

ESSEX WAY STAGE 1 - EPPING to CHIPPING ONGAR (7.5 miles)

START - EPPING STATION (MapRef: TL 462016)

Key

**L = left; R = right; TL = turn left; TR = turn right; X = cross over;
CONT = continue; THRU = through; ST = stile; WM = waymark;
FPS = footpath (or bridleway) sign; FB = footbridge (normally wood);
TK = track; RD = road; KG = kissing gate.**

All distances are approximate

- 1 X** railway FB and **TL**. Ahead 100M to main RD. **X** main RD and **TR** for 50M downhill to FPS.
TL and go ahead 150M (hedge on your **R**) to field. **CONT** ahead **HALF R** 200M to gap in hedge. **THRU** gap and **TL**. Ahead 400M to meet RD by red brick house.
- 2 TL** at RD for 30M and **TL** at FPS. Ahead 150M and bear **R** at fork (WM). Follow enclosed **TK** for 700M to small clearing. **X** clearing straight over, under power lines, and **CONT** on track (more power lines on your **R**) 250M to RD.
- 3** At RD **TR** ('Theydon Oak' pub on your **L**) for 100M. **X** RD and continue for another 50m in same direction. **TL** at FPS by twin telegraph poles just **BEFORE** red 'PRIVATE' sign on tree.
- 4 Pass** **THRU** posts and **CONT** ahead 75M to go **THRU** gap. Bear **L** (keeping hedge on your **L**) for 350M to gap. **THRU** gap follow field edge **L** (it is legitimate to partly cut this corner) 300M to gap. **THRU** gap and ahead 300M to **ST** beside the Nomads' bench.
- 5 X** **ST** (or **THRU** gap in fence) and **FB** and **TL** immediately at **WM**. **CONT** 250M (ditch on **L**/woods on **R**) over 2 **FB**s then bearing **L** up steps & **CONT** on **TK** to **WM**. At **WM** **TR** to follow **TK** for 200M past school on your **L** to **KG**. **THRU** **KG** to cricket field. **(2 miles)**
- 6** Follow **R** edge of cricket field 40M to end of fence. **TR** down steps, **ignore** **TK** on **R**. 5M on, at **TK** fork, take **R** fork **THRU** woods to new red dirt path & finally over ramp to **FPS**. At **FPS** **TR**.
- 7** **CONT** ahead 250M and **X** **FB** over M 11 (enjoy the view!!). Ahead 200M on **TK** with fields on your **L** to join wide **TK**. Straight ahead – do **NOT** bear **R** (keep wooden fence on your **L**) short way on Wide **TK** then narrow **TK** to enter forest.
ABSOLUTELY STRAIGHT AHEAD 900M (ignore all crossing tracks) to **X** low bank ahead, **X** bridleway to **WM** & **X** 2nd low bank shortly to another **WM**.

- 8** **ABSOLUTELY STRAIGHT AHEAD** (on narrow TK now) for 400M to emerge at field. Straight ahead 500M on grass TK between fields to corner of small wood. Ahead 450M uphill (wood on your **R**) and follow TK over open land to corner of wooded area. **TAKE CARE NOW.**
- 9** Ahead 70M and **TR** (WM) **THRU** gap – warning, easily missed (**DO NOT GO UP TO THE WATER TOWER**). **X** field diagonally **L** towards wooden power cable pole (uphill of the obvious pole straight across from the gap). Go **THRU** gap just before pole. **CONT** ahead 300M with hedge on your **L** (ignore turnings to **L**). At field corner **CONT** ahead to **ST**.
X **ST** and go ahead between electric fences 200M to **X** **ST** at main RD. **(4.5 miles)**
- 10** At RD **TL**. Pass ‘Green Man’ pub (sorry!!). **CONT** 500M on this main RD to sharp **L** bend with large black and white chevron signs. **TR** here, **X** grass (keeping houses/cottages ‘Weald’s Farm’ on your **R**). Ahead **THRU** gap into field. **TR**. Follow field edge for 30M and **TR** **X** **FB** and immediately **TL**.
- 11** Ahead 150M on narrow track (wire fence on your **R**) to **X** **FB** and **ST**. Ahead 150M on **L** field edge to **X** **ST** and **FB**.
Ahead 800 M on **L** field edge (**KEEP HEDGE ON YOUR L AT ALL TIMES**) to pass black wooden farm building ‘Widow’s Farm’ (on your **R**).
At fence corner **CONT** ahead 40M on **L** field edge to **WM**. **TL** **THRU** wooden **KG**.
- 12** **Ahead** **THRU** 4 paddocks and metal curtain gates (lift clasp, pull posts apart).
Bear **L** downhill 40M and **TL** **THRU** **wooden KG**.
- 13** **TR** and follow **R** field edge closely 150M to **FPS** at RD. **X** RD **HALF L** (**Do NOT enter ‘GREENSTED WOOD FARM**) and **X** **FB**.
Ahead 400M on **L** field edge (under twin power lines) to **X** **FB**. Follow **L** field edge 400M to go **L** of fence by lone tree. Ahead following **L** field edge (fence on your **R**) 200M to **X** **FB** to partially concreted TK.
- 14** **TR** uphill 100M to **WM** and **THRU** forecourt of brown wooden houses. **CONT** uphill and pass Greensted Church to **FPS**.
TL at **FPS** (Ongar) and ahead 40M to pass **THRU** wooden gate in white metal railings. Ahead **SLIGHTLY L** to gap. Ahead **HALF L** barbed wire fence on your **R** to follow field edge 200M to **KG** and tarmac TK.
X tarmac TK and **X** **FB**. Straight ahead 850M on obvious TK. **Eventually over concrete bridge to *finish stage uphill past Sainsbury’s in Chipping Ongar.**
* Map Ref: TL 552032