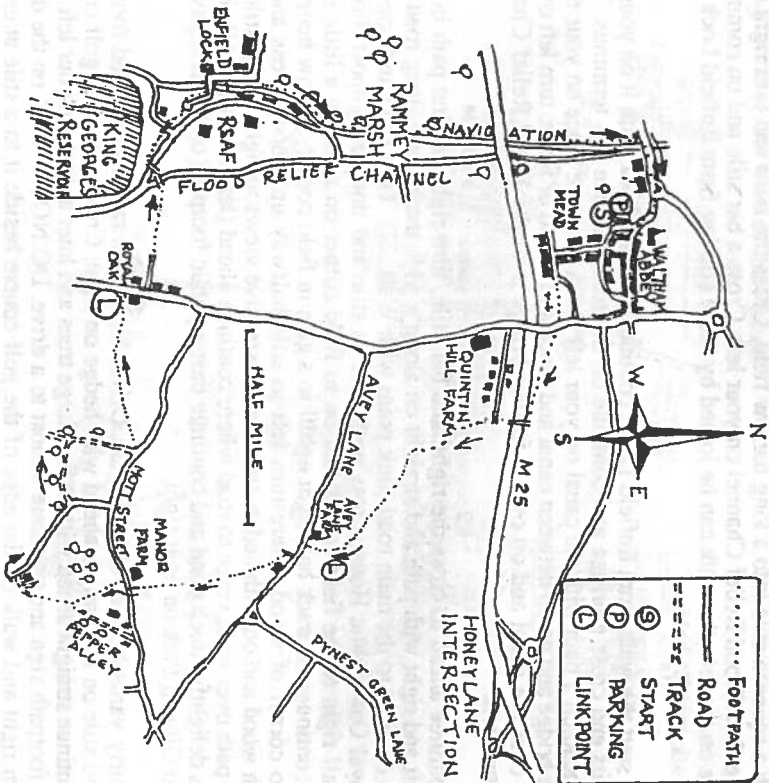
(C) Thirty yards beyond Gilwell Park Drive, look for a rather concealed footpath sign and stile on left and go ahead with hedge on right. Cross stile onto golf course and continue straight ahead with at first large trees and later a ditch on your left. You pass a footpath sign and continue almost to a drive. DO NOT WALK on the drive, but turn right and walk on the edge of the golf course beside it to a stile at end of golf course by houses. Cross this stile, turn left over the drive then right walking in the Forest beside a road on right. Just short of the road ahead (Bury Road), turn left walking in the edge of the Forest back to the car park.

**WALK No. 22**

Three or six miles

Waltham Abbey, Avey Lane, Mott Street, Sewardstone, Enfield Lock.

A chance to visit Waltham Abbey on a walk which can be reduced to three miles by returning by bus from the Royal Oak Public House, Sewardstone.



From the Commill car park on the righthand side of the Coach and Horses Public House, turn left past the tolls and right past the Abbey. Opposite the Welsh Harp Public House, turn right through the market square and ahead along Sewardstone Street. Pass a barrier to traffic across the road and Datum's factory on left to Carter's Field Road and turn left. Continue ahead on fenced path with cemetery on right to main road. Cross with care to go through gate before M25, along drive into sports field with cemetery on left and building on right, turning right past the building on your right to a gate leading to a bridge over the river. Follow made-up path to and beside M25. Path bears left to clip corner of a road, then ahead and later right to a bridge over the M25. Turn right on made-up path beside M25, and at end of fence on left turn left past the houses on the right.

Cross a stile and go straight on with a hedge on right, then along a track between crops. Turn left with track and with ditch on right, then right over a bridge and on with hedge and ditch on right. After 100 yards turn left on a track between crops and later with a hedge on left. Bear rightish with track and ditch and hedge on left, then right and left on the track to a stile. Beyond stile cross field with Avey Lane Farm on right. At gate DO NOT CROSS STILE, but turn right with hedge on left over a stile and past the farm to Avey Lane (link point with Walk 9). Turn left past High Beach and Forest View Kennels on the right and 20 yards beyond a house on the right (just before a left bend in the road), turn right over a stile. Follow hedge left and right to field corner, cross a fence and next field to a gate in a dip. Here turn leftish on track beside trees on right, and later past pond on right through gates down drive to a road. Turn right for 50 yards then left by a Public Footpath sign. Cross stiles and go uphill with hedge and later conifers on left. At top of hill look back at the view and continue to a signpost pointing left to Mott Street. Turn rightish on track beside electricity poles and on as a hedged track (can be muddy). Follow round to right then left on drive to a road. (Owl Public House 300 yards to left). Turn right downhill (be careful of traffic) and when road turns right, turn left on track (can be muddy) signposted 'Public Footpath' (Green Lane).

At T-junction turn right on a signposted track (can be muddy) and after 500 yards, cross stile on left beside gate signposted 'Sewardstone'. Follow track across a field to a gate with trees on right. Cross stile and follow electricity poles rightish over sheep hill, with extensive views, to a stile and on with hedge on right. In corner by water tank turn left and beyond it right over a stile and on with a hedge on right, then left and right round the fence of a gas station and on to the main road (link point with Walk 21) opposite the Royal Oak Public House (buses for Waltham Abbey).

Turn right and after 100 yards left on a road with houses on left and stables on right. At end of road continue on a track which leads on over an area of rough grassland to the Flood Relief Channel of the River Lea, turning left over a rail stile to a bridge on the right. Go straight on over a second bridge, then turn right with a concrete fence on left. Cross a third bridge and on with a fence on left to the bus terminus at Enfield Lock. Cross the bus turning circle and go ahead to the towpath where turn right. Continue to a road at a bridge where turn left and right with Enfield Lock on your right. At the end of fence on right go up steps onto the towpath (alongside the path look out for notices giving distances to places of interest). Follow the towpath for one and a half miles passing Ramney Marsh Lock on the way. Beyond the M25 pass buildings on your left over a bridge, then up steps to the main road with the Old English Gentleman Public House on your left, and turn right back to the Abbey.