

# Zone 5 circuit

## Section 32: Chingford to Buckhurst Hill

Distance: 2.44 mi, 3.90 km

### Introduction

This short section is mostly sylvan. The first half is through Epping Forest, and a significant part of the second half is through Knighton Wood.

There are some places to eat at Buckhurst Hill.

### Directions

Turn right out of Chingford station, and go down the steps to the bus station.

Turn right and go round the edge of the bus station.

Turn right when you reach the main road.

Turn left along Bury Road.

Bear right onto a footpath before the golf course building.

At the second of two left turnings, bear right onto the second path from the right, uphill.

At the top, turn right and cross the grass to a gate leading to Queen Elizabeth's Hunting Lodge.

Go past the Lodge, cross the main road, and go down a minor road past a carpark on the left.

On the left bend, bear right past a barrier.

Bear left beside a pond on the left.

Follow the main path gently downhill.

At the bottom, you cross another path which runs along the edge of an area of open grassland.

Cross it, bearing slightly left, and cross the grass.

When you get close to the trees on the other side, bear right.

Cross the road, and carry on along the track opposite.

Keep straight ahead on the track, which gently ascends.

At the end, turn right along the main road.

Turn left into Beech Lane.

Take the path on the right, just after Lingrove Gardens.

Cross the main road, and carry on along Knighton Lane.

At the left bend, keep straight ahead through the carpark.

Take the leftmost of the three paths after the barrier.

Bear left at a T junction.

Turn right at a crossroads, and descend along a broad track.

Cross a patch of grass, keeping left immediately afterwards, and carry on along a rather narrower path.

Turn left over a culvert.

Pass a play area on the left, and leave the wood.

Take the next turning right.

After a gradual left bend, turn right down Queens Road.

Buckhurst Hill station is at the end, on the left.