

Lifewalk Meeting Places of walks : July, August and September 2022

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 Over Flow 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 Meet at Green Acre car park. Kiln Road, Epping, Essex. CM16 6AD. **What 3 Words**///season.water.could

Level B 1.7 miles. Surface: Firm and earth paths, rough in places. Footwear: Very wet shoes.
Gradient: Most on the flat

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) Meet at Nursery Road, Loughton, Essex.IG10 4DZ. **What 3 Words** ///dwell.grass.melon

Level B 1.7 miles. Surface: Firm path; grass and earth patches. Footwear: Very wet shoes.
Gradient: Gently undulating.

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) Meet at LVRP Cornmill Meadow CP. Crooked Mile, Waltham Abbey, Essex. EN9 2ES. **What 3 Words** ///potato.sooner.saying

Level B 1.85 miles. Surface: All on grass, may be muddy. Footwear: Very wet shoes. Gradient: All on the flat.

Walk 15 Cornmill Meadows (CPT) Meet at LVRP Cornmill Meadow CP. Crooked Mile, Waltham Abbey, Essex. EN9 2ES. **What 3 Words** ///potato.sooner.saying

Level B 1.25 to 2.25 miles. Surface: All on grass may be muddy. Footwear: Very wet shoes. Gradient: Mostly on flat, one slight incline.

Walk 16 Stonards Hill Recreational Ground and Common Meet at Recreational Ground CP. Stonards Hill, Epping, Essex. CM16 4QF. **What 3 Words** ///scars.gloves.legal

Level B 1.9 miles. Surface: Firm tracks and earth path and grass can be muddy. Footwear: Very wet shoes. Gradient: very slight incline.

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 Meet at Roding Road CP. Roding Road, Loughton. IG10 3BS. **What 3 Words** ///adding.pepper.chimp

Level B 2 miles. Surface: Grass (may be muddy) and tarmac path. Footwear: Wet shoes. Gradient: All on the flat.

Walk 19 Grange Farm Loop Meet at Highwood Lane Loughton. IG10 3LS. Park in Road. **What 3 Words** ///guises.sleep.lots

Level B 2.34 miles. Surface: Hard path, woodland path and grass (rutted). Footwear: Wet shoes. Gradient: All on the flat.

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 3Words** /// 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 NEW WALK. (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 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** Meet at Fyfield Village Hall CP, Fyfield. CM5 ORG. (off Houchin Drive)
What 3 Words ///clocks.zebra.palace

Level C 3 miles. Surface: Grass and earth, tarmac path. Footwear: Very wet shoes. Gradient:
Mostly on the flat with one slight incline.

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.