

# Zone 6 outer

## Section 28: Enfield Lock to Epping

Distance: 8.94 mi, 14.30 km

### Introduction

This section goes north-east to Waltham Abbey then east via Copped Hall.

There is a stretch of this route along very poorly defined paths. Secateurs will be useful.

There are places to eat in Waltham Abbey and Epping but nothing in-between. The gap between the two is about 2½ hours.

### Directions

Leave Enfield Lock station on the east side, by platform 1.

Cross the main road and carry on along the footpath parallel to the railway.

Turn right out of the carpark and then left.

Follow the road to the end, round a right bend, and turn left at the end.

Turn right onto a cycle track just after the mini-roundabout.

Keep on the cycle track round several bends, into a business park.

Turn left at the road.

Turn right at the roundabout.

Keep straight ahead past another roundabout, along Innova Way, to the business park's exit.

At the traffic lights go straight on into and across Rammey Marsh.

When you reach the River Lea, turn left.

Follow the towpath as far as Waltham Abbey.

Just after going under the main road, turn right and cross over Waltham Town Lock.

Turn right, and then left along the main road.

Go straight on at the traffic lights.

Before the roundabout, cross the road by the pedestrian crossing, and then carry on past the roundabout towards the Abbey.

Enter the churchyard and pass the Abbey on your left.

Turn left round the east end, then right into a walled precinct (the chapter house), passing the supposed site of King Harold's burial place.

Bear left onto a path that leads out of the precinct, then bear right.

Pass through a hedge and an ornamental garden, then turn right.

Cross the main road and turn left towards the roundabout.

Leave the roundabout at the first exit (anticlockwise).

Cross the road and carry on along the wide grass verge.

When the road starts to bend right, take the footpath on the left, down a flight of steps and over a footbridge.

Cross a field, and go round the left-hand edge of a second field. Do not leave this field at the first corner, but keep going round the edge.

Eventually, at a corner at the top of the field, the path crosses into another field on the left, and then carries on uphill.

Turn left when you reach the corner of a wood.

Go down, and up, then turn right past the end of the wood. The path becomes very vague here.

Head towards some buildings. When you reach a rough track, turn right onto it and head towards a couple of dung heaps.

After a left junction, turn left into a field, and go round two sides of it.

As you approach a road, the edge of the field bends to the right. Delve into the undergrowth on the left. If you are lucky you will find an overgrown path that leads out to the road.

Turn left along the road.

Turn right into Breach Barns Lane.

When the road bends left, carry straight on along a concrete track. Follow this round to the left.

Pass a couple of bungalows on the right, then turn right just before a grey building.

Follow the path round to the left.

Pass between greenhouses on the left and a stream on the right.

Then bear right and carry on along a left-hand edge of a field. Note the obelisk on the right.

At the far corner, turn left into the woods.

At the T junction, turn right and go over a footbridge.

Immediately bear left, then bear left across a field.

On the far side bear right. [Could we go straight on into the next field?]

After a gate, turn left along the left-hand edge of a field.

Do not go through the gate straight ahead, but turn right and then take the left-most of the two paths.

After a pair of metal gates, bear right.

Keep straight ahead after another pair of gates.

Do not pass into the next field, but instead bear left towards the corner.

Turn right along the road, then take the footpath on the left just after the right bend.

Carry on straight ahead across the next road, and across an entrance drive.

Turn left in front of Lower Lodge Cottage.

Keep straight ahead for a considerable distance. On the approach to Copped Hall, the road diverts right and rejoins the path further on.

Just after a machine gun post, take the footpath on the right.

At first the path runs parallel to the road, but at Griffin's Wood it diverges away from it.

After Griffin's Wood, cross over into the field on the left.

Climb up to the M25, and cross over the portal.

At the fork, bear left.

Turn left along the road, then right into the cricketfield.

Halfway along the drive, take the footpath on the left. Here we join the Freedom Pass Circuit.

Keep on this footpath, parallel to the main road, across two other roads.

After the last of the houses on the right, right right along a track, and then bear left along a grass track before you reach the houses.

Go downhill, bearing left when you reach the trees.

Keep on the main path until you reach a residential road.

Turn left onto it, and then left again at the T junction.

Shortly after Woodland Grove, take the footpath on the right.

This leads directly to Epping Station.