

Zone 6 inner

Section 28, Enfield Lock to Loughton

Distance: 5.54 mi, 8.86 km

Introduction

This section is of medium length. It takes us eastward out of the Lea Valley, up into Epping Forest and down the other side. The first half follows the London Loop. It is almost entirely off-road, apart from the final stretch into Loughton.

There are places to eat in Loughton.

Directions

Leave Enfield Lock station on the east side, by platform 1, and turn right along Bradley Road.

When you get to Turkey Brook, turn left alongside it.

Cross a road.

Bear right onto a footbridge over a main road.

Keep straight ahead to Enfield Lock.

After crossing over the Lea Navigation, turn right onto the towpath.

Pass the Swan and Pike pool on the left, then turn left into the carpark.

At the exit, take the footpath on the right.

Follow the footpath across the entrance to the George V reservoir, and then alongside a branch of the River Lea (on your left).

Keep straight ahead past a footbridge on your left.

Go over three further bridges in succession, and enter Sewardstone Marsh.

Bear right after a black gate.

Keep straight ahead to the exit, then carry on along a residential road.

At the end turn right.

Turn left immediately after the busstop on the left, then immediately bear right to cross a field diagonally. [could instead keep straight on?]

Keep going in the same direction across the corner of another field, and then carry on along a track, still going in the same direction.

The track climbs, then bends right, then bends left twice. Between the left bends, the London Loop branches off to the right.

At the next intersection, turn right.

Follow the track up through the wood.

At the T junction, go straight ahead across the field.

On the far side, cross a farm track and enter the wood. Here we rejoin the London Loop.

Follow the main path round to the left.

At the end, turn left along a track, leaving the London Loop again.

At the end, carry on past a black barrier.

At the next intersection, turn right.

Climb, then cross a golf course.

At the top, carry on between wooden railings.

Turn right, left, right and left in quick succession.

Immediately after a black barrier, turn right onto a footpath.

Follow the path beside the golf course.

At the end, turn right along the road.

On the right bend at Elms Park Homes, turn left along a track.

When you reach the gate, go through the kissing gate on the right.

Keep straight ahead on the path, crossing the driveway of the Suntrap Centre.

At the road, turn right, then turn left through Gate 81.

Keep straight ahead on a rough path.

When you reach a gravel path, bear left onto it, then immediately bear right off it.

Turn right along a minor road.

Turn left along a gravel track.

Cross the main road and the carpark.

Carry on straight ahead over the grass.

At an intersection, turn left then immediately right.

On leaving Epping Forest, turn left then right along Upper Park.

Keep straight ahead, down Upper Park and Lower Park Road.

After a right bend, turn left.

At the end, carry on along a footpath.

Keep alongside the Central Line to reach Loughton station. (Turn left through the bus station and keep going for 6 minutes to reach pubs.)