

THE ESSEX WAY - a long-distance path (81miles) stretching across Essex from Epping in the south-west to the port of Harwich in the north-east



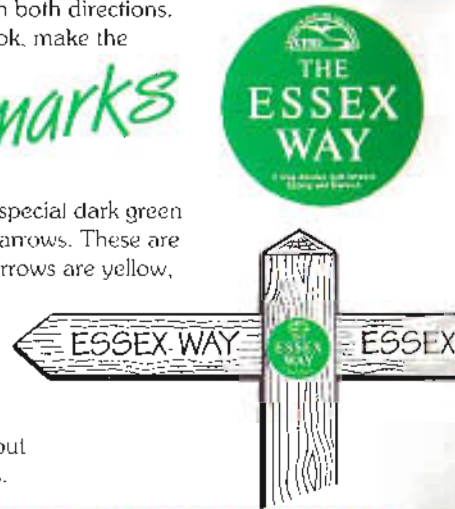
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The Essex Way is clearly signposted and waymarked in both directions. The waymarks, together with the maps in the guidebook, make the walk easy to follow. The guidebook also illustrates points of interest along the way.

Follow the Waymarks

Look out for the special dark green Essex Way plaques and direction arrows. These are attached to fingerposts, stiles, gates and posts. The arrows are yellow, blue or red.

- ★ **Yellow** arrows are used on public footpaths.
- ★ **Blue** arrows are used on public bridleways. Look out for cyclists and horse riders.
- ★ **Red** arrows are used on public byways. Look out for motor vehicles as well as horses and cyclists.



Distance 81 miles.

Transport The Essex Way is well served by Public Transport, especially by train. For details of bus and train timetables contact the Public Transport section of Essex County Council on (0245) 492211.

Ordnance Survey 1:25,000 'Pathfinder' Maps

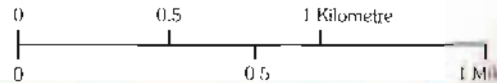
Epping & Chipping Ongar No.1121 Sheet TL40/50 Chelmsford No.1122 Sheet TL60/70
 Great and Little Waltham No.1098 Sheet TL61/71 Great Dunmow & Braintree No.1075 Sheet TL62/72
 Coggeshall & Earls Colne No.1076 Sheet TL82 Colchester No.1077 Sheet TL92/TM02
 Manningtree & Dedham No.1053 Sheet TM03/13 Felixstowe and Harwich No.1054 Sheet TM23/33
 Walton-on-the-Naze No.1078 Sheet TM12/22

Please follow the Country Code and wear strong boots or shoes. Keep dogs on leads where animals are grazing. Remember the countryside is a work-place. Keep to the waymarked paths, and use stiles and gates to cross fences. Take care when crossing all roads.

Key to maps

.....	Footpath etc.	✱	Stile or gate	☎	Telephone	⌵	Viewpoint
.....	Courtesy path	≡	Footbridge	☕	Refreshments	P	Parking
.....	Bridleway						
.....	Byway						

Scale



'Ways Through Essex' would like to thank everyone who has helped to produce this guidebook. Extract from "Essex" by Sir John Betjeman reproduced by kind permission of John Murray (Publishers) Ltd. Illustrations by Harry Bitten. Front cover illustration by James Fretwell.

Front Cover (clockwise from top left): Harwich High Lighthouse, By the River Stour, Ramsey Windmill, Great Tey Church tower; Coggeshall Abbey Mill weathervane, Essex green lane; Chappel Railway Viaduct; Dovercourt Lighthouses; Duen; Paycocke's House; Lambs; Greensted Church; Painting in 'Constable Country'; Buttercup meadow; Crossing Temple Wheat Barn; Medieval hunting scene in Ongar Great Park; Harwich Treadwheel Crane, Spritsail Barge (with bent geese and Mallard swans); Willingale's two churches. **Centre:** Lawford Church dancing men, Good Easter dajsychain; Dedham fire-mark.

The Essex Way

*"The deepest Essex few explore
 Where steepest thatch is sunk in flowers
 And out of elm and sycamore
 Rise flinty fifteenth-century towers".*

Sir John Betjeman. (1954)

The Essex Way is a long-distance path stretching right across the County of Essex from Epping in the south-west to the port of Harwich in the north-east. Following footpaths and ancient green lanes it covers a distance of 81 miles.

Launched in 1972 the Essex Way was originally devised by pupils from Chelmsford Technical High School. They produced the winning entry in a competition organised by the Essex branch of the Council for the Protection of Rural England (CPRE) to mark European Conservation Year. Twenty-one years on, 'Ways through Essex', in association with CPREssex and the Ramblers' Association, has produced this new guide to celebrate the Essex Way's "coming of age". The guidebook is easy to follow and there are waymarks along the route so you won't get lost.

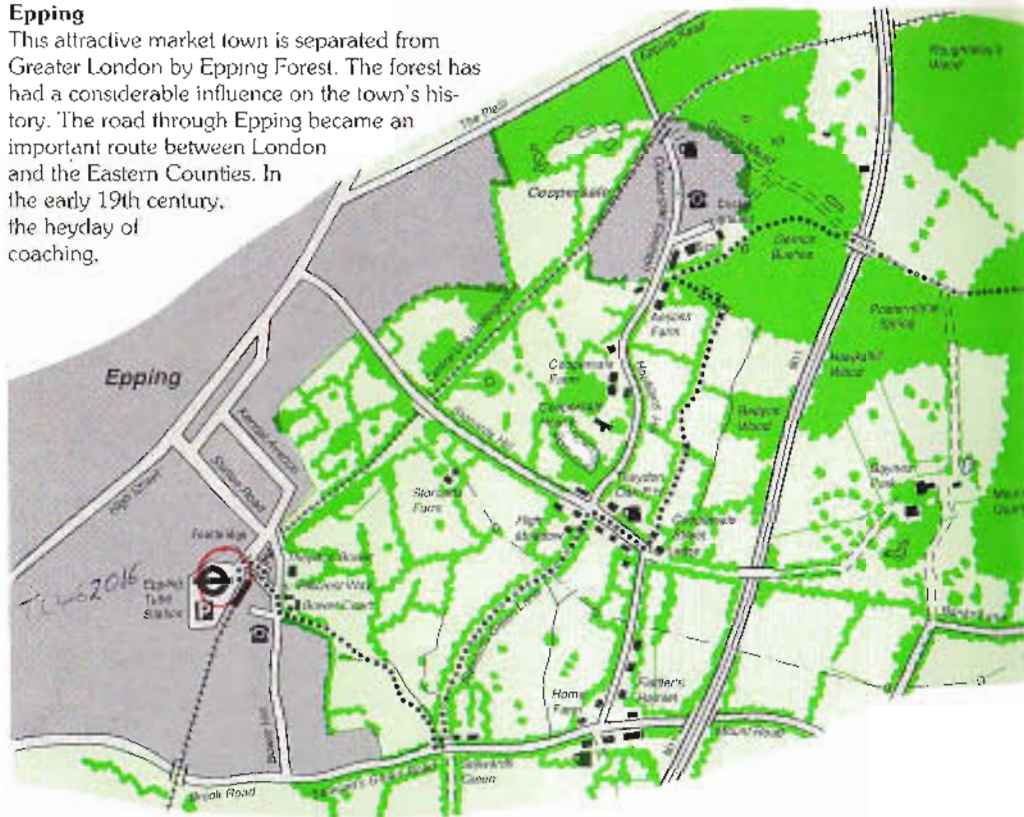
The path leads you through ancient woodlands, open farmland, tree-lined river valleys and leafy green lanes, unveiling historic towns and villages along the way. Let the Essex Way take you on a journey of discovery through "deepest Essex".



Helping you enjoy the Essex Countryside.

Epping

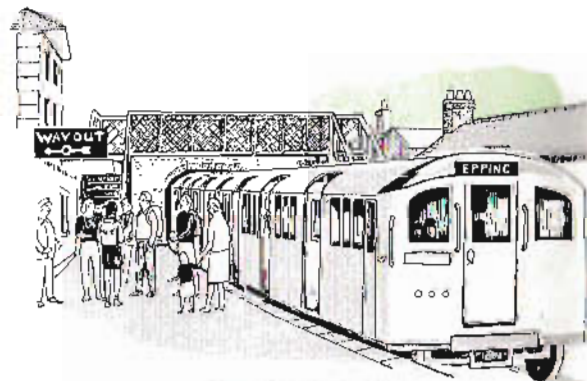
This attractive market town is separated from Greater London by Epping Forest. The forest has had a considerable influence on the town's history. The road through Epping became an important route between London and the Eastern Counties. In the early 19th century, the heyday of coaching,



Epping had no fewer than 26 inns. The threat from highwaymen such as Dick Turpin in Epping Forest meant that Epping became the last "port of call" for travellers reluctant to chance the rest of the journey to London as daylight faded.

In 1948-9 the old steam railway to London was electrified and became part of the London Underground Central Line. The longest unbroken journey possible on the Underground is on the Central Line between Epping and West Ruislip - over 34 miles.

Also on the Central Line is Loughton which marks the start of the 'Forest Way'. Epping was home to Lucien Pissarro (1863-1944), son of the great French Impressionist painter Camille Pissarro. Although Lucien followed his father's profession, he was never in the same league. One "enterprising" art dealer bought one of Lucien's paintings for £24, changed the initial from 'L' to 'C', and then sold it at Sothebys for £450!



Epping Tube Station

4

Toot Hill

Looking around you, it's no surprise to find that Toot Hill means "lookout post". "Mind the step" as you leave the 'Green Man' Inn!

Scarlet Pimpernel. Check the time by the Scarlet Pimpernel (*Anagallis arvensis*). In sunny weather its flowers open at 8am and close around 2pm.



Ongar Great Park

A well-preserved earth bank & ditch within the wood mark the former boundary of Ongar Great Park. Mentioned in an Anglo-Saxon will in 1045, Ongar was the first recorded deer park. It would have contained native red deer and fallow deer after the Norman Conquest, confined by a special oak fence called a 'park pale'. Besides providing hunting sport for the Lord of the Manor, the park ensured a supply of fresh meat for his household throughout the year.

Gernon Bushes

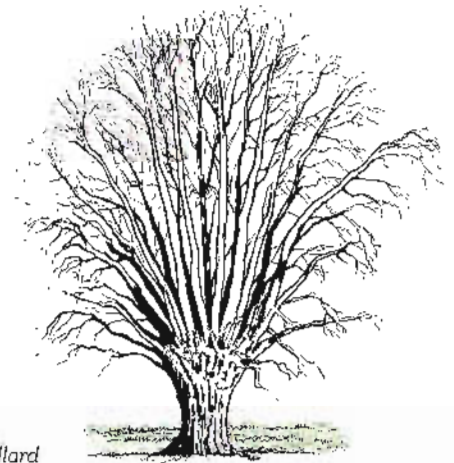
79 acres of ancient woodland containing hornbeam pollards and mossy bogs. Pollarding has been practised since at least Anglo-Saxon times. About every 15 years the trees would be cut to a height of 2-5 metres. The lopped-off branches would be used for fencing and fuel, and new shoots would sprout beyond the reach of grazing cattle and deer. Gernon Bushes has been designated as a Site of Special Scientific Interest because of its value as a wildlife habitat, and it is managed by the Essex Wildlife Trust as a nature reserve.

Roman Road

The Essex Way crosses the line of the Roman Road from London to Colchester. On a grey misty morning you may glimpse the group of Roman soldiers which haunts the hill.

Coopersale House

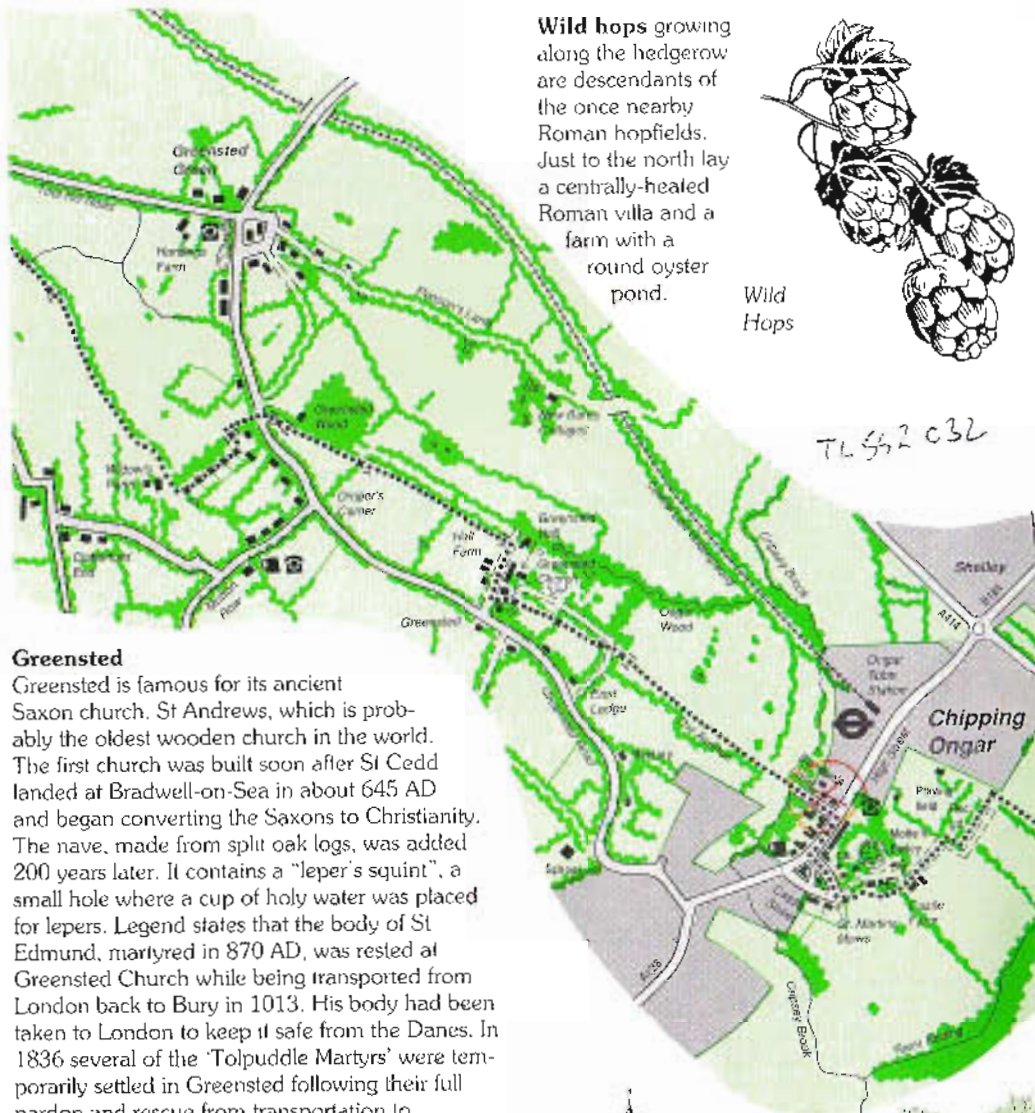
Residence of the Archer Houblon family, the name Archer awarded by Henry V in honour of the success of the English longbowmen at the Battle of Agincourt. In the 18th century, eccentric millionaire John Archer left the mansion and lived like a hermit in a tiny cottage. He continued to employ the servants and gardeners, but they were under strict instructions not to carry out their duties. Coopersale House was left undisturbed for a quarter of a century until Mr Archer's death. Some say he was taking revenge on the house which he blamed for the death of his wife.



Hornbeam Pollard

1-2 EPPING TO CHIPPING ONGAR 8 mile
F-10 5

VF



Wild hops growing along the hedgerow are descendants of the once nearby Roman hopfields. Just to the north lay a centrally-heated Roman villa and a farm with a round oyster pond.



Wild Hops

TL542 C32

Greensted

Greensted is famous for its ancient Saxon church, St Andrews, which is probably the oldest wooden church in the world. The first church was built soon after St Cedd landed at Bradwell-on-Sea in about 645 AD and began converting the Saxons to Christianity. The nave, made from split oak logs, was added 200 years later. It contains a "leper's squint", a small hole where a cup of holy water was placed for lepers. Legend states that the body of St Edmund, martyred in 870 AD, was rested at Greensted Church while being transported from London back to Bury in 1013. His body had been taken to London to keep it safe from the Danes. In 1836 several of the 'Tolpuddle Martyrs' were temporarily settled in Greensted following their full pardon and rescue from transportation to Australia. Two of them were married in Greensted Church. Distrusted by farmers as troublemakers, the 'Martyrs' soon left to start new lives in Canada.

Ongar Church

The church is dedicated to St Martin, a Roman soldier who became a Christian bishop. It was built around 1080 out of flint rubble and re-used Roman bricks. The most interesting feature of the church is the "ankar-hold" in the north wall of the chancel. This was a hole in the outside wall where a hermit could take part in the church services without being seen.



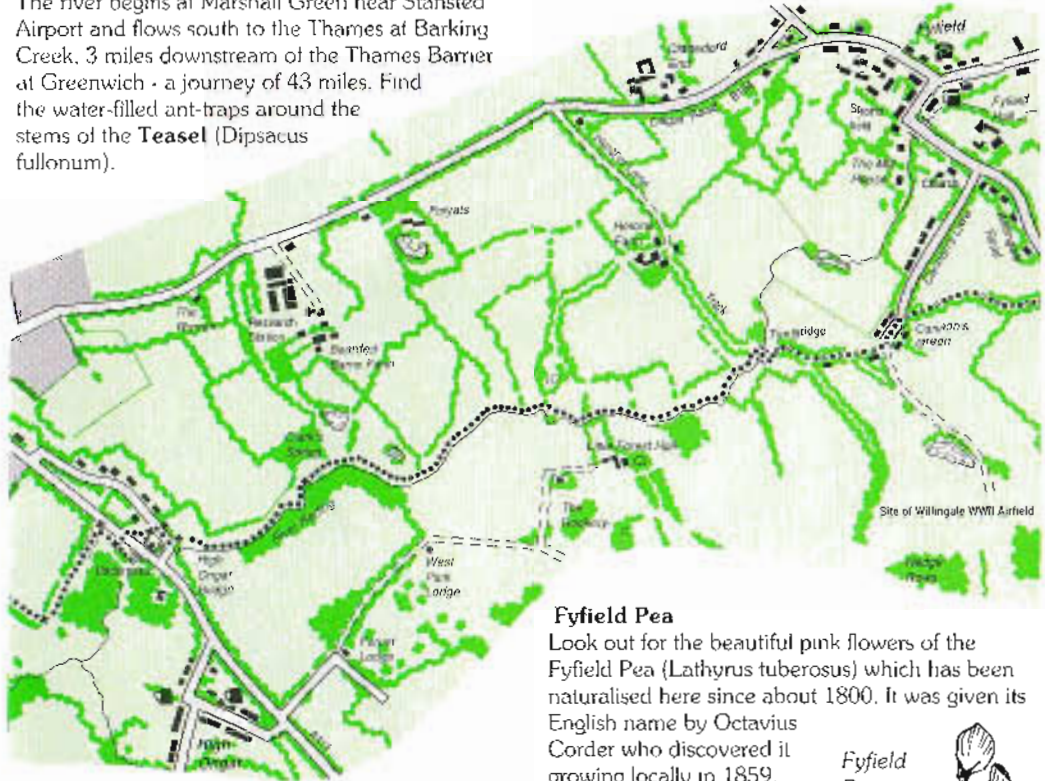
Greensted Church

2/10

"Twinkle, twinkle little star. How I wonder what you are..." This famous nursery rhyme, which actually has 5 verses, was written in the early 19th century by sisters Jane and Ann Taylor who lived at Castle House. There is a memorial to Jane in Chipping Ongar's Congregational church.

River Roding

The river begins at Marshall Green near Stansted Airport and flows south to the Thames at Barking Creek, 3 miles downstream of the Thames Barrier at Greenwich - a journey of 43 miles. Find the water-filled ant-traps around the stems of the **Teasel** (*Dipsacus fullonum*).



Chipping Ongar/Willingale Airfield

Is that a ghostly aircraft engine you can hear overhead or just your imagination? Between June 1943 and July 1944 Willingale was home for 2000 American airforce personnel attached to 387th Bomb Group which flew Marauder operations against targets in occupied France. By 1959 the whole airfield site had reverted to agricultural use. All that remains today are odd sections of perimeter track, and remnants of the Operations Block and old Nissen huts.

Look out for the **thatched caravan** at Cannon's Green.

2 → 3
10 ← 9

Cripsey Brook

This normally fairly innocuous stream flooded North Weald after heavy rains in 1987. It is filled with **Bur-reed** (*Sparganium erectum*) which has fruits like rolled-up hedgehogs.

Chipping Ongar. 'Chipping' means "market", 'Ongar' means "wooded slope".

Fyfield Pea

Look out for the beautiful pink flowers of the Fyfield Pea (*Lathyrus tuberosus*) which has been naturalised here since about 1800. It was given its English name by Octavius Corder who discovered it growing locally in 1859.

Fyfield Pea



Ongar Castle

Ongar Castle is thought to have been constructed by Richard de Lucy in 1155 after he inherited the Manor of Ongar from King Stephen's estate. He secured a "chipping" (a market) surrounding the castle for the people of Ongar. The impressive castle mound (motte) is about 55 feet high and would have had a wooden tower on top. The town would also have been protected by an outer earth-work.

7
GOOD EASTER 8.5M

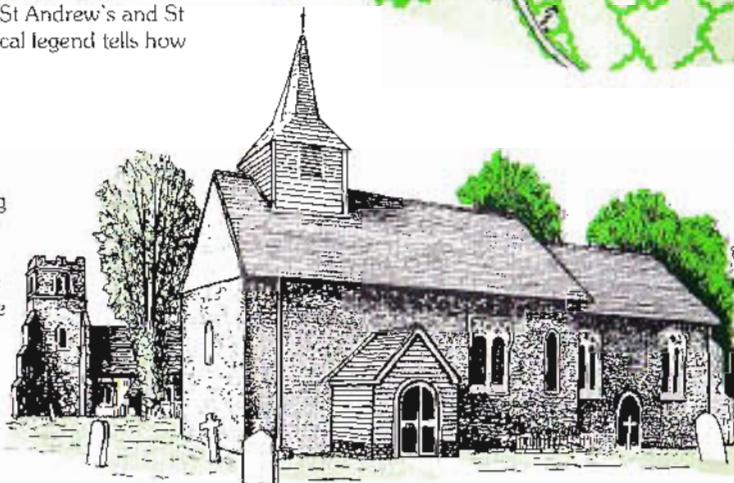
Moated sites

When an Englishman's home really was his castle.....Essex has the highest number of recorded moated sites for any county. Over 700 are known, the majority in the centre and west of the county, and others are continually being found. The fragmentary evidence suggests that the homestead moats were constructed during the 13th and 14th centuries.



Willingale Churches

Willingale is unique in Essex for having two churches in one churchyard - St Andrew's and St Christopher's. One popular local legend tells how the whole of the village lands were held by two sisters, who fell out one day over where they sat in their pew. One sister determined never to sit near the other again, so, being very rich, she built her own church next door. This tale is undermined somewhat by the fact that there is 200 years age difference between the churches. The churches were actually built in two separate parishes. Willingale Doe and Willingale Spain, the Essex Way now "beating the bounds" between them.



Willingale's two churches

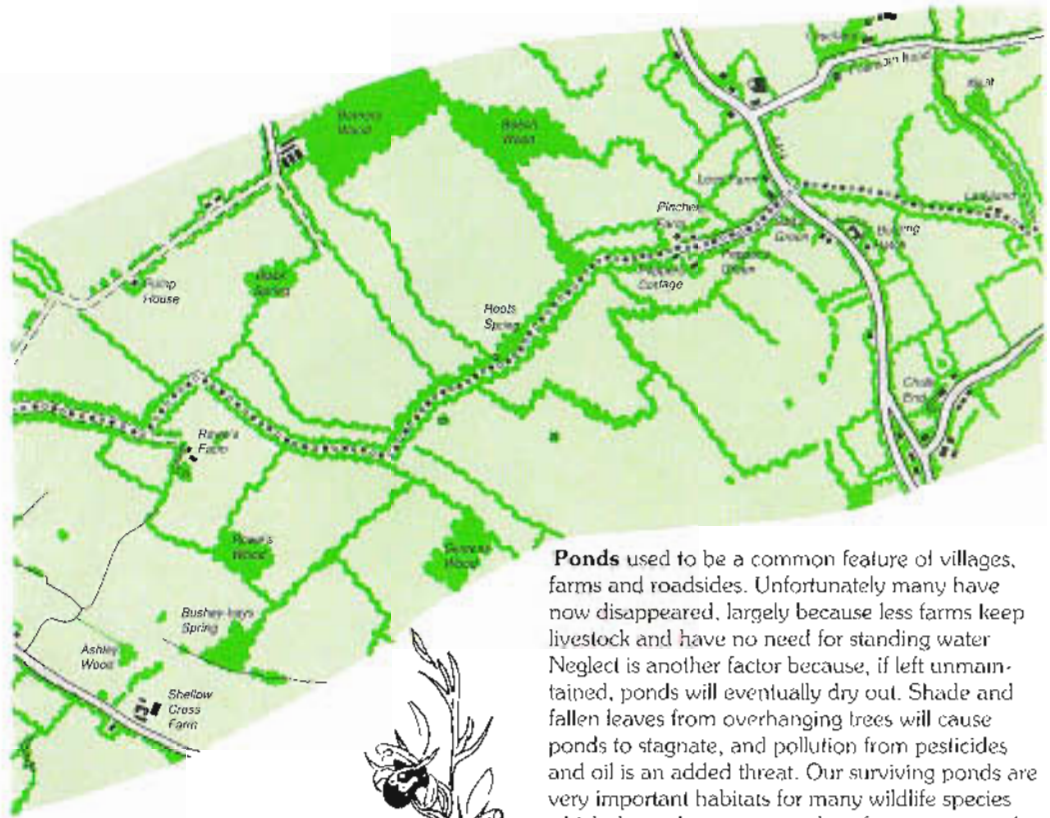
Salt's Green 'special verge'

Old roadside verges are valuable remnants of species-rich grassland, much of which has been lost to intensive agriculture. Verges which are especially rich in wild plants are designated as 'special verges'. Mowing regimes are practised by Essex County Council and the Essex Wildlife Trust to encourage the diversity of plants growing in the verges. Look out for other special verges along the Essex Way - they are marked with wooden posts stamped 'N.R.' for Nature Reserve.

Essex Way - they are marked with wooden posts stamped 'N.R.' for Nature Reserve.

Shellow Bowells

A strange name which has nothing to do with a medical complaint. 'Shellow' means 'winding river'; 'Bowells' is derived from Lambert de Buella, the Lord of the Manor in 1086.



Green Lanes

The Essex Way passes along many green lanes, the remnants of a once vast network of minor roads dating back to Saxon times and beyond. Essex has nearly 500 miles of green lanes, more than any other county except Dorset. They are a valuable refuge for wildlife, and their hedgerows and banks often harbour rare and beautiful plants, including orchids

Ponds used to be a common feature of villages, farms and roadsides. Unfortunately many have now disappeared, largely because less farms keep livestock and have no need for standing water. Neglect is another factor because, if left unmaintained, ponds will eventually dry out. Shade and fallen leaves from overhanging trees will cause ponds to stagnate, and pollution from pesticides and oil is an added threat. Our surviving ponds are very important habitats for many wildlife species which depend on water, such as frogs, newts and dragonflies.

Windmills

In the 18th century, a windmill stood on the same spot as Mount House. That is probably how nearby Windmill Farm got its name. Hilly parts of Britain could rely on fast-flowing streams to drive waterwheels, but flat East Anglia had to harness the wind as its power source. Windmills began to be built in the Middle Ages, the earliest ones having sails made of cloth. Windmilling reached its peak in Essex in the early 1830s when there were some 285 mills in the county. Within a century there was only a handful of working windmills left, their demise arriving with the Industrial Revolution.



Bee Orchid

World Daisychain Record

Good Easter holds the World Record for the longest daisychain. It measured 2.12 km (6980 feet, 7 inches) and was made by the villagers of Good Easter on 27 May 1985. The day before, Good Easter experienced a hailstorm when lumps of ice bigger than golf balls fell with such force that they were embedded two inches into the surrounding fields.

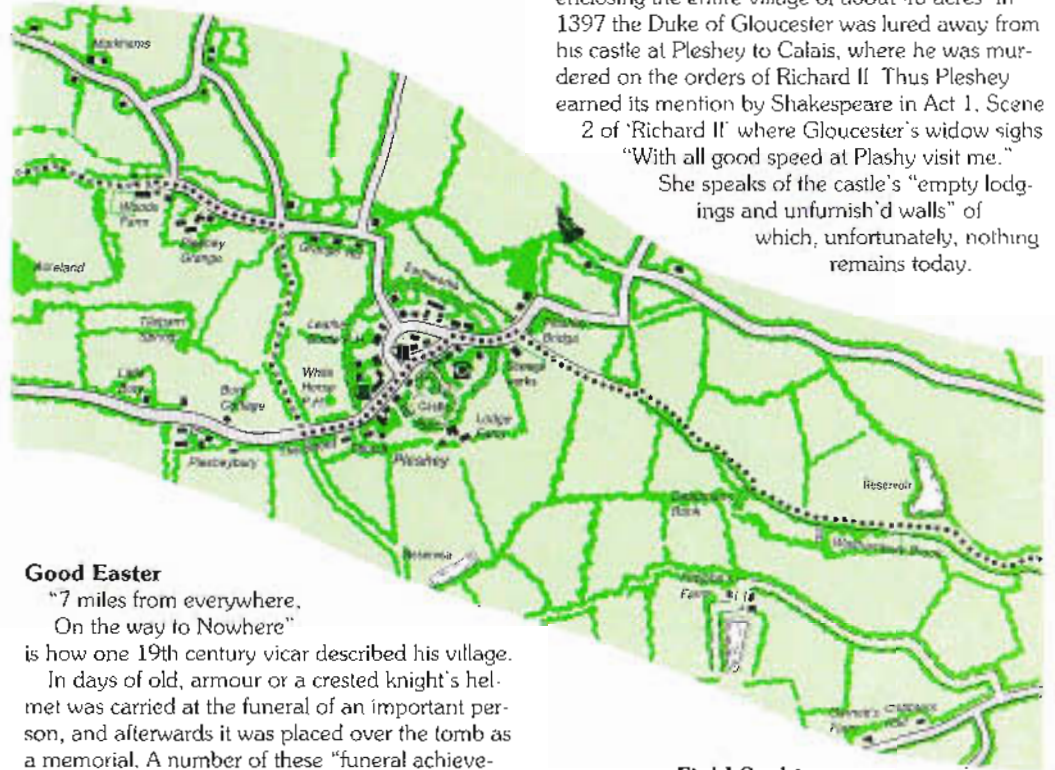
Stagden Cross

Appears on Chapman & Andre's 1777 Map of Essex as 'Staggin Cross'. It may come from the Old English name 'Staca' meaning "a man as thin as a stake". 'Cross' refers to the crossroads there.



Hayrons Lane

Formerly the site of Hayrons House, reputedly the home of one of Henry XIII's mistresses.



Pleshey

Has one of the finest Norman castle earthworks in England, the greater outer rampart and ditch still enclosing the entire village of about 40 acres. In 1397 the Duke of Gloucester was lured away from his castle at Pleshey to Calais, where he was murdered on the orders of Richard II. Thus Pleshey earned its mention by Shakespeare in Act 1, Scene 2 of 'Richard II' where Gloucester's widow sighs "With all good speed at Plashy visit me." She speaks of the castle's "empty lodgings and unfurnish'd walls" of which, unfortunately, nothing remains today.

Good Easter

"7 miles from everywhere. On the way to Nowhere" is how one 19th century vicar described his village. In days of old, armour or a crested knight's helmet was carried at the funeral of an important person, and afterwards it was placed over the tomb as a memorial. A number of these "funeral achievements" remain in Essex churches - reminders of the great families of the past. A funeral helmet, probably of Elizabethan date, hangs in the chancel of St Andrew's Church at Good Easter. The church also used to contain a preserved bassoon which was played during services by Joseph Mott, the village postman.

Good Easter Churchyard

You will often find that many footpaths lead to the parish church. Much of today's network of public rights of way used to be well-worn paths to the place of worship, or to work or school.

Deadman's Bank

This is a mill dam, and is probably the site of Pleshey Castle Mill. A spooky little spot, legend has it that Deadman's Bank takes its name from the outcome of a duel fought out there.



Funeral Helmet



Field Scabious

Field Scabious

(*Knautia arvensis*) As its name suggests, this plant was used to treat the disease 'scabies'. Its rough stems and bracts around the flowers reminded people of the disease's symptoms, and so it was assumed to be the remedy. Many other plants were used to treat various ailments because of this kind of visual association.

Bury

Have you noticed how many place names end in 'bury'? The old English word 'bury' or 'burg' comes from the Saxon 'burge' or 'byrh'. It means "a fortified manor", and may in many cases refer to a Roman fort or Saxon defensive ditch. The English used this word to describe all kinds of fortified places, large or small.

7/6/86/123

3/9

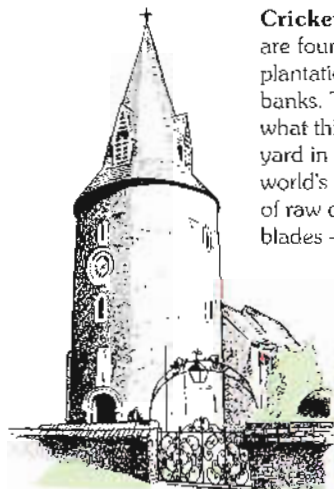
10

3 → 4 GOOD EASTER → LITTLE LEIGH 9.5m
9 ← 8

TL 719.7

Lyons Hall Church

One of six Essex churches with round towers, although there used to be many more. Round towers are confined almost exclusively to East Anglia. Were they a defence against North Sea pirates marauding upriver? Or were they built simply because there wasn't enough local stone large and strong enough to use as corner pieces?



Lyons Hall Church

Cricket Bat Willows (*Salix caerulea*) are found growing in regimented plantations alongside many Essex river-banks. There are no prizes for guessing what this tree is used for. Wright's timber-yard in Great Leighs is the world's largest producer of raw cricket bat blades - *Howzat!*

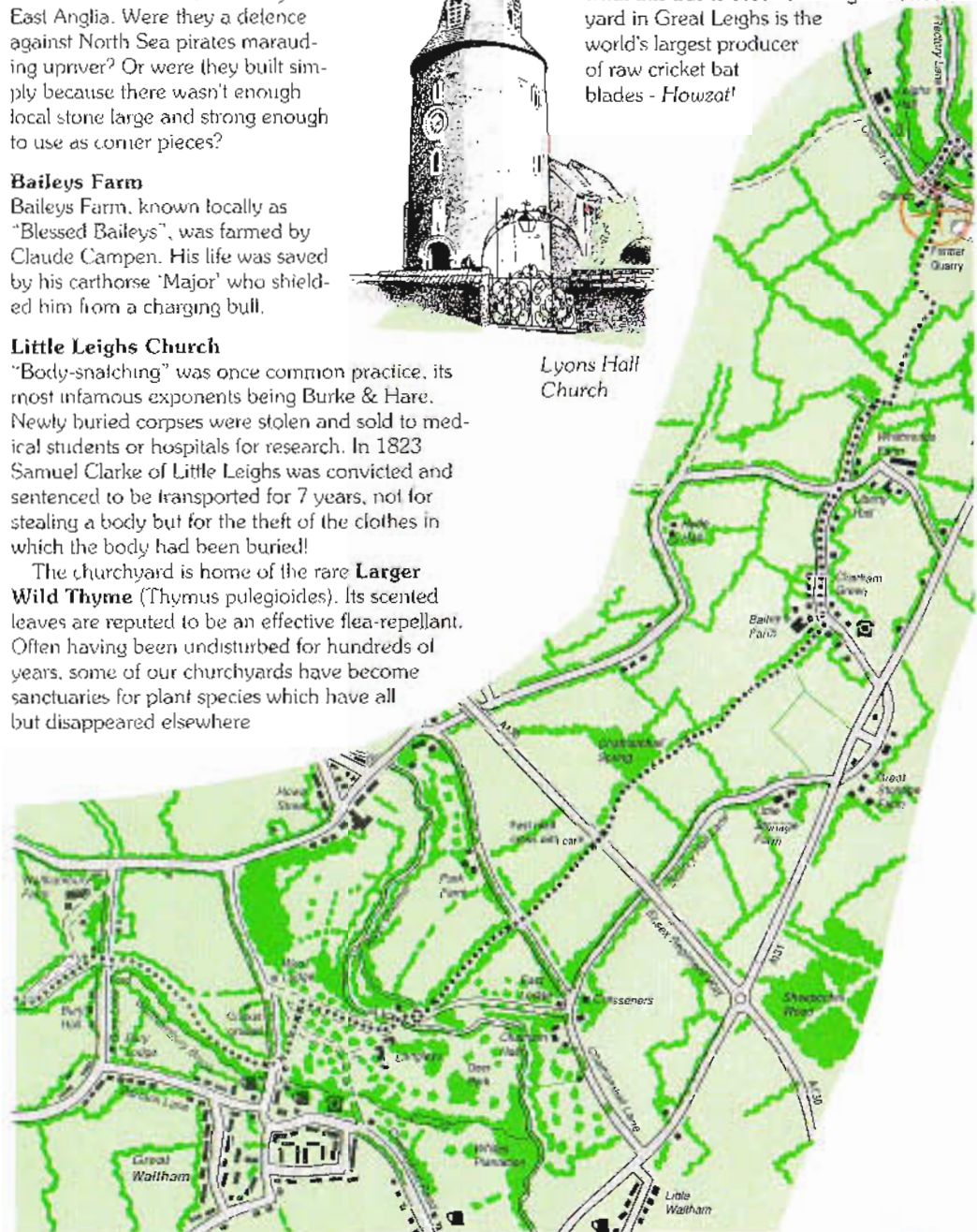
Baileys Farm

Baileys Farm, known locally as "Blessed Baileys", was farmed by Claude Campen. His life was saved by his carthorse 'Major' who shielded him from a charging bull.

Little Leighs Church

"Body-snatching" was once common practice, its most infamous exponents being Burke & Hare. Newly buried corpses were stolen and sold to medical students or hospitals for research. In 1823 Samuel Clarke of Little Leighs was convicted and sentenced to be transported for 7 years, not for stealing a body but for the theft of the clothes in which the body had been buried!

The churchyard is home of the rare **Larger Wild Thyme** (*Thymus pulegioides*). Its scented leaves are reputed to be an effective flea-repellant. Often having been undisturbed for hundreds of years, some of our churchyards have become sanctuaries for plant species which have all but disappeared elsewhere



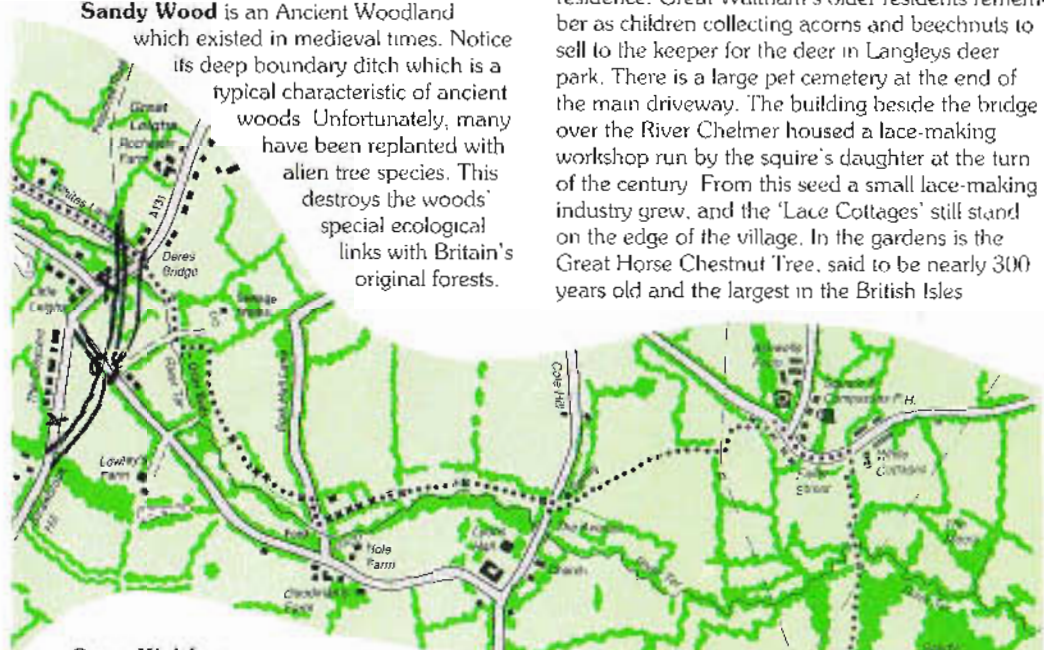
4/8

Fuller Street

See if you can spot the soap advertisement in Fuller Street. Try looking at it from different angles and see what happens.

Sandy Wood

Sandy Wood is an Ancient Woodland which existed in medieval times. Notice its deep boundary ditch which is a typical characteristic of ancient woods. Unfortunately, many have been replanted with alien tree species. This destroys the woods' special ecological links with Britain's original forests.



Great Waltham

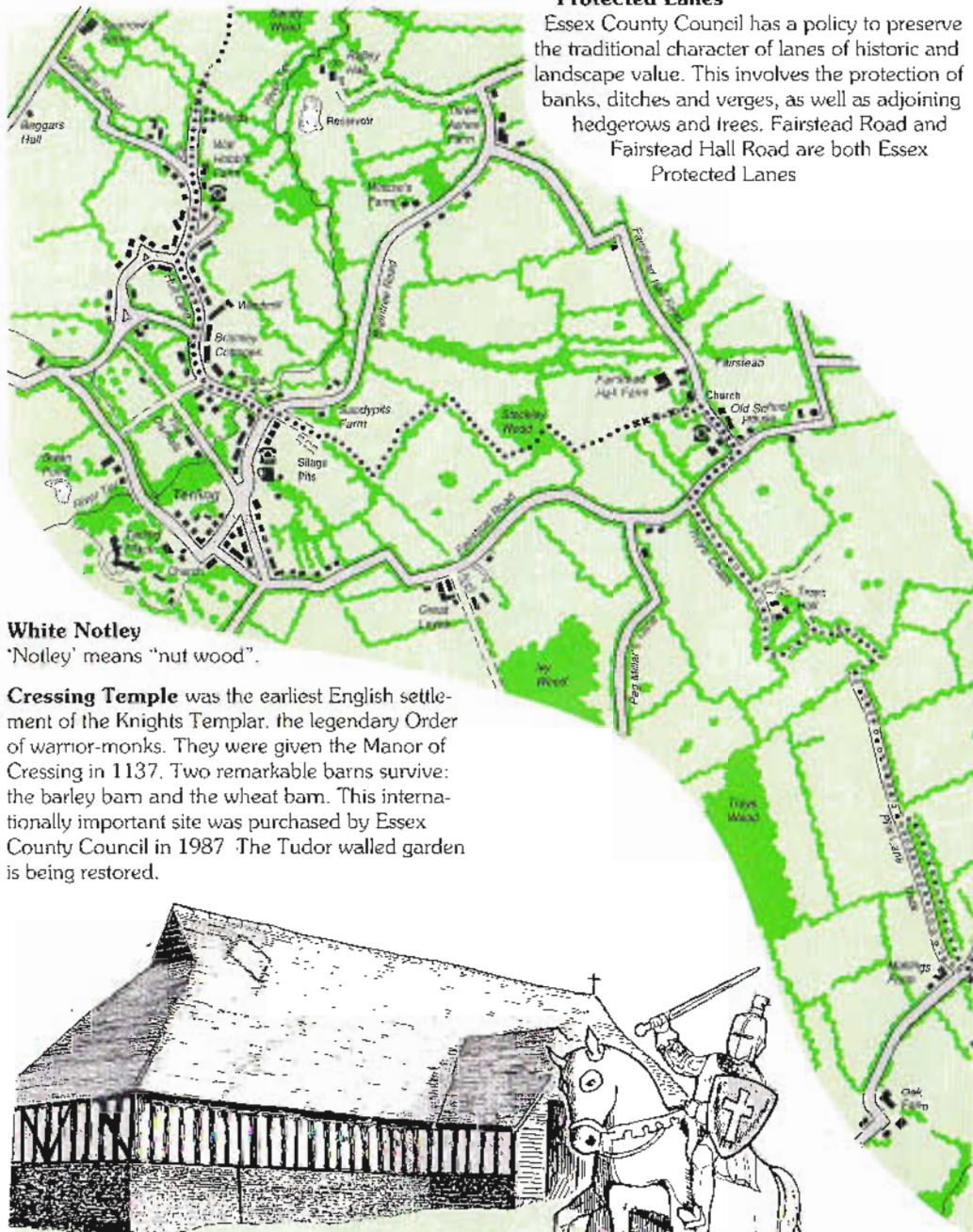
Pub names often give the number of bells in the local church steeple. The 'Six Bells' Inn stands next to Great Waltham's church of St Mary and St Lawrence. The church has had 8 bells since 1796, the addition of the 2 extra bells causing the partial collapse of the tower as the bells were being rung the following year.



4 → 5 LITTLE LEIGHS → Langley's CRESSING CHURCH 10m

Protected Lanes

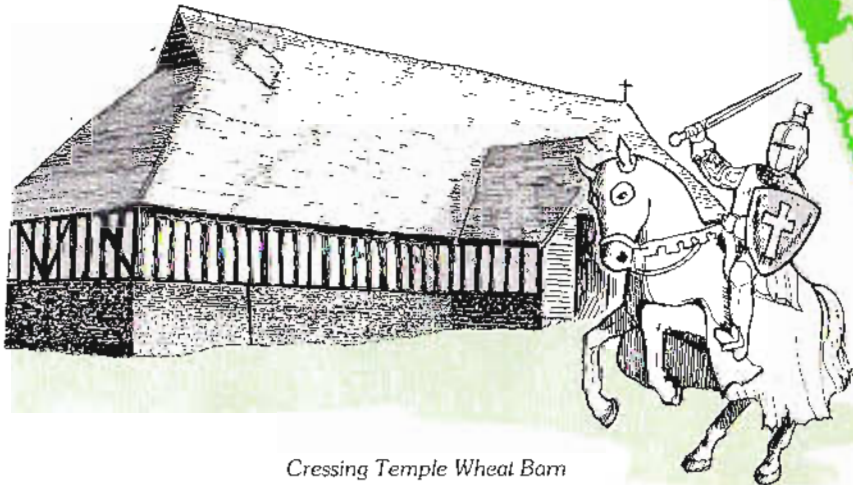
Essex County Council has a policy to preserve the traditional character of lanes of historic and landscape value. This involves the protection of banks, ditches and verges, as well as adjoining hedgerows and trees. Fairstead Road and Fairstead Hall Road are both Essex Protected Lanes



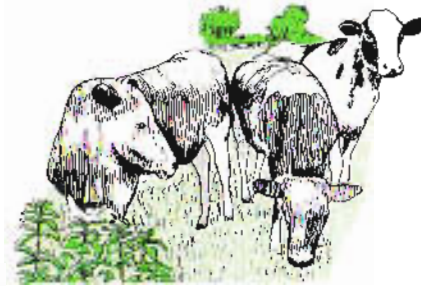
White Notley

'Notley' means "nut wood".

Crissing Temple was the earliest English settlement of the Knights Templar, the legendary Order of warrior-monks. They were given the Manor of Crissing in 1137. Two remarkable barns survive: the barley barn and the wheat barn. This internationally important site was purchased by Essex County Council in 1987. The Tudor walled garden is being restored.



Crissing Temple Wheat Barn



Terling Place has been home to the Strutt family since it was built around 1765. A peerage was granted for the squire's services to the Essex militia in the early 19th century. He humbly declined the honour, but it was accepted by his wife for their son, choosing Rayleigh for the title because the family owned property there. John William Strutt, 3rd Baron Rayleigh (1842-1919) won the Nobel Prize for Physics in 1904. He used his mathematical skills to calculate the supply of milk needed by London's rapidly expanding population - the result being 'Lord Rayleigh's Dairies'. The 'Rayleigh Arms' Inn is known to locals as "The Monkey". The monkey in Lord Rayleigh's coat-of-arms represents the 'Fitzgerald monkey', the very first Lady Rayleigh being a member of that family. Legend has it that when their Irish home caught fire in the 15th century, a pet monkey saved the infant heir by carrying the child onto the roof and then bringing him back down to safety.



Terling Windmill

Now sail-less and converted to a private residence, Terling Windmill is one of only two 'smock' mills in Essex. Commercial windmilling was tragically ended in 1950 when miller Herbert Bonner was crushed to death in its machinery after operating it safely for half a century. The mill was originally built at Crissing in 1770, and was moved to Terling in 1830, mounted on several horse-drawn carts. Re-locating windmills was quite common, and on such occasions it was usual to declare a village holiday. Now white, Terling windmill was painted black during World War One as camouflage against zeppelin bombers which could use it as a landmark en route to London. The mill costarred with comic Will Hay in his 1937 film "Oh, Mr Porter!" (chosen by Barty Norman as one of the hundred best films of the century) in which a man was twirled around on the rotating sails.

Terling

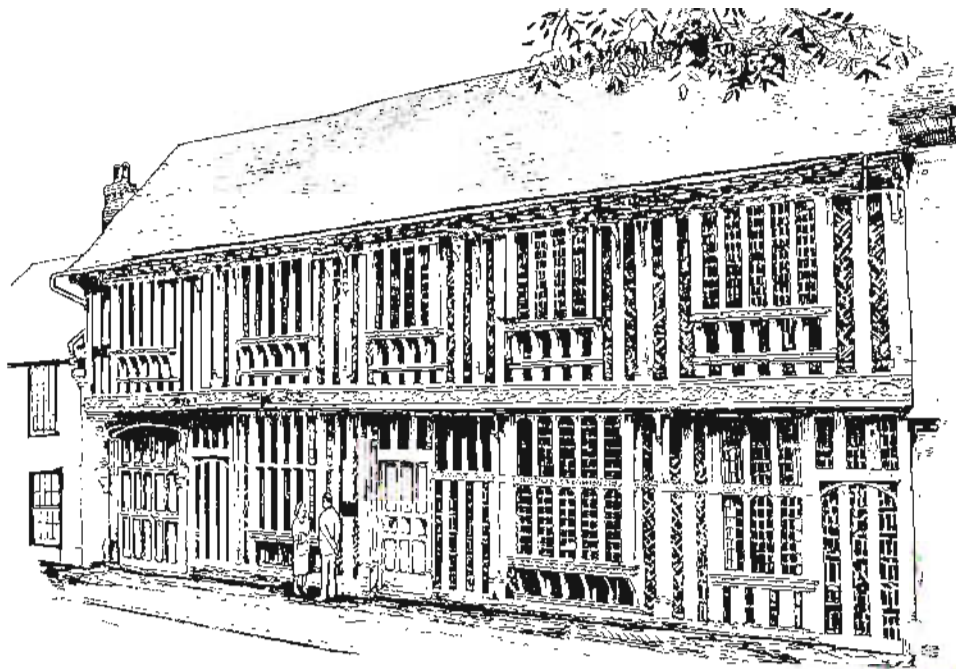
The village has some delightful buildings and one of the longest fords in Essex. The ford is also deceptively deep - as several unfortunate motorists have discovered!

Fairstead Church

Some of the bricks are from the Roman villa which once stood nearby. The curious face in a horn-like head-dress is one of the 13th century wall-paintings discovered in Fairstead Church in 1890 during restoration work.



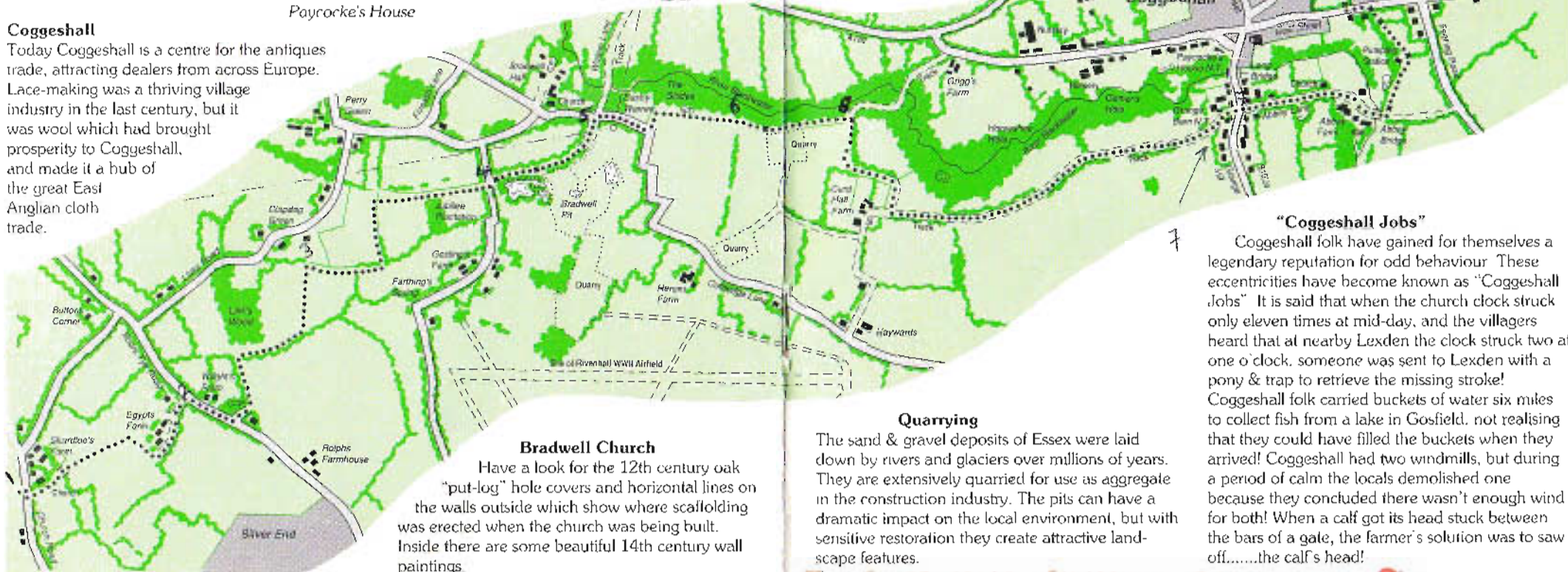
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Paycocke's House

Coggeshall

Today Coggeshall is a centre for the antiques trade, attracting dealers from across Europe. Lace-making was a thriving village industry in the last century, but it was wool which had brought prosperity to Coggeshall, and made it a hub of the great East Anglian cloth trade.



Bradwell Church

Have a look for the 12th century oak "put-log" hole covers and horizontal lines on the walls outside which show where scaffolding was erected when the church was being built. Inside there are some beautiful 14th century wall paintings

Coggeshall Grange Barn

This magnificent 13th century timber-framed barn is now owned by the National Trust. The barn is 130 feet long, and was probably built for the monks of the nearby Abbey.

Coggeshall Abbey

Lying idyllically beside the River Blackwater are the ruins of a Cistercian Abbey, founded by King Stephen in 1140. The Abbey church was destroyed during the Reformation, but there are some remains of the monastic buildings. These include the gate-chapel of St Nicholas, a small guest house, parts of the dormitory, and the Abbot's lodging which is connected by a corridor to another Paycocke family house built within the Abbey grounds. The tranquil setting is completed by the nearby weatherboarded watermill with its golden fish weathervane.

Look out for the Essex Way milestone.

Paycocke's House

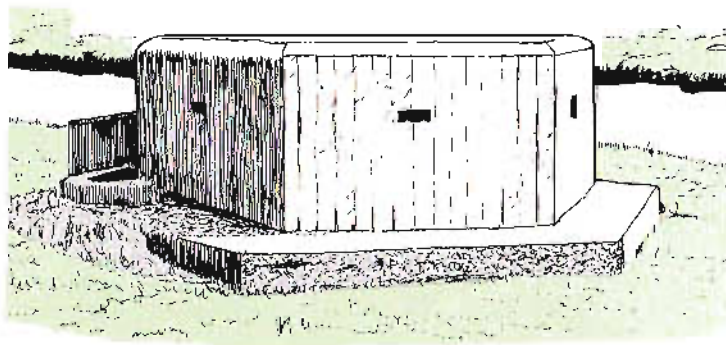
Standing on Coggeshall's main street is one of the most attractive half-timbered houses in England. Built by clothier Thomas Paycocke at the turn of the 16th century, the house serves as a reminder of the wealth which Coggeshall enjoyed at that time. An ermine's tail, the family's merchant mark (which would have been stamped on their cloth bales), is evident in the rich carving of Paycocke's House, both inside and out. There is evidence to suggest that Paycocke's may once have had three storeys. Paycocke's is now owned by the National Trust and is open to the public

"Coggeshall Jobs"

Coggeshall folk have gained for themselves a legendary reputation for odd behaviour. These eccentricities have become known as "Coggeshall Jobs". It is said that when the church clock struck only eleven times at mid-day, and the villagers heard that at nearby Lexden the clock struck two at one o'clock, someone was sent to Lexden with a pony & trap to retrieve the missing stroke! Coggeshall folk carried buckets of water six miles to collect fish from a lake in Gosfield, not realising that they could have filled the buckets when they arrived! Coggeshall had two windmills, but during a period of calm the locals demolished one because they concluded there wasn't enough wind for both! When a calf got its head stuck between the bars of a gate, the farmer's solution was to saw off.....the calf's head!

Quarrying

The sand & gravel deposits of Essex were laid down by rivers and glaciers over millions of years. They are extensively quarried for use as aggregate in the construction industry. The pits can have a dramatic impact on the local environment, but with sensitive restoration they create attractive landscape features.



World War II Pillbox

World War II Pillboxes

Don't panic Captain Mainwaring! The small concrete pillboxes dotted along the Colne Valley are the remains of a World War II "stop-line" which was hurriedly constructed after the evacuation from Dunkirk in June 1940. Using the river as a natural barrier, fortified by pillboxes, it was hoped to prevent - or at least hold up - a German advance from the East Coast.

Houchins Farm

Built around 1600, this timber-framed house has a rather top-heavy appearance. It has three storeys, with each overhanging the one below.

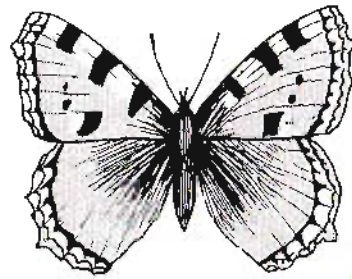
Reservoirs

Essex is one of the driest parts of Britain, with an average yearly rainfall of only 60cm (24 inches). Unusually, most of this falls during the summer. Dryness increases towards the coast. Combined with the average summer temperatures which Essex experiences - the highest in Britain - it is clear that water reservoirs are essential for ensuring that an adequate water supply is available for agriculture in the county.

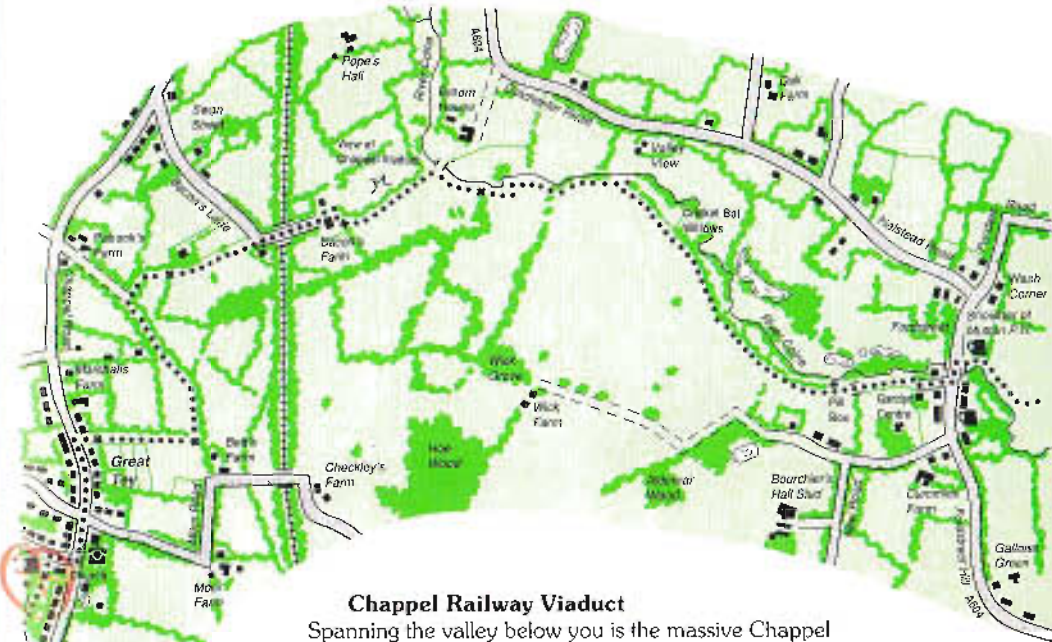
The Dillory

The place where dill - a strongly aromatic yellow-flowered herb - was grown.

Water Mint (*Mentha aquatica*) grows beside the reservoirs at Houchins Farm. Small Tortoiseshell butterflies are guided to the Water Mint's nectar by its sweet scent.



Small Tortoiseshell butterfly

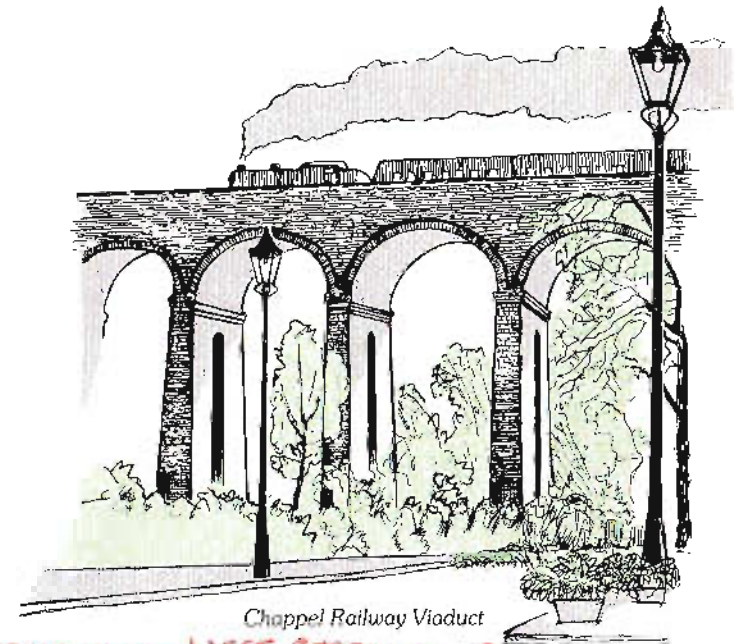


Chappel Railway Viaduct

Spanning the valley below you is the massive Chappel Railway Viaduct. Made with over 7 million bricks, it is probably the largest feat of engineering in Essex. At 1066 feet long, its 32 arches carry the Sudbury branch line 80 feet above the Colne Valley floor. The viaduct was built in 1847-49 at the cost of £32,000. You may be lucky enough to see a steam train crossing the viaduct. Wakes Colne station, on the far side of the valley, is the home of the East Anglian Railway Museum.

Great Tey Church

The massive Norman central tower of St Barnabas' Church, dressed with red Roman brick, has the appearance more of a castle keep. The church would once have been even more imposing, but in 1829 the parish decided to demolish the west nave and north and south transepts. This unfortunate decision was based on unaffordable estimated renovation costs of £700, the demolition bill came to £1400! Notice the little sign on the bell-tower door.



Chappel Railway Viaduct

6/6 6→7 GREAT TEY → WEST BERGHOLT 6m

River Colne

At 39 miles it is the longest all-Essex river

St Mary's Old Church

Now disused. St Mary's in West Bergholt is one of only three churches in Essex maintained by the Redundant Churches Fund, also known as the Friends of Friendless Churches!

Great Horkesley

Be sure to keep to the paths in the parish of Great Horkesley. In 1896 farm labourer Sander Southernwood was charged with causing "malicious damage to growing grass" at Great Horkesley. He had walked over a field contending that there was a right of way. Found guilty, Southernwood was fined 25 shillings - more than a week's wages!

Brick Kiln Lane

There was a kiln in the grounds of Kiln House in Tudor times.

The Causeway

Possibly the route of a Roman Road. Known locally as the "Corsey" or "Carsey", it provided a raised route through the quagmire once found at Horkesley Heath.



Armoury Farm

The name is thought to come from 'Almony'. An almony was a place where charity or 'alms' was distributed to the poor and needy.

Cook's Hall

Parts of the building date from the 16th century. It used to have a double seater privy with an inscription dated 1822 which read:

"If you want to keep this chapel sweet,
Open the door and close the seat".

West Bergholt Brewery

Thomas Shepard Daniell began brewing ale for his farm labourers at Armoury Farm in the 18th century. The beer's reputation spread, and Daniell's Brewery was founded in about 1820. By 1900 Daniell's owned 113 inns, and the brewery had become a keystone in the local economy. The brewery owners were generous benefactors to the village, donating land and money for, amongst other things, the Orpen Memorial Hall. Brewing ended when the brewery was sold to Trumans in 1958, and the impressive building has now been converted into flats.

Spring Wood

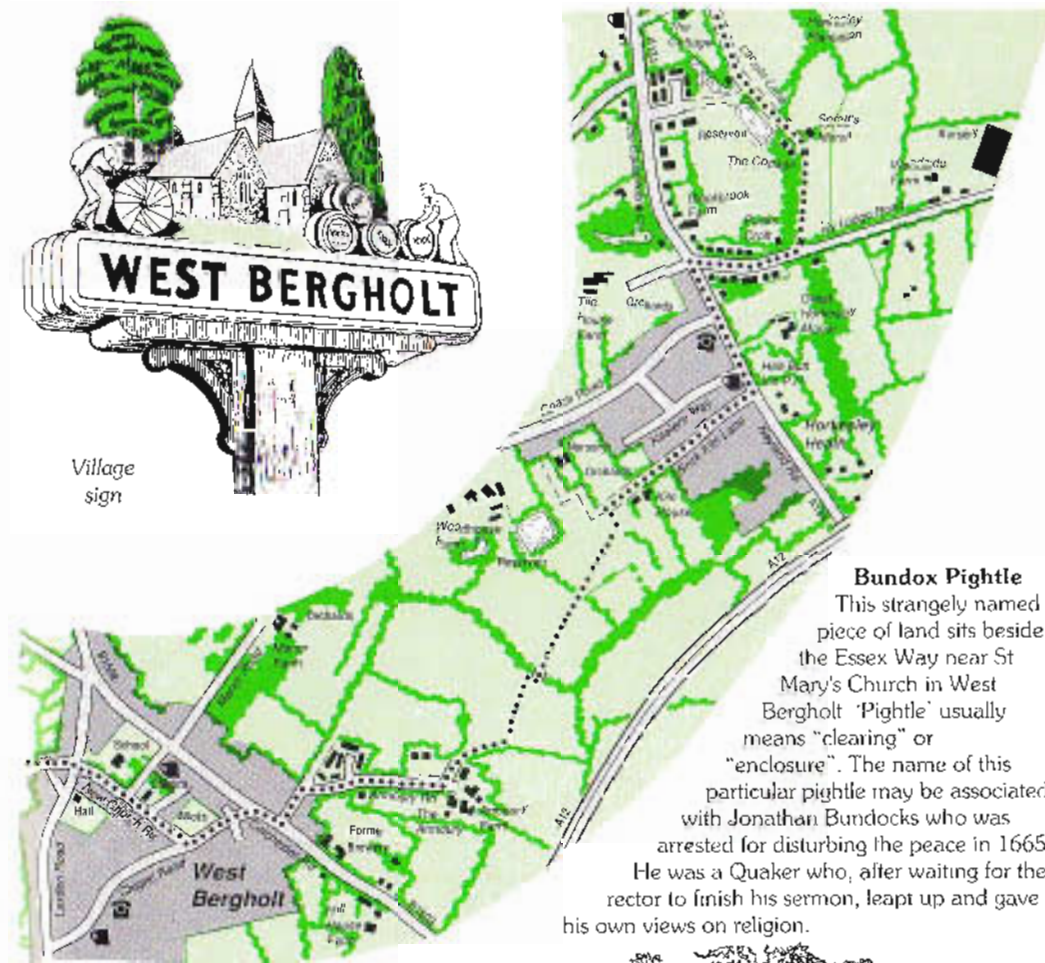
Would you Adam & Eve it - Spring Wood shelters a nudist camp.

West Bergholt Heath

Heathlands School is surrounded by the remnants of the Heath which once covered more than 300 acres. It became the centre of interest in the 1840s when poorly-paid farm labourers began a campaign of fire-raising in protest against agricultural mechanisation. After nine farms had been attacked, a note was found on the Heath stating "Give us work or we will make fires". Eventually a local man was convicted of arson and was transported for life.



Village sign



Bundox Pightle

This strangely named piece of land sits beside the Essex Way near St Mary's Church in West Bergholt. 'Pightle' usually means "clearing" or "enclosure". The name of this particular pightle may be associated with Jonathan Bundocks who was arrested for disturbing the peace in 1665. He was a Quaker who, after waiting for the rector to finish his sermon, leapt up and gave his own views on religion.

Orchards

The acreage of commercial orchards has declined by two thirds in the last 30 years - around 150,000 acres have been lost nationally. This is due partly to competition from abroad, but also because the intensification of fruit production has enabled more fruit to be produced on less land. Many old orchards have undergone regular grazing and hay-making for hundreds of years, and have become havens for rare plants and animals.



Fruit picking

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7/5

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5 → 4

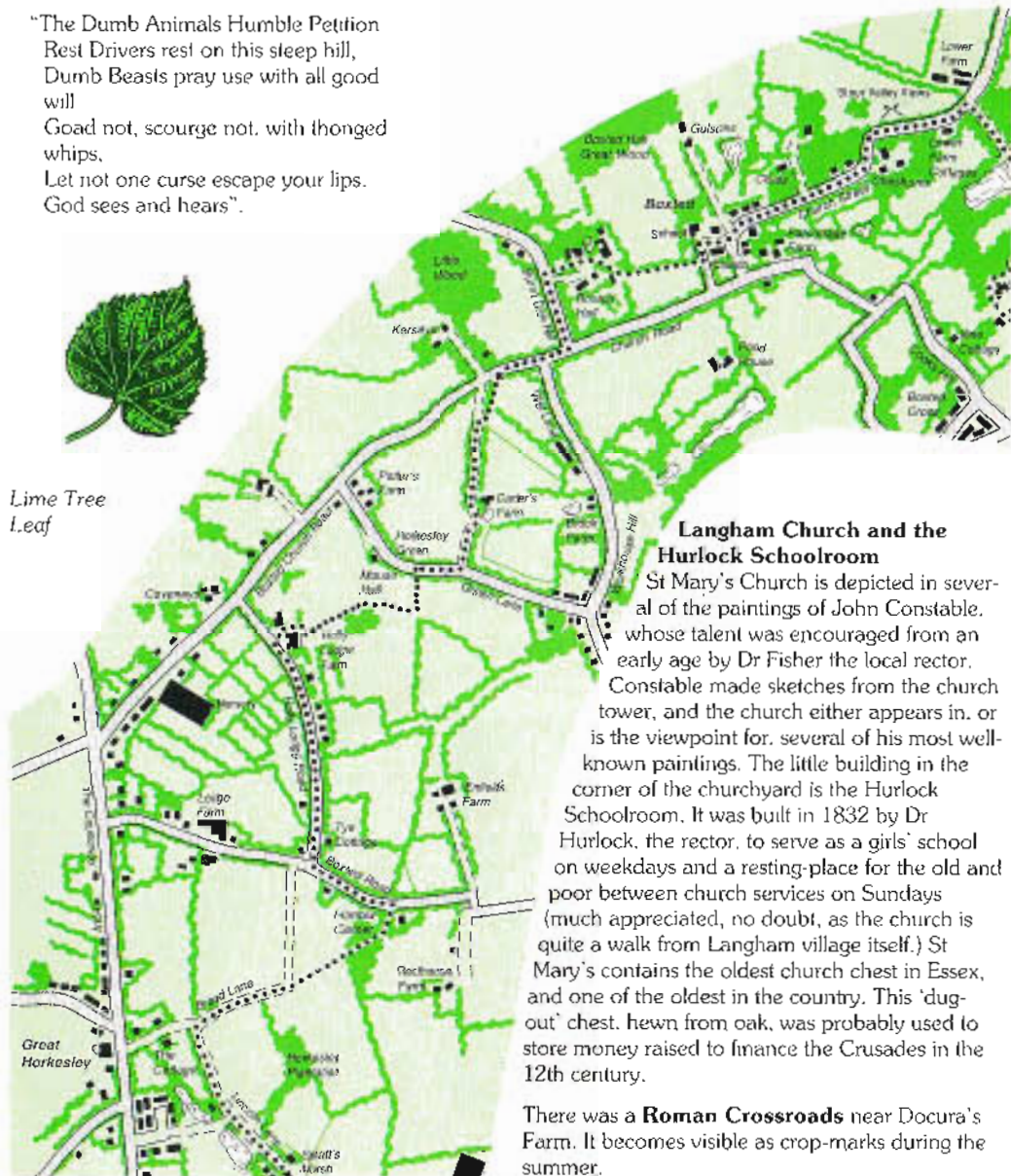
The 'Dumb Animals Humble Petition'

Before the A12 was built, all the traffic had to negotiate the steep and dangerous bends on Gun Hill. A cast-iron sign was put up on the toll-gate which was written from the point-of-view of a horse hauling a heavy load up the hill. Credited to a 19th century Langham parson, the sign now hangs in the south porch of St Mary's Church. It reads:

"The Dumb Animals Humble Petition
Rest Drivers rest on this steep hill,
Dumb Beasts pray use with all good will
Goad not, scourge not, with thonged whips,
Let not one curse escape your lips.
God sees and hears".



Lime Tree Leaf



Discovery Apple (Dummer's Delight)

This hard red apple - the only important August apple to be grown in this country - is the third most widely grown apple after Cox and Bramley. The original tree still stands in Langham where it grew from a seed planted by George Dummer in the early 1950s.

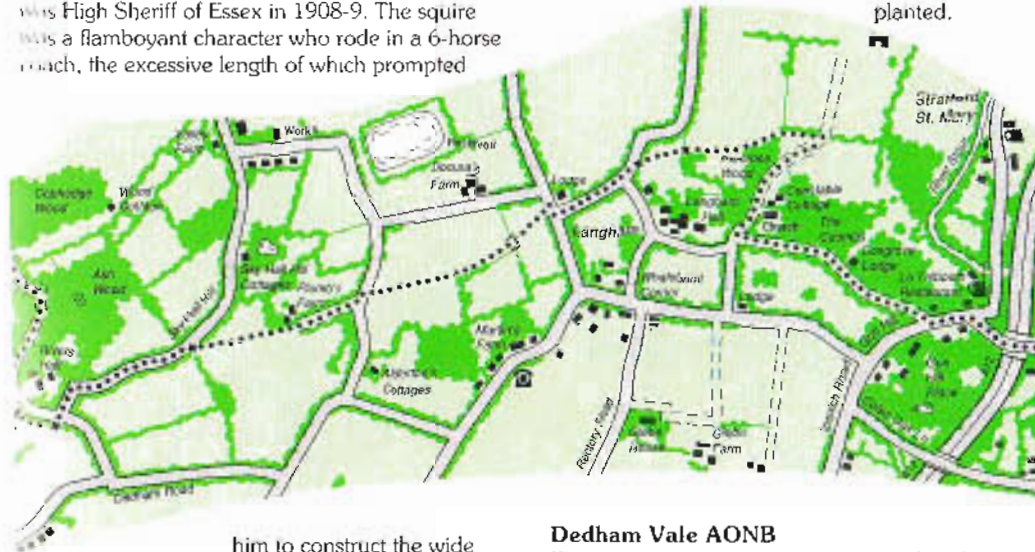
Langham Church and the Hurlock Schoolroom

St Mary's Church is depicted in several of the paintings of John Constable, whose talent was encouraged from an early age by Dr Fisher the local rector. Constable made sketches from the church tower, and the church either appears in, or is the viewpoint for, several of his most well-known paintings. The little building in the corner of the churchyard is the Hurlock Schoolroom. It was built in 1832 by Dr Hurlock, the rector, to serve as a girls' school on weekdays and a resting-place for the old and poor between church services on Sundays (much appreciated, no doubt, as the church is quite a walk from Langham village itself.) St Mary's contains the oldest church chest in Essex, and one of the oldest in the country. This 'dug-out' chest, hewn from oak, was probably used to store money raised to finance the Crusades in the 12th century.

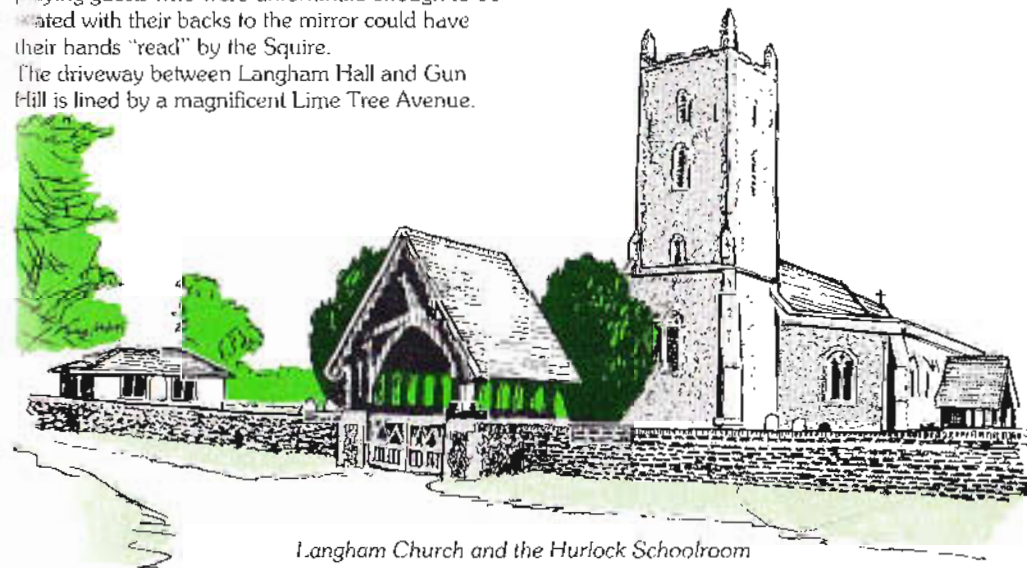
There was a **Roman Crossroads** near Docura's Farm. It becomes visible as crop-marks during the summer.

Langham Hall

The original manor was held by Sir Walter Tyrell who is suspected of having killed King William II whilst hunting in the New Forest in 1100. A more recent resident was Squire William Nocton who was High Sheriff of Essex in 1908-9. The squire was a flamboyant character who rode in a 6-horse coach, the excessive length of which prompted



him to construct the wide turning circle at the South Lodge entrance. Taking centre stage in Langham Hall's beautifully proportioned library is a large mirror over the fireplace. This is no ordinary mirror however. It was constructed, allegedly on Squire Nocton's instructions, with angled edges. This meant that card-playing guests who were unfortunate enough to be seated with their backs to the mirror could have their hands "read" by the Squire. The driveway between Langham Hall and Gun Hill is lined by a magnificent Lime Tree Avenue.



Langham Church and the Hurlock Schoolroom

Carters Farm. The freely-draining gravelly soil is ideal for the vineyard planted in 1991. Wind and solar energy is being harnessed to provide electricity. Wild flower meadows have been sown near the 2 lakes, and 14 acres of new woodland have been planted.

Dedham Vale AONB

The lower Stour Valley was designated as the Dedham Vale Area of Outstanding Natural Beauty (AONB) in 1970. An extension was added in 1991. AONB status formally recognises the national importance of this landscape in order to conserve its beauty and character and to help the public to enjoy it.

Lawford

The present Lawford Hall was built by Edward Waldegrave in 1583. His wife Joan was a private secretary to Katherine Howard, Henry VIII's fifth wife. Not such a good career move for Joan - she spent several years imprisoned in the Tower of London

"Pennypot"

This footpath once led to a pest-house on the edge of the village. Its name comes from the custom of leaving money in a jar at the village boundary in exchange for provisions brought by outsiders in times of plague.



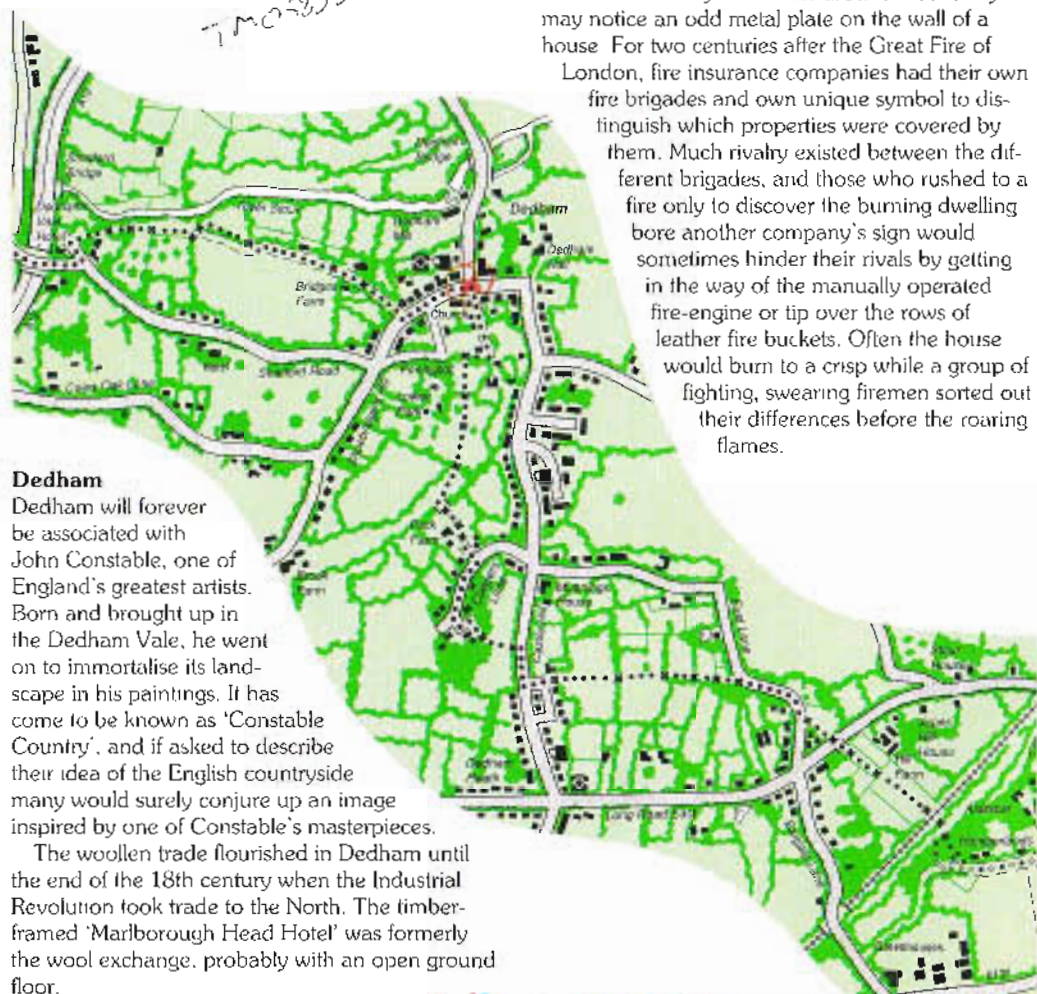
Fire-mark

Fire-marks. As you wander around Dedham you may notice an odd metal plate on the wall of a house. For two centuries after the Great Fire of London, fire insurance companies had their own fire brigades and own unique symbol to distinguish which properties were covered by them. Much rivalry existed between the different brigades, and those who rushed to a fire only to discover the burning dwelling bore another company's sign would sometimes hinder their rivals by getting in the way of the manually operated fire-engine or tip over the rows of leather fire buckets. Often the house would burn to a crisp while a group of fighting, swearing firemen sorted out their differences before the roaring flames.

Dedham

Dedham will forever be associated with John Constable, one of England's greatest artists. Born and brought up in the Dedham Vale, he went on to immortalise its landscape in his paintings. It has come to be known as 'Constable Country', and if asked to describe their idea of the English countryside many would surely conjure up an image inspired by one of Constable's masterpieces.

The woollen trade flourished in Dedham until the end of the 18th century when the Industrial Revolution took trade to the North. The timber-framed 'Marlborough Head Hotel' was formerly the wool exchange, probably with an open ground floor.



8/1 24 8-9 DEDHAM -> BRADFORD BN
4-3

Munnings' House

The former home and studio of celebrated painter Sir Alfred Munnings, kept just as it was in the artist's heyday. Munnings was President of the Royal Academy for five years from 1944, and is most famous for his paintings of horses in racing or fox-hunting scenes.

Lawford Church

The Chancel in St Mary's is an exquisite example of ornate Gothic art. The church is noted for its exuberant 14th century carving. Stone has been formed into thick foliage from which birds and animals peep, and into writhing lines of little men, tumbling and dancing while some of them make music on a variety of instruments.

Manningtree

Small, but perfectly formed! Manningtree is one of the smallest parishes in the country, covering only 22 acres at low tide and even less at high tide.

The cattle fair at Manningtree was famous in Shakespeare's day. In 'Henry IV' Prince Hal calls it alstaff "That roasted Manningtree ox with the pudding in his belly".

Manningtree's most famous - or rather infamous resident was Matthew Hopkins, the notorious 17th century "Witchfinder General". Hopkins began his career with the discovery of "seven humble witches at Manningtree." He was commissioned by Parliament in 1644 to seek out witches and was paid a guinea for each one. Over the next three years Hopkins sent 194 "witches" to the gallows, their guilt "proved" by a variety of ridiculous ordeals.



Sherman's

Sherman's

Amongst the elegant Georgian houses in Dedham High Street is Sherman's, which was owned by the ancestors of the American Civil War general ... and the Second World War tank! Notice the house's unusual sun-dial high up above.

Standing against the south wall of St Mary's Church is a boulder which is roughly inscribed "Edward Ward, Martha his wife." The story goes that ploughman Edward Ward was turning a field when his plough struck a large object. On discovering it to be a boulder he decided that he would have it as his tombstone. Some say it is a meteorite.

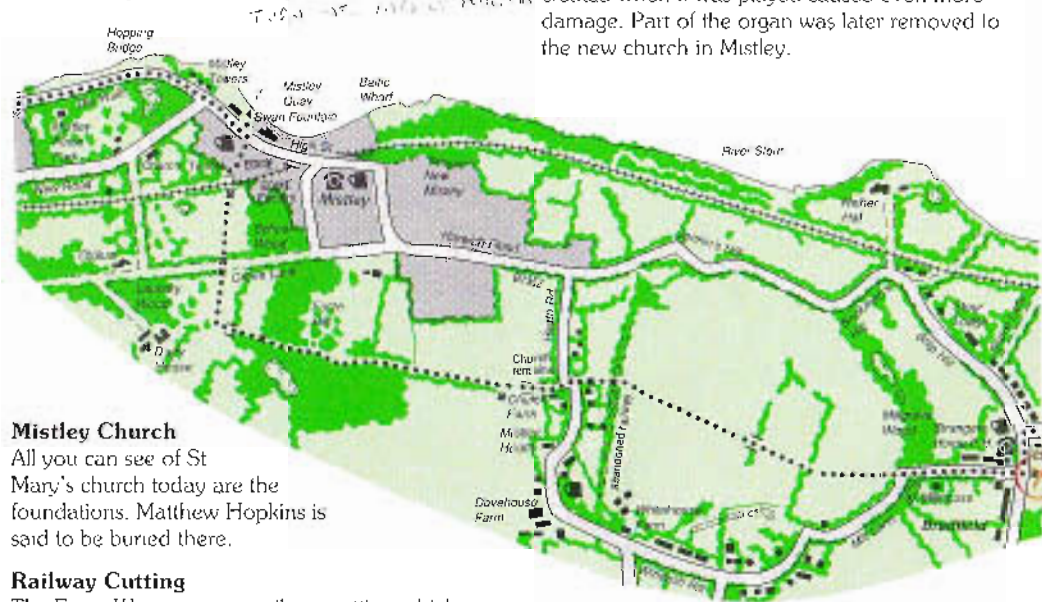


RACE OFF ROAD
AS SHOWN

Mistley

Richard Rigby made a fortune in the 'South Sea Bubble' and built the now-demolished Mistley Hall and a new village. His son, appointed Paymaster-General by George III, planned to turn Mistley into a seawater spa but lost his lucrative job and his fortune before the project was little more than started. Rigby had commissioned architect Robert Adam for this scheme, but of his work only the Swan Fountain and the two Classical towers of the church remain.

Richard Rigby opened a shipyard at Mistley in 1753 where giant men-of-war were built, such as the 'Amphion' which was Lord Nelson's flagship for a time. Mistley along with Manningtree, had become a thriving port because of its location at the junction between sea and river traffic. Imports included coal from the North-East, and timber from Scandinavia. At Mistley Quay the cargo was transferred to barges to head up the Stour or into Thames sailing barges for the sea journey to London. Grain, bricks, chalk and flour, and hay for the London cab horses, were brought downriver to be shipped to the capital. Mistley's decline was heralded by the arrival of the railway in the mid 19th century. The Stour was navigable as far as Sudbury, but the barges could not compete economically with the railway.



Mistley Church

All you can see of St Mary's church today are the foundations. Matthew Hopkins is said to be buried there.

Railway Cutting

The Essex Way crosses a railway cutting which was excavated for a proposed railway line from Mistley to Walton. Work began in 1864, but was abandoned five years later.



Mistley Towers

Bradfield

The apt pub-sign at the 'Stranger's Home' Inn depicts a cuckoo, which is renowned for making its home in the nests of other birds.

Into the peaceful village of Bradfield in 1871 arrived the Reverend Leighton G. Hayne, the new rector of St Lawrence's Church. He brought with him in ten large railway trucks, a monstrous organ which would rival in size the one installed at the Albert Hall. Parts of the church had to be virtually demolished to install the organ, and the vibrations created when it was played caused even more damage. Part of the organ was later removed to the new church in Mistley.

Mistley Place Park

The park contains a Giant Redwood Tree, the largest tree species in the world.

JM 144307

Malting is Mistley's oldest industry having its roots in the 17th century and expanding rapidly once the Mistley Drove was built. Barley (the raw material for malting) was brought to Mistley's riverside granary by barge and horse-drawn waggon. Malt was subsequently exported to the breweries in London and Dublin.

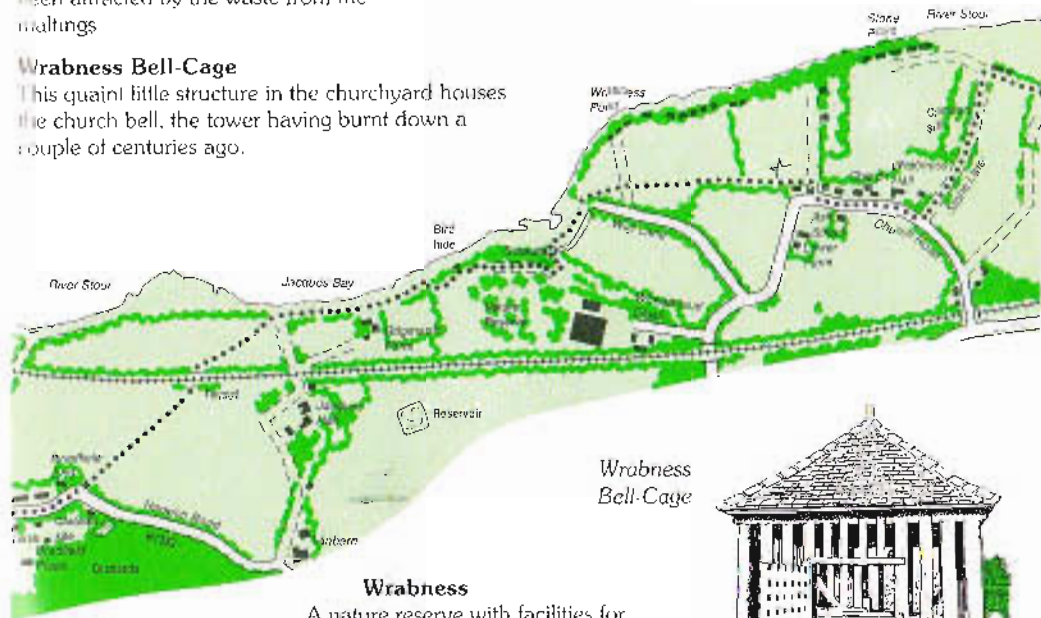
EDME. The English Diastatic Malt Extract Company was established in 1881, and today they are the largest producers of malt and malt extract in the country. EDME annually produces about 13,000 tons of malt-based ingredients for the food industry. It goes to breweries, bakeries and breakfast cereal manufacturers, with about 25% being exported overseas.

Please be careful walking through the EDME factory yard.

Mistley is famous for the large numbers of swans which congregate along 'The Walls'. They are believed to have been attracted by the waste from the maltings.

Wrabness Bell-Cage

This quaint little structure in the churchyard houses the church bell, the tower having burnt down a couple of centuries ago.

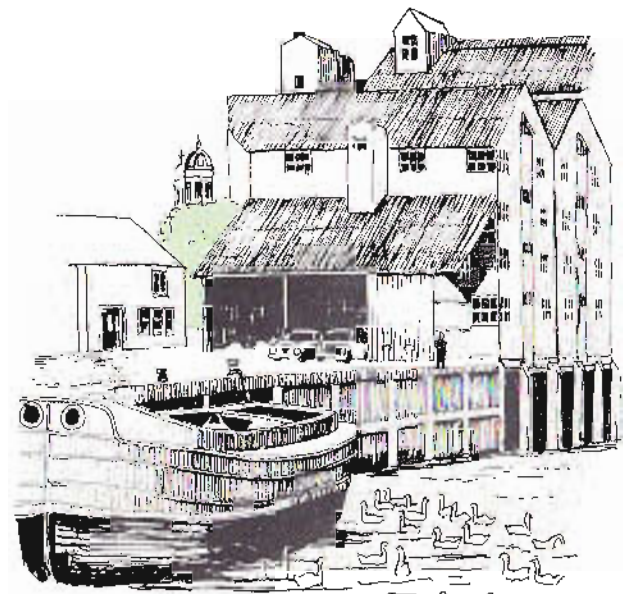


Wrabness

A nature reserve with facilities for the disabled is being created on the old Naval Mine Depot. Woolly Mammoth bones have been found nearby. The road at Wall Lane used to continue along the seawall to Bradfield, emerging at the bottom of Ship Hill. It was used by light horse-drawn vehicles in the 18th & 19th centuries, thereby avoiding several steep hills on the inland route.



Wrabness Bell-Cage



Mistley Quay

9/3

9 → 10 BRADFIELD → RAMSEY 27 6m

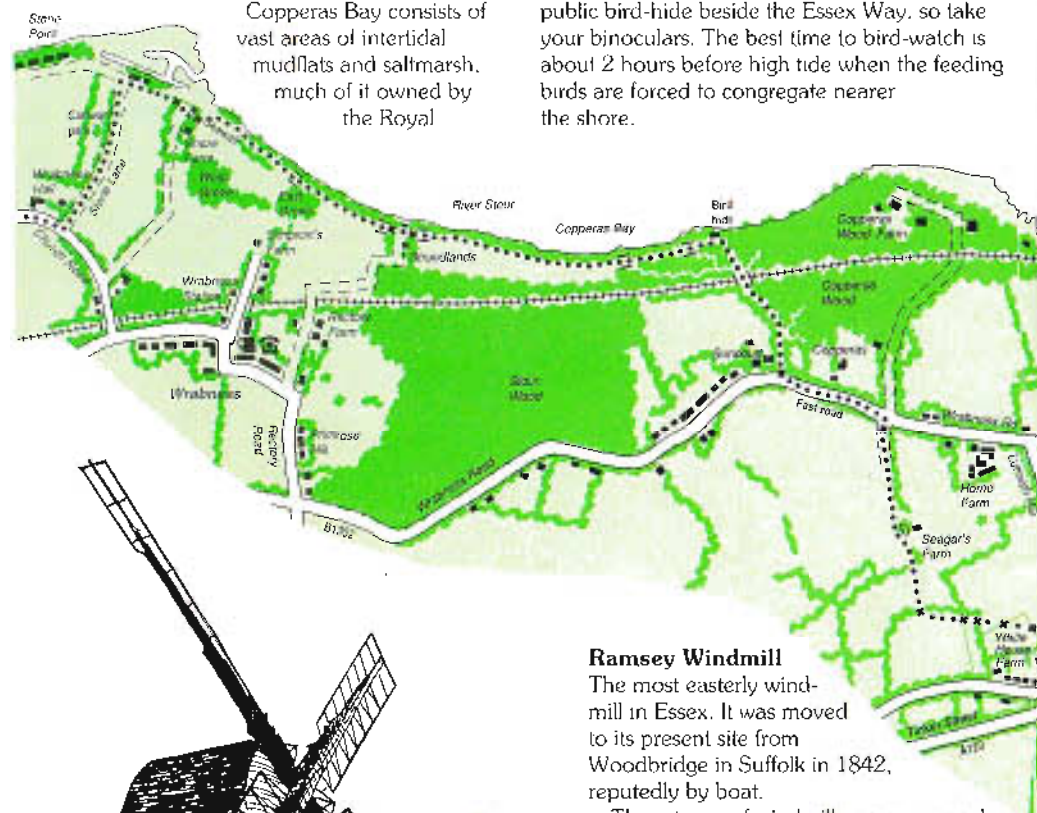
3 → 2

Copperas Bay

Takes its name from the old industry of copperas gathering which took place in the bay until the 1870s. Copperas (bisulphide of iron) was dredged from the mud and taken to Harwich to be used in the manufacture of dyes, inks and sulphuric acid.

Copperas Bay consists of vast areas of intertidal mudflats and saltmarsh, much of it owned by the Royal

Society for the Protection of Birds (RSPB). The bay offers the spectacle of thousands of wading birds and wildfowl during the winter months. The Stour Estuary is one of the most important estuaries in Britain for this group of birds which includes black-tailed godwits, dunlin, red shank, pintail, Brent geese, shelduck and grey plover. There is a public bird-hide beside the Essex Way, so take your binoculars. The best time to bird-watch is about 2 hours before high tide when the feeding birds are forced to congregate nearer the shore.



Ramsey windmill

Ramsey Windmill

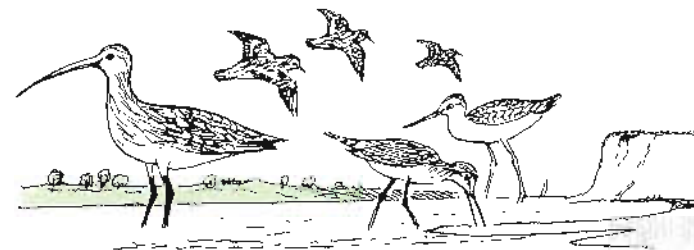
The most easterly windmill in Essex. It was moved to its present site from Woodbridge in Suffolk in 1842, reputedly by boat.

Three types of windmill were commonly used in Britain, and Essex has surviving examples of all three. Ramsey windmill is a 'post' mill, the earliest and most popular type of mill. The mill body is pivoted on a massive oak post so that the sails can always face the wind.

The other types, the 'tower' and 'smock' mills, differ from the post mill in that only the cap at the very top revolves to face the wind. The tower mill is built of brick or stone, whilst the smock mill has a wooden tower, usually octagonal, on a masonry base. The smock mill (of which Terling mill is a fine example) took its name from its resemblance to the old countryman's garment.

Seawalls

South-East England is slowly sinking and the Essex coast is under constant attack from the waves. 113 Essex people perished in the Great Flood of 1953. At Harwich several people were drowned when the Bathside seawall collapsed, and a quarter of the town's population lost their homes beneath 12 feet of water. The seawalls were subsequently raised and not only do they serve to prevent another disaster, but they also protect large areas of low-lying farmland which has been reclaimed from the sea since Roman times. The seawall grassland contains many scarce plants and animals, mostly on the sheltered inland side.



Curlew Knots Redshank Godwit

South Hall Creek

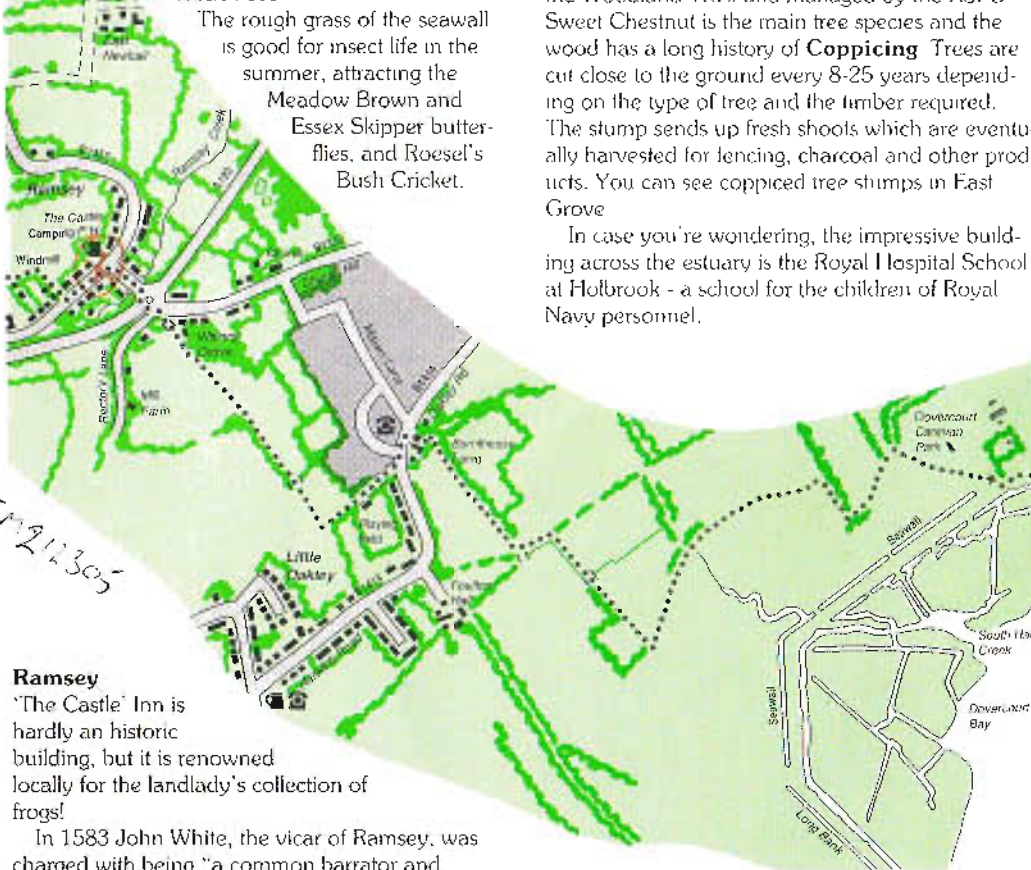
Saltmarshes are the most natural wildlife habitats in Essex. Amongst their rare species are the Essex Emerald Moth and Sea Purslane, a plant thought extinct in Britain for 50 years before it was rediscovered in Essex in 1987.

Stour Wood is an ancient woodland owned by the Woodland Trust and managed by the RSPB. Sweet Chestnut is the main tree species and the wood has a long history of **Coppicing**. Trees are cut close to the ground every 8-25 years depending on the type of tree and the timber required. The stump sends up fresh shoots which are eventually harvested for fencing, charcoal and other products. You can see coppiced tree stumps in East Grove.

In case you're wondering, the impressive building across the estuary is the Royal Hospital School at Holbrook - a school for the children of Royal Navy personnel.

Wrabness

The rough grass of the seawall is good for insect life in the summer, attracting the Meadow Brown and Essex Skipper butterflies, and Roesel's Bush Cricket.



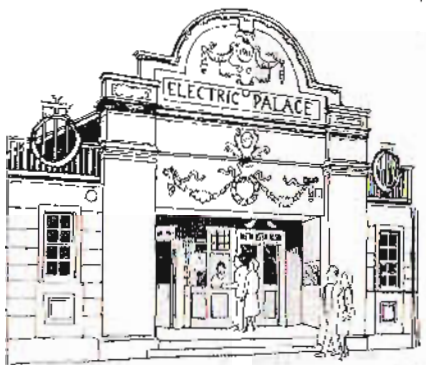
Ramsey

'The Castle' Inn is hardly an historic building, but it is renowned locally for the landlady's collection of frogs!

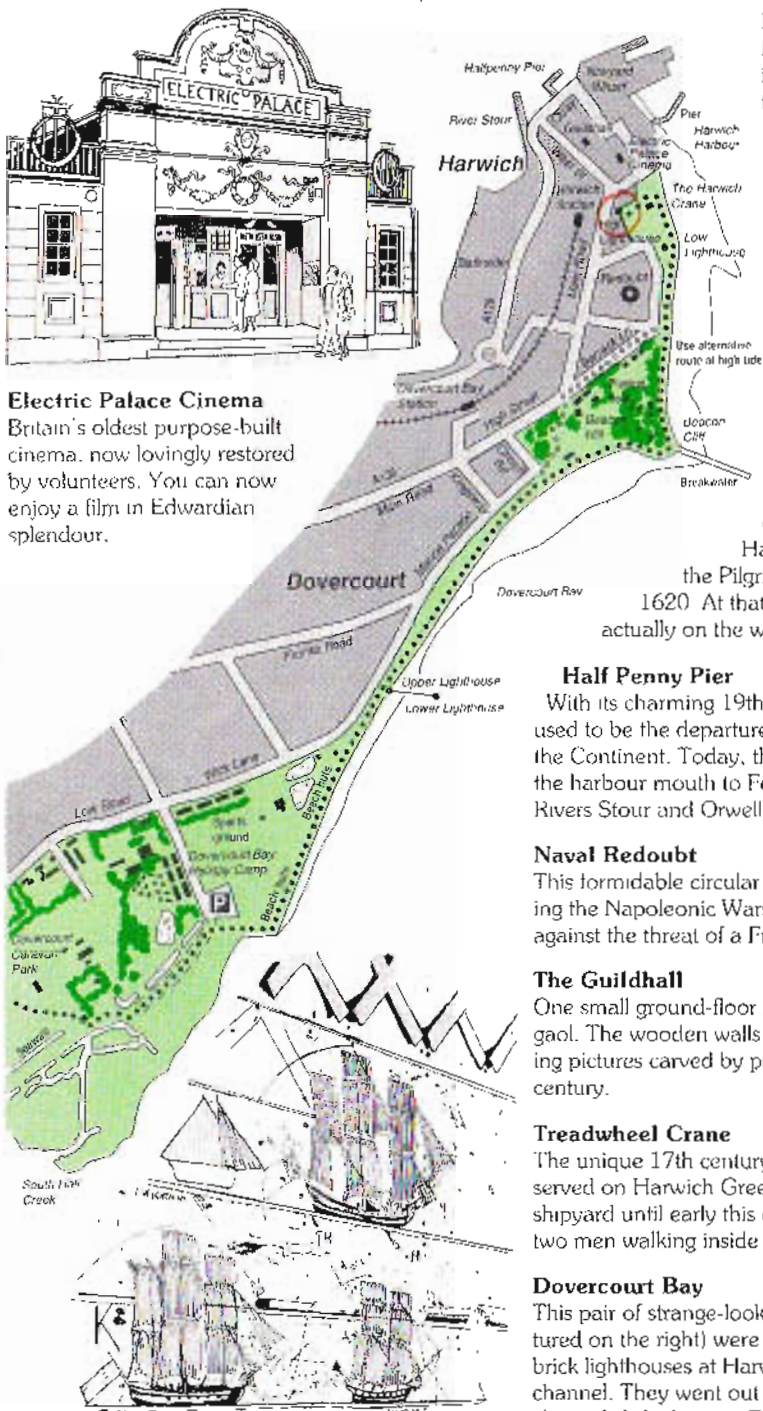
In 1583 John White, the vicar of Ramsey, was charged with being "a common barrator and disturber of the peace" at the same time!

10/2 10 → F10 RAMSEY 29 → HARWICH 5M

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Electric Palace Cinema
Britain's oldest purpose-built cinema, now lovingly restored by volunteers. You can now enjoy a film in Edwardian splendour.



Harwich
Harwich has been an important port for centuries, and today, with its sister port of Parkeston, Harwich is East Anglia's 'Gateway to the Continent'. Ferries have been sailing to the Hook of Holland for 100 years, and they also sail for Denmark, Germany and Sweden. Steeped in history, Old Harwich is well worth exploring.

Christopher Jones' House
The home of the Master of the 'Mayflower', the Harwich ship which carried the Pilgrim Fathers to America in 1620. At that time Jones' house was actually on the waterfront.

Half Penny Pier
With its charming 19th century ticket office, this used to be the departure point for steamships to the Continent. Today, there are ferry trips across the harbour mouth to Felixstowe, and along the Rivers Stour and Orwell.

Naval Redoubt
This formidable circular fortification was built during the Napoleonic Wars to protect the harbour against the threat of a French invasion.

The Guildhall
One small ground-floor room was once used as a gaol. The wooden walls are covered with fascinating pictures carved by prisoners in the 18th century.

Treadwheel Crane
The unique 17th century treadwheel crane, preserved on Harwich Green, was used in the naval shipyard until early this century. It was operated by two men walking inside twin wooden treadwheels.

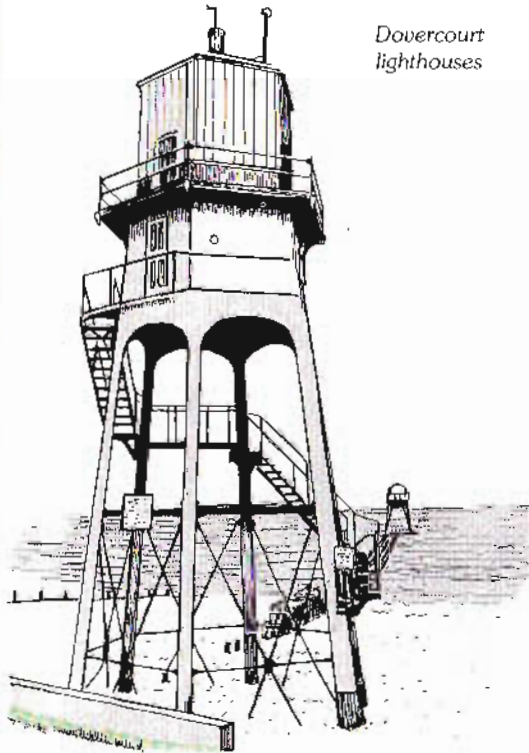
Dovercourt Bay
This pair of strange-looking iron lighthouses (pictured on the right) were built in 1863 to replace the brick lighthouses at Harwich following a shift in the channel. They went out of use in 1917 when the channel shifted again. The channel is now marked by buoys.



Carved walls of the Guildhall

Beacon Hill Fort
Beacon Cliff has been fortified since Roman times but the present defences date mainly from the First and Second World Wars. The cliff headland originally extended into the harbour beyond the end of Stone Pier breakwater, but it was eroded by the quarrying of Roman cement deposits in the 19th century.
London Clay Limestone and a band of Volcanic Ash south of Beacon Cliff form the only natural rocky shore on the Essex coast.

High & Low Lighthouses
Built in 1818 by General Slater Rebow of Wivenhoe Park to replace earlier wooden structures. He was stung by criticism over the vast profits he was reaping from the lighthouses (all shipping using the port could be charged a fee for this important service).
The High & Low Lighthouses were built in alignment to act as a pair of leading lights. Because of shifts in the channel outside the harbour the lights became known as "misleading lights". They were made redundant in 1863. The Low Lighthouse now houses a Maritime Museum, whilst the High Lighthouse marks the end of the Essex Way.



Dovercourt lighthouses

Ways through Essex
'Ways through Essex' is Essex County Council's public rights of way project, supported by the Countryside Commission. Our aim is to help you enjoy the Essex countryside using the County's network of footpaths, bridleways and byways.
For more information contact 'Ways through Essex', Planning Department, Essex County Council, County Hall, Chelmsford, Essex CM1 1LF
Tel: (0245) 437647.

The Council for the Protection of Rural England (CPRE)
CPRE Essex is the county branch of the Council for the Protection of Rural England, established in 1926 to maintain the character of the countryside. CPRE Essex responds to, and offers advice on, development proposals in the county, including the unprecedented number of new road schemes currently affecting the Essex countryside. CPRE Essex welcomes new members and affiliated groups. Its activities include walks, seminars and concerts. Past CPRE Essex initiatives include the Essex Conservation Volunteers, the Dedham Countryside Centre and the Essex Way.
For more information contact CPRE Essex, 386 Baddow Road, Chelmsford, Essex CM2 9RA.



The Ramblers' Association
The Ramblers' Association promotes rambling, protects rights of way, campaigns for access to open country and defends the beauty of the countryside. The Ramblers' Association has 11 local groups in Essex which organise guided walks throughout the week, and also undertake practical footpath work. The Ramblers' Association in Essex has designed several other long-distance footpaths in the county, including the St. Peter's Way, the Marcamlow Way, the Three Forests Way and the Two Seasons Way.
For further information contact the Essex Area Ramblers, Secretary, Mrs M. Haylock, 48 Symonds Avenue, Leigh-on-Sea, Essex SS9 5QE.
Tel.: (0702) 523297



The information contained in this publication was, as far as is known, correct at the date of issue. Essex County Council cannot, however, accept responsibility for errors or omissions or changes in details given. Please remember that the countryside is constantly changing, eg. hedgerows and fences change and public rights of way can be diverted. If, for any reason, the route of the Essex Way is altered after the publication of this guidebook, the line of the new route will be unobscured. Walkers are therefore advised to follow the Essex Way waymarks.

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