

Lifewalks January, February, and March 2023

Lifewalks is a walking for health scheme organised by Epping Forest District Council Community and Wellbeing. Every week Lifewalks offers a choice of group led walks. There are walks across the whole of Epping Forest District so your sure to find one near you.

Why go walking?

Walking is fun, cheap and a great form of exercise anyone can do.

What kind of walking should I be doing?

You only need to walk a little faster than usual. Health walks are not 'power' walks. You just need to walk as though you are a bit late for an appointment. Fast enough to get warm but not sweaty. Breathe a little faster, but still able to talk normally. Feel as though you have had some exercise but could still do a bit more.

For just 20 - 30minutes, walking a little faster than usual and without stopping gets your heart rate up. That's what does you good, so on Lifewalks you should only stop for a rest if you need to. Ideally you should exercise five times a week for 30minutes. This can be made up of your Lifewalks session and other activities such as yoga, pilates, cycling or walk with friends or family or walk a bit faster to the shops!

What kind of walks do Lifewalks offer?

Our walks range from 0.8 to 3.98 miles. This may seem quite short but it's how fast you walk not how far. On the days we do a short route (less than 1 mile) we go around twice for those who want to do more. The routes are all graded for the amount of effort needed.

How do I join Lifewalkers

- Mid-week walks start at 10am and Sunday walks start at 10.30am
- **COST:**
- **Pay as You Go : £2.60.** You must pre book attend a walk and can book on, up to 11am the day before the walk.
- **FIRST WALK FREE:** If you have never attended Lifewalks before we are offering you the chance to attend your first walk free of charge, please contact Karen Murray on kmurray@eppingforestdc.gov.uk
- **Booking your place.** If you would like to join a walk, please book a place online at <https://eppingforestdc.bookinglive.com/> or call 01992 564226 (phone lines open 10am to 12.45pm Monday to Friday)
- We use the Lee Valley Park for a lot of our walks, here are their parking fees for your information <https://www.visitleevalley.org.uk/parking-at-our-open-spaces> and City of

London <https://www.cityoflondon.gov.uk/things-to-do/green-spaces/epping-forest/car-parking-at-epping-forest>

- Please note if you attend a Lifewalk at *The White Water Centre you need to enter your car registration details on site on the day of the walk to obtain free parking.
- Please do not turn up for a walk if you are a Pay as You Go or Free first walker without booking as we will have to turn you away, unless you have confirmed this with Karen Murray or a walk leader beforehand.
- Please be aware walks may be cancelled at short notice. All pre booked walkers will be informed, if possible, please give a mobile phone number as your contact when booking. Unfortunately, a walk leader/volunteer may not be able to get to the start of the walk if it has been cancelled due to extreme weather and we would ask walkers to take weather conditions into consideration before they leave home.
- You **MUST NOT** attend a walk if you are unwell or have any Covid-19 symptoms. Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on [the NHS website](#)

New to Lifewalks

The Lifewalk leaders/volunteers will introduce you to the group so you can get to know other walkers and we often have volunteers on hand who will happily walk with you. As a newcomer, you will almost certainly find some of the walkers disappearing off ahead of you at a much faster pace. Don't be put off by this - they have probably been coming to Lifewalks for some time. Don't try and keep up with the fastest walkers. You only need to walk as though your late for an appointment. However slow or fast you can walk when you first join Lifewalks, most people find they can walk more quickly within just a few weeks. If you have any further questions, please contact Karen Murray on kmurray@eppingforestdc.gov.uk or call 01992 564222

Gradients

Level A walks: Flat, hard surface paths. Occasionally short slopes or a short stretch of grass but that's all, so everyone can do a level A walk.

Level B walks: Part of the route will include a grass or earth path section, and/or two or three short slopes, or one longer but gentle slope. Those walks therefore need a bit more effort. If you have any breathing or mobility problems, do a few A walks before Level B.

Level C walks: Include either a long or steep hill on good walking surfaces, or have a longish grass or earth path section.

Level D walks: Long steep hills and also may have an earth path section, which can be hard to walk on. **Please do not come on a level C or D walk until you feel comfortable walking the A and B walks**

Lifewalk Meeting Places of walks : January February and March 2023

There is parking at all the meeting places but this is limited at busy times such as at weekends so please arrive early. We are sorry that we cannot provide transport.

LVRPA = Lee Valley Regional Park Authority. CP = Car Park CPT = Car Parking Tariff, pay by phone or online at <https://www.visitleevalley.org.uk/parking-at-our-open-pass>

Where a *asterisk is indicated, you are required to input your car registration on the day of the walk before the walk to get FREE parking. A member of the team will be on hand to help.

Walk 1 Around Waltham Abbey Gardens (CPT) Meet at LVRPA Abbey Garden CP. Abbey View, Waltham Abbey, Essex. EN9 1XQ. **What 3 Words** ///dads.frame.slope

Level A, 0.8/1.6miles. **Surface** : Mostly tarmac, hard paths and some grass. **Footwear**: Dry shoes. **Gradient**: On the flat

Walk 2 Old River Lea Loop (CPT) Meet at LVRP Fishers Green Overflow CP. Stubbins Hall Lane, Crooked Mile, Waltham Abbey, Essex. EN9 2EF. **What 3 Words** ///mixed.rigid.plenty
Level A, 1.8miles **Surface**: Tarmac, gravel and earth paths. **Footwear**: Dry shoes. **Gradient** : On the flat

Walk 3 Seventy Acre Lake (CPT) Meet at LVRP Fishers Green CP. Stubbins Hall Lane, Crooked Mile, Waltham Abbey, Essex. EN9 2EF. **What 3 Words** ///pages.patio.frozen

Level A 1.8 miles. Lakeside. **Surface**: Tarmac and gravel. **Footwear**: Dry shoes. **Gradient**: All on the flat apart from a very short slope up to the river bridge.

Walk 4 Cheshunt Lake (CPT) Meet at LVRP Hooks Marsh CP. Fishers Green Lane, Waltham Abbey, Essex. EN9 2ED. **What 3 Words** ///icon.exchanges .spirit

Level A, 2.25 miles. **Surface**: Tarmac and gravel paths. **Footwear**: Dry shoes. **Gradient**: All on flat apart from a very short slope up to the river bridge.

Walk 5 Around Hooks Marsh (CPT) Meet at LVRP Fishers Green CP. Stubbins Hall Lane, Crooked Mile, Waltham Abbey, Essex. EN9 2EF. **What 3 Words** ///pages.patio.frozen

Level A, 2.6 miles. **Surface** Tarmac and gravel. **Footwear**: Dry shoes. **Gradient**: All on flat apart from a very short slope up to the river bridge.

Walk 6 North Metropolitan Pit Lake (CPT) Meet at LVRP Hooks Marsh CP. Fishers Green Lane, Waltham Abbey, Essex. EN9 2ED. **What 3 Words** ///icon.exchanges .spirit

Level A 2.25 miles. **Riverside and Lake.** **Surface**: Gravel and tarmac. **Footwear**: Dry shoes. **Gradient**: Three short slopes.

Walk 7 Hall Marsh Scrape (CPT) Meet at LVRP Hooks Marsh CP. Fishers Green Lane, Waltham Abbey, Essex. EN9 2ED. **What 3 Words** ///icon.exchanges .spirit

Level A, 2 miles. **Surface**: Tarmac paths. **Footwear**: Dry shoes. **Gradient**: All on the flat.

***Walk 8 Lea Navigation & Scrape (CPT)** (You are required to input your car registration on the day of the walk to get Free parking)

Meet at Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.

What 3 Words ///flats.glass.clips

Level A 1.75 miles. Surface: Tarmac and gravel. Footwear Wet shoes. Gradient: All on the flat apart from a very short slope up to the river bridge.

***Walk 9 Bowyers Water (CPT)** (You are required to input your car registration on the day of the walk to get Free parking)

Meet at Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.

What 3 Words ///flats.glass.clips

Level A 2.34 miles. Surface Tarmac paths. Footwear Dry shoes. Gradient All on the flat.

Walk 10 Green Acre Woodland Not in the Winter programme

Walk 11 Gunpowder Park (CPT) Meet at Sewardstone Road, Waltham Abbey, Essex. EN9 3GP.

What 3 Words ///guises.safe.sober

Level B 2 miles. Surface: Gravel path and board walks. Footwear: Dry shoes. Gradient: One 200m and 500m gentle uphill slope.

Walk 12 The Stubbles and Strawberry Hill (CPT) Not in the Winter programme

Walk 13 Holyfield Lake (CPT) Meet at LVRP Fishers Green CP. Stubbins Hall Lane, Crooked Mile, Waltham Abbey, Essex. EN9 2EF. **What 3 Words** ///pages.patio.frozen

Level B, 1.75 miles. Surface: Mostly gravel and tarmac paths. Footwear: Dry shoes. Gradient: One 50m gentle incline.

Walk 14 Cornmill and Dragonfly Sanctuary (CPT) Not in the Winter programme

Walk 15 Cornmill Meadows (CPT) Not in the Winter programme

Walk 16 Stonards Hill Recreational Ground and Common Not in the Winter programme

Walk 17 Turnershill Marsh (CPT) Meet at LVRP Hooks Marsh CP. Fishers Green Lane, Waltham Abbey, Essex. EN9 2ED. **What 3 Words** ///icon.exchanges .spirit

Level B, 2.25 miles. Surface: Tarmac and gravel paths. Footwear: Dry shoes. Gradient: All on the flat apart from slopes up to bridge.

Walk 18 Roding Valley Recreation Ground Not in the Winter programme

Walk 19 Grange Farm Loop Not in the Winter programme

Walk 20 Roding Valley Nature Reserve Meet at Roding Valley Nature Reserve CP. Roding Lane, Chigwell. IG9 6BJ. By David Lloyd. **What 3 Words** ///trades.whites.rear

Level B 2.25 miles. Surface Hard tracks, rough lane, field and tarmac path. Footwear: Wet shoes. Gradient: Three 5m slopes; one 200m. Gentle: uphill slope.

Walk 21 Fishers Green to Aqueduct Lock (CPT) Meet at LVRP Fishers Green CP. Stubbins Hall Lane, Crooked Mile, Waltham Abbey, Essex. EN9 2EF. **What 3 Words** /// pages.patio.frozen
Level B 3 miles please note temporary diversion makes this route 3.98 miles long. Surface: Gravel tarmac and firm paths. Footwear: Wet shoes. Gradient: All on the flat apart from 13 downhill steps.

***Walk 22 (CPT)** (You are required to input your car registration on the day of the walk to get Free parking)
Meet at Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.
What 3 Words ///flats.glass.clips
Level B 2.73 miles. Surface: Tarmac paths. Footwear: Dry shoes. Gradient: All on the flat apart from four steps either side of lock bridge (These can be avoided by diverting 200m, speak to walk leader)

***Walk 23. (CPT)** (You are required to input your car registration on the day of the walk to get Free parking)
Meet at Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.
What 3 Words ///flats.glass.clips

Level B 2.46 miles. Surface: Tarmac paths and short gravel/grass. Footwear: Dry shoes.
Gradient: All on the flat apart from a very short slope up to the river bridge.

Walk 24 Gunpowder Park (CPT) Sewardstone Marsh (CPT) Meet at Sewardstone Road, Waltham Abbey, Essex. EN9 3GP. **What 3 Words** ///guises.safe.sober
Level B 2.9 miles. Surface: Gravel path and tarmac. Footwear: Dry shoes. Gradient: Slight gentle

Walk 25 Fyfield Loop Not in the Winter programme

Walk 26 Nazeing Mead (CPT) Meet at LVRP Clayton Hill CP. New Nazeing Road, Nazeing Essex. EN9 2HU. **What 3 Words** ///solo.sweat.united
Level C, 2.75 miles. Surface: Firm track, short stretch of road and earth path. Footwear: Wet shoes.

Walk 27 Warlies Meet at Warlies CP. Horseshoe Hill, Upshire, Essex. EN9 3SL.
What 3 Words ///spent.spare.vent
Level C, 2.3miles. Surface: Gravel track and quiet country lane. Footwear: Wet shoes.

Walk 28 North Weald Radio Station Meet at North Weald Village Hall CP. High Road, Epping, Essex CM16 6BU. **What 3 Words** ///riders.driven.adults
Level D 2.2 miles. Surface: Rough tarmac lane and bumpy very muddy field. Footwear: Very wet shoes. Gradient: 600m gentle up hill and 4 steep steps, with handrail.

Walk 29 Gernon Bushes Nature Reserve Meet at the entrance to the Reserve Garnon Mead, Coopersale, Epping, Essex. CM16 7RN. **What 3 Words** ///spirit.couch.decks
Level D 1.8 miles. Surface: Hard tracks, woodland path and board walk. Footwear: Wet shoes.
Gradient: 300m steady downhill; 36, wide downhill steps, 300m very steep up hill.