



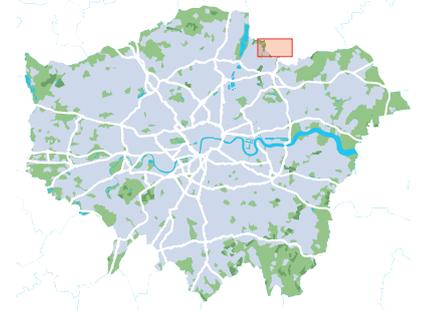
London Loop

Section 19 of 24

Chingford to Chigwell



Section start:	Chingford
Nearest station to start:	Chingford
Section finish:	Chigwell
Nearest station to finish:	Chigwell
Section distance:	4 miles (6.5 kilometres)



Introduction

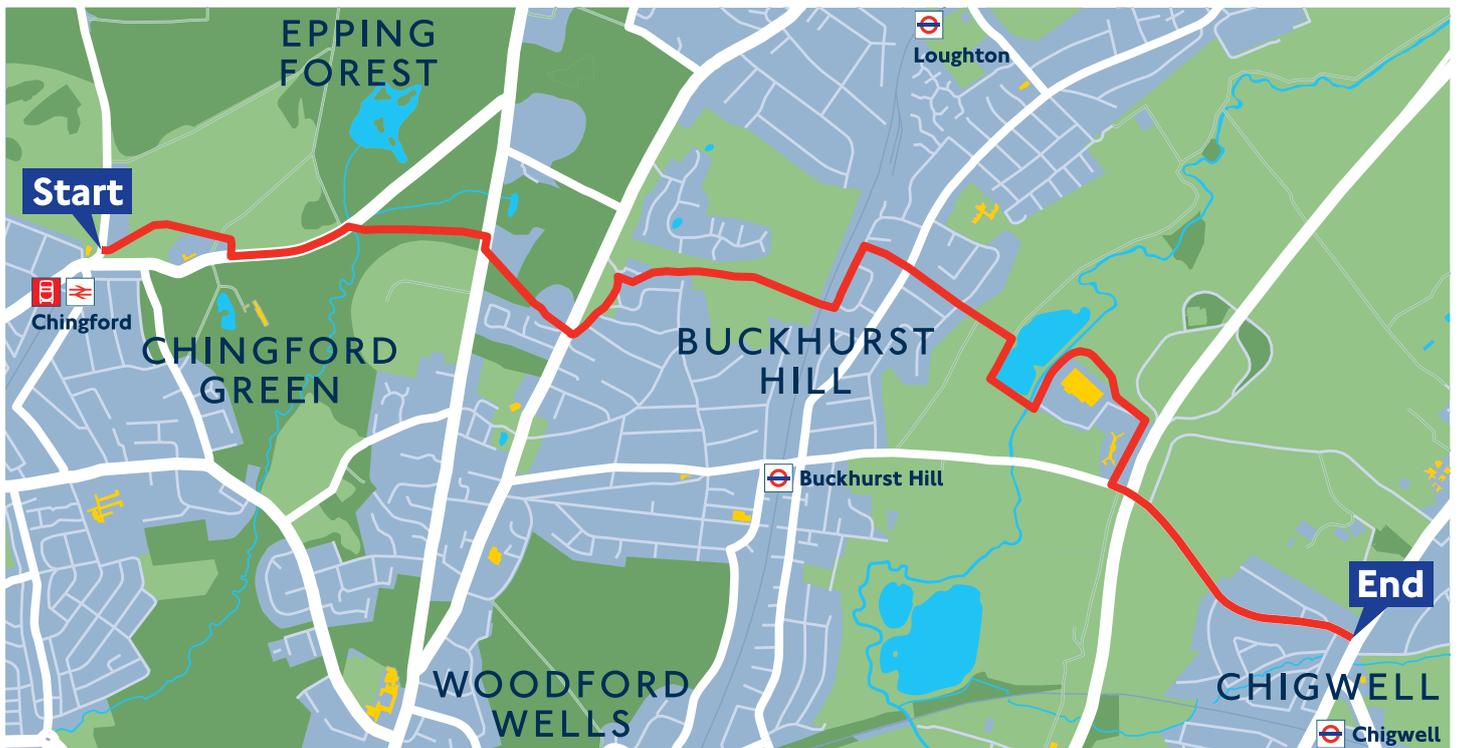
This shortish section will take you through the open spaces of Epping Forest and the meadows of the Roding Valley Meadows Nature Reserve.

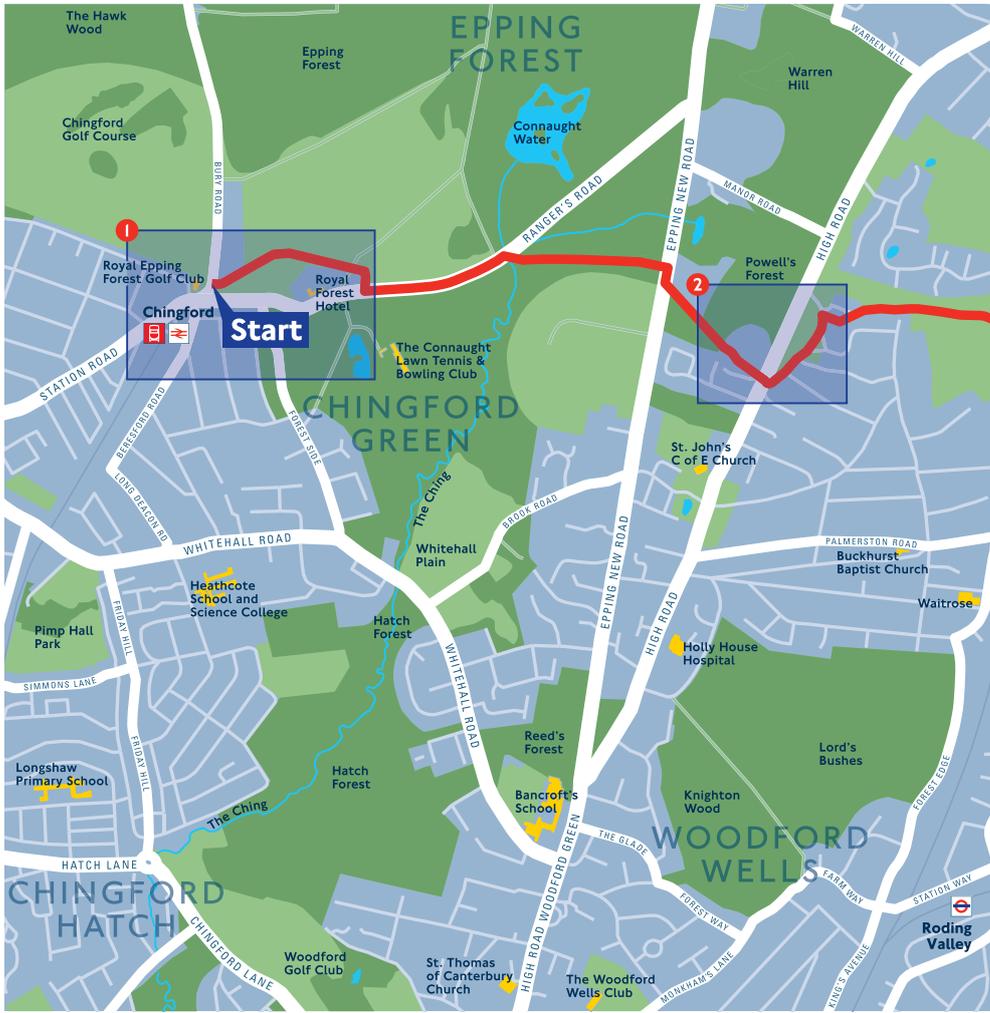
It's easy walking but some parts of Epping Forest may be muddy. There is one gentle climb near the start, and part of the route is on pavements and tarmac paths. Some parts of Roding Valley Meadows Local Nature area are accessible for the less mobile and pushchairs.

The highlights are Queen Elizabeth's Hunting Lodge and the magnificent ancient oaks in Epping Forest.

There are pubs and cafes at Chingford, Epping New Road, High Road, Woodford Green, Loughton Way and Chigwell. Public toilets are available at Chingford, Linder's Field Nature Reserve and Roding Valley Recreation Area.

There are underground stations at Buckhurst Hill, and Chigwell and several bus routes along the way.





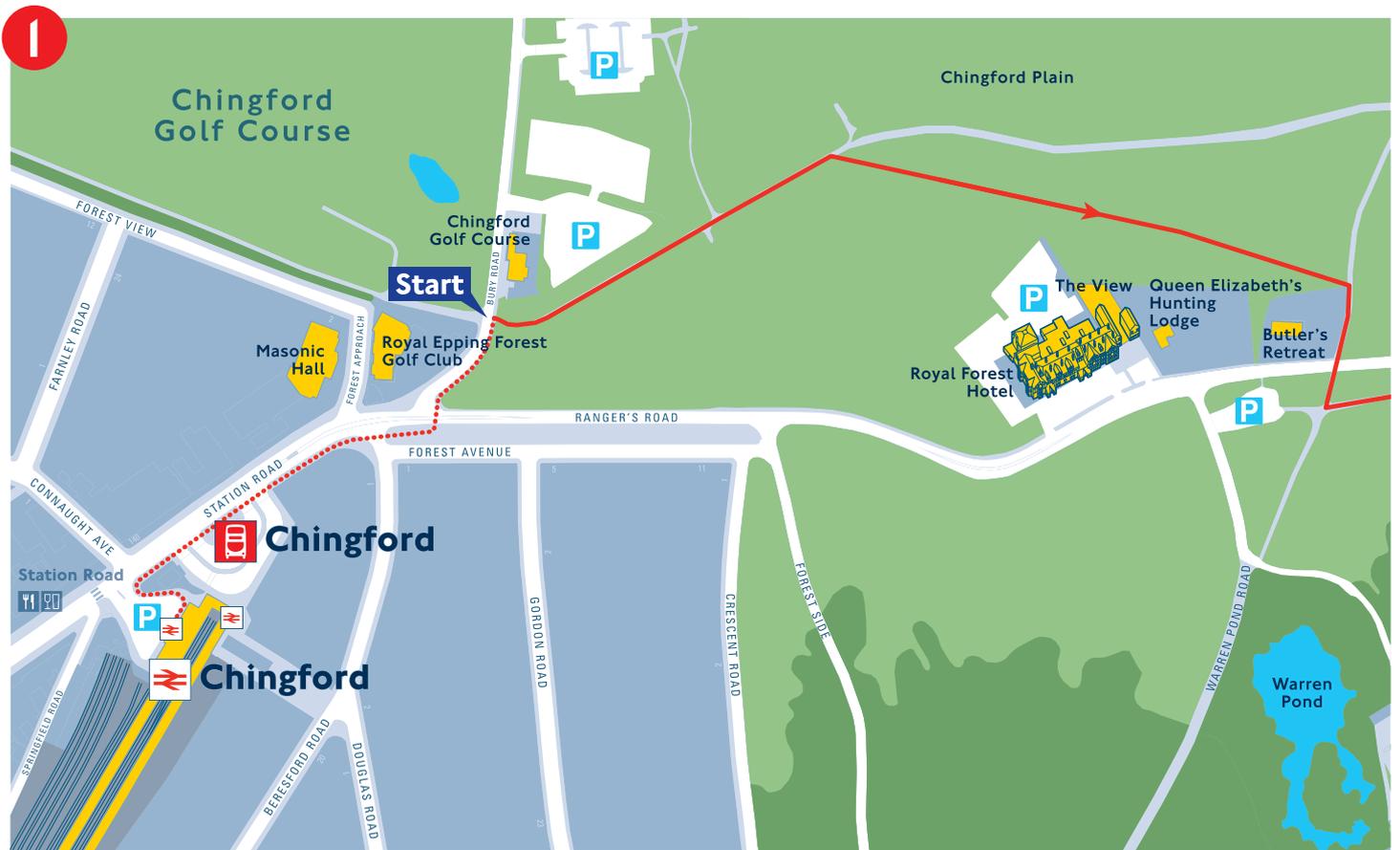
◀ Continues



Key

- London Loop
- National Rail station
- London Underground station
- Bus station
- See inset map for enhanced detail in this area

© Crown copyright and database rights 2015
Ordnance Survey 100035571/015
© Copyright Transport for London 2015



Directions

  Exit Chingford station onto Station Road and turn right. Cross Beresford Road on the right and then cross left over Rangers Road (the continuation of Station Road) to Bury Road opposite.

Almost immediately, and before the clubhouse of the Royal Epping Forest Golf Course, look out for a metal gate and the London LOOP waymarkers. Turn right onto the gravel path which leads onto Chingford Plain. This is the start of London LOOP section 19.

After a short distance the gravel track ends and the path turns sharp left over a small bridge. Do not follow the path, instead turn right and take the wide grass strip straight up the hill to pass between the trees.

Did you know?

Once through the trees you emerge in front of a white timber-framed Elizabethan building which is Queen Elizabeth's Royal Hunting Lodge. Built for King Henry VIII in 1543, Queen Elizabeth's Hunting Lodge is the only remaining timber-framed hunting lodge left standing in England. This unique historic building is open, free to the public, courtesy of the City of London. Please check opening times before visiting.

Continue straight on to arrive at the drinking fountain, turning right towards the road. Opposite the Butler's Retreat cafe, cross Rangers Road and turn immediately left along the grass verge to follow a path parallel with the road. Walk beneath the magnificent veteran oaks, which are at least 450 years old, and continue on the often muddy path to meet a broad gravel track.

Cross the track and bear slightly to the right to cross the bridge over the stream. Follow the path as it bears right through an ill-defined hedge leading to the open grassy space of The Warren. Keep the wood on your left.

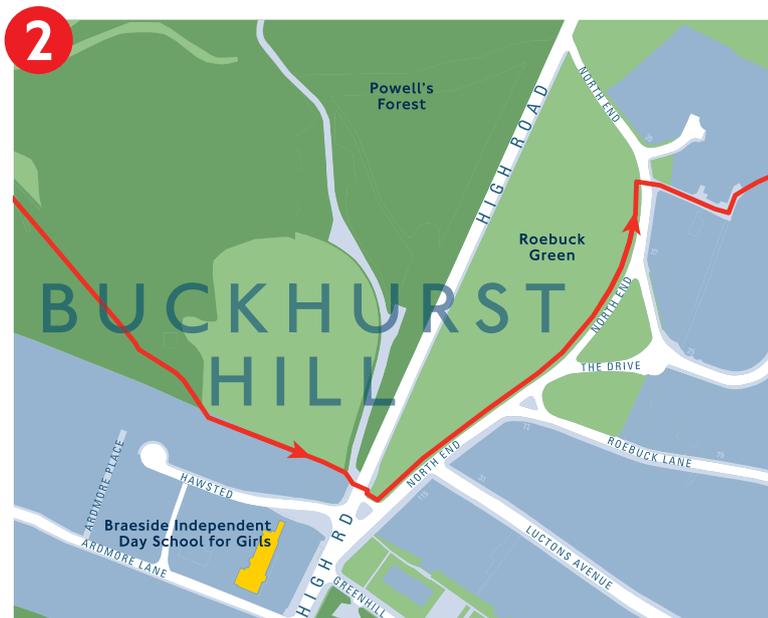
 Continue straight up the hill of The Warren to the trees in the distance. While following the white stakes of the horse ride up the hill, take a moment to glance back for superb views of Chingford Plain.

Near the top of the hill, go diagonally right towards The Warren Wood pub. Cross Epping New Road and pick up the path opposite; just to the right of the cottages is a track leading up through the meadow. The path bears right up the hill. When it splits, take the right-hand path into a short stretch of woods. Emerge beside a cricket ground, with flats on the right. Follow the right edge of the cricket field to reach High Road.

 **2** To leave the LOOP here use bus route 20 to reach Debden station, Loughton station or Walthamstow Central stations.

To continue cross over High Road and bear left taking to the grass of Roebuck Green between two roads. The green drops downhill with a faint path keeping to the grass. When it ends, cross over North End road and take the byway between houses, signed to Buckhurst Hill.

You will shortly come to a T-junction, go left and find a well-concealed path running just right of a house garage. The path curves right through a kissing gate then reveals itself as a fine old green track, dropping into Roding Valley with a tree line to its left.



The path goes straight with trees on either side and passes Linder's Field Local Nature Reserve on the right before gently descending to a kissing gate.

Did you know?

Half of this 3.6 hectare wildlife site is ancient woodland, and is particularly notable for bluebells and wild service trees while two small ponds host communities of toads, common frog and smooth newt.

Go through the wooden kissing gate into a field. Keeping the hedge on your left descend towards the railway bridge. Go through the metal kissing gate and over the footbridge crossing the Central line. On the other side of the railway, the route emerges between houses on the corner of Thaxted Road.

To leave the LOOP at this point, follow the road straight ahead and turn right into Blackmore Road before meeting up with Loughton Way. Bus 167 will take you to Buckhurst Hill and Ilford from here, or to walk to Buckhurst Hill station turn right here and keep on for a little over half a mile to the traffic lights at Palmerston Road. Turn right here, cross the railway bridge and turn left for the station.

To continue on the LOOP turn left along Thaxted Road passing Blackmore Road until you reach an open green area on the right known as Green Walk. Take the pedestrian path to reach the road signed both Valley Hill and Loughton Way. Cross the road and continue down Green Walk to reach Bradwell Road. Cross it to enter the Roding Recreation Area. Go straight on passing playing fields to reach a T-junction of paths at a large lake. This lake was excavated to provide the nearby M11 motorway with gravel.

Turn right at the lake and proceed straight on, then left as the path skirts around the water's edge. Follow the path as it bears away from the lake and then over an arched concrete footbridge over the River Roding. On the other side of the footbridge turn left on a path beside the Roding, through a kissing gate and into Roding Valley Meadows Nature Reserve.

Did you know?

The Roding Meadows Nature Reserve constitutes the largest surviving area of traditional river flood-plain grassland in Essex. They have probably looked much the same for the last 1,000 years. Comprising 56.6 hectares (140 acres) the meadows are home to over 250 wild flowers, grasses and rushes as well as birds such as kingfishers and kestrels, and animals like the water vole.

Coming into open grass, the paths divide. Branch right here, heading up the gentle slope to join a track.

Go through the nature reserve car park and bear left on the road beyond. Coming up to the main road, turn left and cross the M11.

 **3** Keep on along the road, Chigwell Rise, crossing to the other footway if the opportunity arises for the views it offers across the Roding Valley.

To reach Chigwell station turn right at the junction with Chigwell High Road. Continue past the shops and Chigwell station soon becomes visible across the road.

Section 19 ends at the junction of Chigwell Rise and Chigwell High Road. Section 20 continues to the left.

