

Walk Numbers, Meeting places and Gradients There is parking at all the meeting places but this is limited at busy times such as weekends so please arrive early. We are sorry that we cannot provide transport. LVRPA = Lee Valley Regional Park Authority. CPT = Car Parking Tariff, pay by phone or online at home

Walk 1 Around Waltham Abbey (CPT) **EN9 1XQ** Level A 0.8 mile. (1.6 miles twice) Gardens, Abbey church and stream. Meet at LVRPA Abbey Gardens car park. Surface Mostly tarmac, hard paths and some grass. Footwear Dry shoes. Gradient All on the flat.

Walk 2 Old River Lea Loop (CPT) Level A 1.8 miles. Riverside. **EN9 2EF** Meet at LVRPA Fishers Green overflow car park, Waltham Abbey. Surface Tarmac, gravel and earth paths. Footwear Dry shoes. Gradient All on the flat.

Walk 3 Seventy Acre Lake (CPT) Level A 1.8 miles. Lakeside. **EN9 2EF** Meet at LVRPA Fishers Green car park nr. Waltham Abbey 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) Level A 2.25 miles. Lake and River. **EN9 2ED** Meet at LVRPA Hooks Marsh car park, nr Waltham Abbey. Surface Tarmac and gravel paths. Footwear Dry shoes. Gradient All on the flat apart from a very short slope up to the river bridge.

Walk 5 Around Hooks Marsh (CPT) Level A 2.6 miles. Lakeside. **EN9 2EF** Meet at Fishers Green car park, nr Waltham Abbey. Surface Tarmac and gravel. Footwear Dry shoes. Gradient All on the flat apart from a very short slope up to the river bridge.

Walk 6 North Metropolitan Pit Lake (CPT) Level A 2.25 miles. Riverside and Lake. **EN9 2ED** Meet at LVRPA Hooks Marsh car park, nr. W. Abbey Surface Gravel and tarmac. Footwear Dry shoes. Gradient Three short slopes.

Walk 7 Hall Marsh Scrape (CPT) Level A 2 miles Riverside and meadows. **EN9 2ED** Meet at LVRPA Hooks Marsh car park nr Waltham Abbey. Surface Tarmac paths. Footwear Dry shoes. Gradient All on the flat.

Walk 8 Lea Navigation & Scrape Level A 1.75 miles. Riverside and meadows. **EN9 1AB** Meet at Lee Valley White Water Centre, 1st car park. 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 Level A 2.34 miles. Lakeside. **EN9 1AB** Meet at Lee Valley White Water Centre, 1st car park. Surface Tarmac paths. Footwear Dry shoes. Gradient All on the flat.

Walk 10 Green Acre Woodland Level B 1.7 miles. Forest. **CM16 6AD** Meet at Epping Forest Burial car park, North Weald. Surface Firm and earth paths, rough in places. Footwear Very wet shoes. Gradient Most on the flat.

Walk 11 Gunpowder Park (CPT) Level B 2 miles. Wild flower and woodland. **EN9 3GP** Meet at LVRPA Gunpowder Park car park, nr Waltham Abbey. Surface Gravel path and board walks. Footwear Dry shoes. Gradient One 200m and 500m gentle uphill slope.

Walk 12 The Stubbles and Strawberry Hill Level B 1.7 miles. Epping Forest. **IG10 4AE** Meet at Nursery Road car park, Loughton. Surface Firm path; grass and earth patches. Footwear Very wet shoes. Gradient Gently undulating and one slight slope.

Walk 13 Holyfield Lake (CPT) Level B 1.75 miles. River, lake and woodland. **EN9 2EF** Meet at LVRPA Fishers Green car park, nr. Waltham Abbey. Surface Mostly gravel and tarmac paths. Footwear Dry shoes. Gradient One 50m. Gentle incline.

Walk 14 Cornmill and Dragonfly Sanctuary (CPT) Level B 1.85 miles. Lake, riverside and woodland. **EN9 2ES** Meet at LVRPA Meadows car park, nr Waltham Abbey. Surface All on grass, may be muddy. Footwear Very wet shoes. Gradient All on the flat.

Walk 15 Cornmill Meadows (CPT) Level B 1.25 to 2.25 miles. Meadows woodland and riverside. **EN9 2ES** Meet at LVRPA Cornmill Meadows car park, nr Waltham Abbey. Surface All on grass may be muddy. Footwear Very wet shoes. Gradient Mostly on flat, one slight incline.

Walk 16 Bury Wood Loop Level B 2 miles. Epping Forest. **E4 7QJ** Meet at Chingford Plain car park, nr Chingford. Surface Firm tracks and earth path. Footwear Very wet shoes. Gradient Two gentle inclines.

Walk 17 Turnershill Marsh (CPT) Level B 2.25 miles. Meadows, lake and riverside. **EN9 2ED** Meet at LVRPA Hooks Marsh car park, nr Waltham Abbey. Surface Tarmac and gravel paths. Footwear Dry shoes. Gradient All on the flat apart from slopes up to bridges.

Walk 18 Roding Valley Recreation Ground Level B 2 miles. Green space, arboretum and lake. **IG10 3BS** Meet at Roding Road car park, Loughton. Surface Grass (may be muddy) and tarmac path. Footwear Wet shoes. Gradient All on the flat.

Walk 19 Grange Farm Loop (Highwood Lane) Level B 2.34 miles. Woodland and grass. **IG10 3LS** Meet at Highwood Lane, Loughton – park in the road. Surface Hard path, woodland path and grass (rutted). Footwear Wet shoes. Gradient All on the flat.

Walk 20 Roding Valley Nature Reserve (By David Lloyd) Level B 2.25 miles. Green space and lake. **IG9 6BJ** Meet at Roding Valley Nature Reserve car park, Chigwell. Surface Hard tracks, rough lane, field and tarmac path. Footwear Wet shoes. Gradient Three 5m slopes; one 200m. Gentle uphill slope. 25

Walk 21 Fishers Green to Aqueduct Lock (CPT) Level B 3 miles. Lake, river and lock. **EN9 2EF** Meet at LVRPA Fishers Green car park, nr Waltham Abbey. Surface Gravel tarmac and firm paths. Footwear Wet shoes. Gradient All on the flat apart from 13 downhill steps.

Walk 22 Fairmead to Connaught Waters Level B 2.25 miles. Lake and Epping Forest. **IG10 4HR** Meet at Fairmead car park, nr High Beach. Surface Firm track, short stretch of road and earth path. Footwear Very wet shoes. Gradient Two gentle inclines.

Walk 23 Fairmead Loop Level B 1.6 miles. Epping Forest. **IG10 4HR** Meet at Fairmead car park, nr High Beach. Surface Firm track, short stretch of road and earth path. Footwear Very wet shoes. Gradient Two gentle inclines.

Walk 24 Sewardstone Marsh (CPT) Level B 2.9 miles. **EN9 3GP** Meet at LVRPA Gunpowder Park car park, nr Waltham Abbey. Surface Gravel path and tarmac. Footwear Dry shoes. Gradient Slight gentle uphill slope.

Walk 25 Fyfield Loop Level C 3 miles. **CM5 ORG** Meet at Fyfield Village Hall car park, Fyfield. Surface Grass and earth, tarmac path. Footwear Very wet shoes. Gradient Mostly on the flat with one slight incline

Walk 26 Nazeing Mead (CPT) Level C 2.75 miles. **EN9 2HX** Meet at LVRPA Clayton Hill car park, Nazeing. Surface Firm track, short stretch of road and earth path. Footwear Wet shoes. Gradient Flat.

Walk 27 Black Bush Level C 2.95 miles. Epping Forest. **E4 7QJ** Meet at Chingford Plain car park, nr High Beach. Surface Firm tracks and earth path. Footwear Very wet shoes. Gradient Two slight hills.

Walk 28 Warlies Level C 2.3 miles. Quiet lanes and good views. **EN9 3SL** Meet at Warlies car park (far end), Upshire. Surface Gravel track and quiet country lane. Footwear Wet shoes. Gradient 600m long very steep hill.

Walk 29 Jacks Hill to Theydon Bois Level C 1.9 miles. Epping Forest. **CM16 7DR** Meet at Jacks Hill car park, between Wakes Arms and Theydon Bois. Surface Woodland path, grass (muddy in places). Footwear Very wet shoes. Gradient 900m long very steep hill.

Walk 30 Theydon Bois Loop Level C 1.8 miles. Epping Forest. **CM16 7DR** Meet at Jacks Hill car park, between Wakes Arms and Theydon Bois. Surface Shale tracks and woodland path (muddy in places). Footwear Very wet shoes. Gradient Undulating for 0.3 miles; 300m steepish hill.

Walk 31 North Weald Radio Station Level D 2.2 miles. Good views over local countryside. **CM16 6BU** Meet at North Weald Village Hall car park. Surface Rough tarmac lane and bumpy very muddy field. Footwear Very wet shoes. Gradient 600m gentle up hill and 4 steep steps, with hand rail.

Walk 32 Gernon Bushes Nature Reserve Level D 1.8 miles. Woodland. **CM16 7RN** Meet at Entrance to Reserve; park in Garnon Mead, Coopersale. Surface Hard tracks, woodland path and board walk. Footwear Wet shoes. Gradient 300m steady downhill; 36, wide downhill steps; 300m very steep up hill.

Walk 33 Debden Green Camp Site Level E 2 miles. Epping Forest. **IG10 2NZ** Meet at Debden Green Camp Site car park. Surface Woodland path (may be very muddy in places). Footwear Wet shoes. Gradient Several very steep hills.

Gradients Level A walks – These routes are on flat, hard surface paths. Occasionally short slopes or a short stretch of grass but that's all so everyone can do Level A walks. **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. These 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** – These 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. **Level E walk** – This walk has several very steep hills and you should only do it if you can confidently walk a level D walk Please do not come on Level C, D and E walks until the Lifewalks leaders have said it is safe for you to do so.