

Freedom Pass circuit

Section 34: Cheshunt to Chingford

Distance: 6.59 mi, 10.54 km

Introduction

This section takes us south in two stages. In the first stage we just follow the towpath of the River Lee Navigation, as far as Enfield Lock. The second stage takes us out of the Lea Valley up into Epping Forest.

There are possible alternatives for both stages. In the first stage one could cross over the River Lee Navigation and follow NCR1 to Enfield Lock, but this entails more than half a mile along a cycle track next to a busy road so is not very inviting. In the second stage one could follow the TFL London Loop through Sewardstone; this provides some views over the Lea Valley, but is considerably longer than the route described here.

There are places to eat in Cheshunt and Chingford.

Directions

Leave Cheshunt Station on the east side, by platform 1.

Pass the River Lee Country Park carpark on the left.

After going over the Small River Lea, when the road bends left, turn right alongside the Small River Lea.

Follow this track until it ends at a small carpark.

Carry on along a footpath to reach the River Lee Navigation by a lock. Then turn right along the towpath (or cross over the Navigation if you wish to follow NCR1 instead of this route).

Follow the towpath for several miles, past Waltham Town Lock and under the M25, until the towpath ends at Enfield Lock.

Here, turn left over the Navigation, bear right onto the towpath, then immediately bear left through the trees on the right. Here we joint the London Loop.

Turn left and skirt round the end of Swan and Pike Pool (on your right), and then carry on into the carpark.

Carry on across the entrance to the carpark and the entrance to the King George V Reservoir, and then turn right along a branch of the River Lea.

Keep on this path, passing the first bridge on the left, and then going over three footbridges in succession.

Immediately after the third footbridge, turn sharp right, alongside a metal fence on the right (or go straight on if you wish to stay on the London Loop).

Keep on this path for a considerable distance, ignoring any paths on the left, and keeping the embankment of the King George V Reservoir visible on the right.

After a stile, the path bends left, away from the river. Bear right when you come out of the trees, and bear right again when you get to another field.

A little after another stile, the path becomes a farm track, and then emerges onto a main road.

Turn right along the verge, and cross once a pavement becomes available.

Turn into the bus waiting area on the left, and take the rough path up the slope on the left just before the bus stop.

As the path levels out, bear left and continue climbing, but less steeply.

Keep straight ahead at a crossing with a minor path.

Take the next path on the right, which is rather more distinct than the previous one. Here we briefly join the London Loop.

The path briefly ascends, then goes steeply downhill.

At the bottom, bear right and then left, onto a metalled track. Here we leave the London Loop again.

Follow the track uphill.

At the end, cross the road, and turn right onto the bridleway that runs alongside. The London Loop joins us after a short distance.

Keep straight ahead until the bridleway emerges from the trees.

Then take the path on the right alongside the carpark extension.

When you reach the carpark itself, cross it to the exit.

Then turn left along the road.

At the T junction turn right along Station Road.

Chingford Station is on the left. If you keep going along Station Road you will reach a pub in 9 minutes.