

History

Archeological finds show that as far back as 7500BC there were settlements in the area surrounding Epping.

A coin dating back to the reign of Roman Emperor Domitian (AD81 to AD96) was found in a garden near Hemnall St indicating a roman presence in Epping at one point. The remains of a roman road and brickworks were also found close to Fiddlers Hamlet.

Epping market is an important part of Epping's history. It dates back to 1253 when King Henry III granted Waltham Abbey the right to hold a weekly market in Epping Street. Over the years the market developed into an important cattle market so much so that cattle pens became a permanent feature in the high street. It is recorded that even wives could be bought and sold on Epping Market.

In the 1800's world famous lepidopterist Henry Doubleday lived in Epping. He was the author of the first catalogue of British butterflies and moths and named a number of new species of moth. His moth collection remains intact in the Natural History Museum, London.



About the Walk



St Alban the Martyr

The Epping & Theydon Country Walk is a pleasant six mile walk through the parishes of Theydon Mount, Theydon Garnon and Epping and will take about 3 hours to complete.

The footpaths are in good condition but these may become muddy after wet weather. Sturdy footwear is advised. This is an undulating walk with many small hills and inclines. There is a small amount of road walking, please be aware of traffic and take care. Please follow the Country Code. Keep dogs on a lead near livestock and keep to the footpath when walking across privately owned land. There is a free public car park located at Stonards Hill, Epping,

For any footpath queries please contact Essex County Council on 08457 430 430.

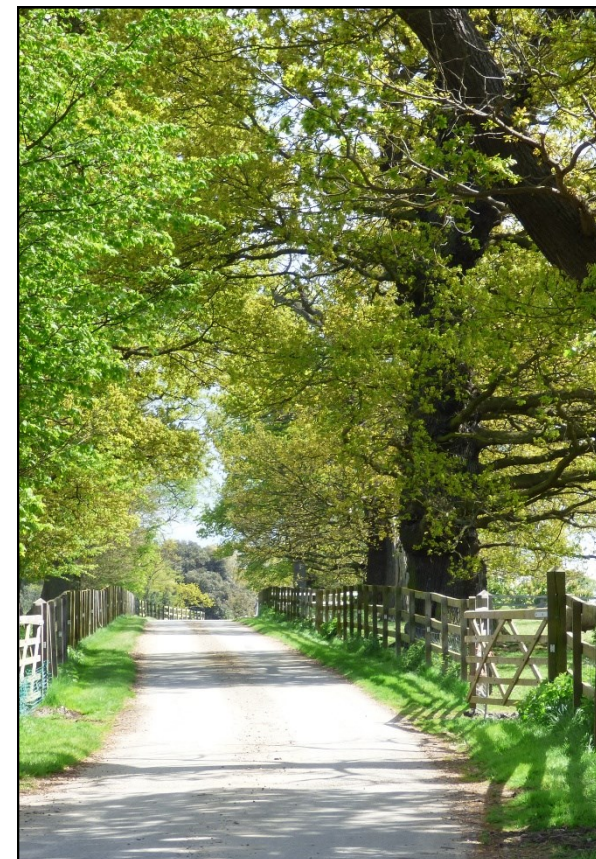
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Epping & Theydon Country Walk



Points of Interest

1. Epping Union Workhouse/St Margaret's Hospital

The Epping Union Workhouse was built in 1837 and was capable of housing over 200 of the District's poorest residents. A common task set the workers was picking Oakum which consisted of pulling apart old ropes, the fibres were then mixed with pitch and used to seal the seams of ships.

The site was requisitioned by the British Military in the first and second world wars which led to development of better medical facilities. The main workhouse building was eventually demolished in 2001 to make way for further development of St. Margaret's Hospital.

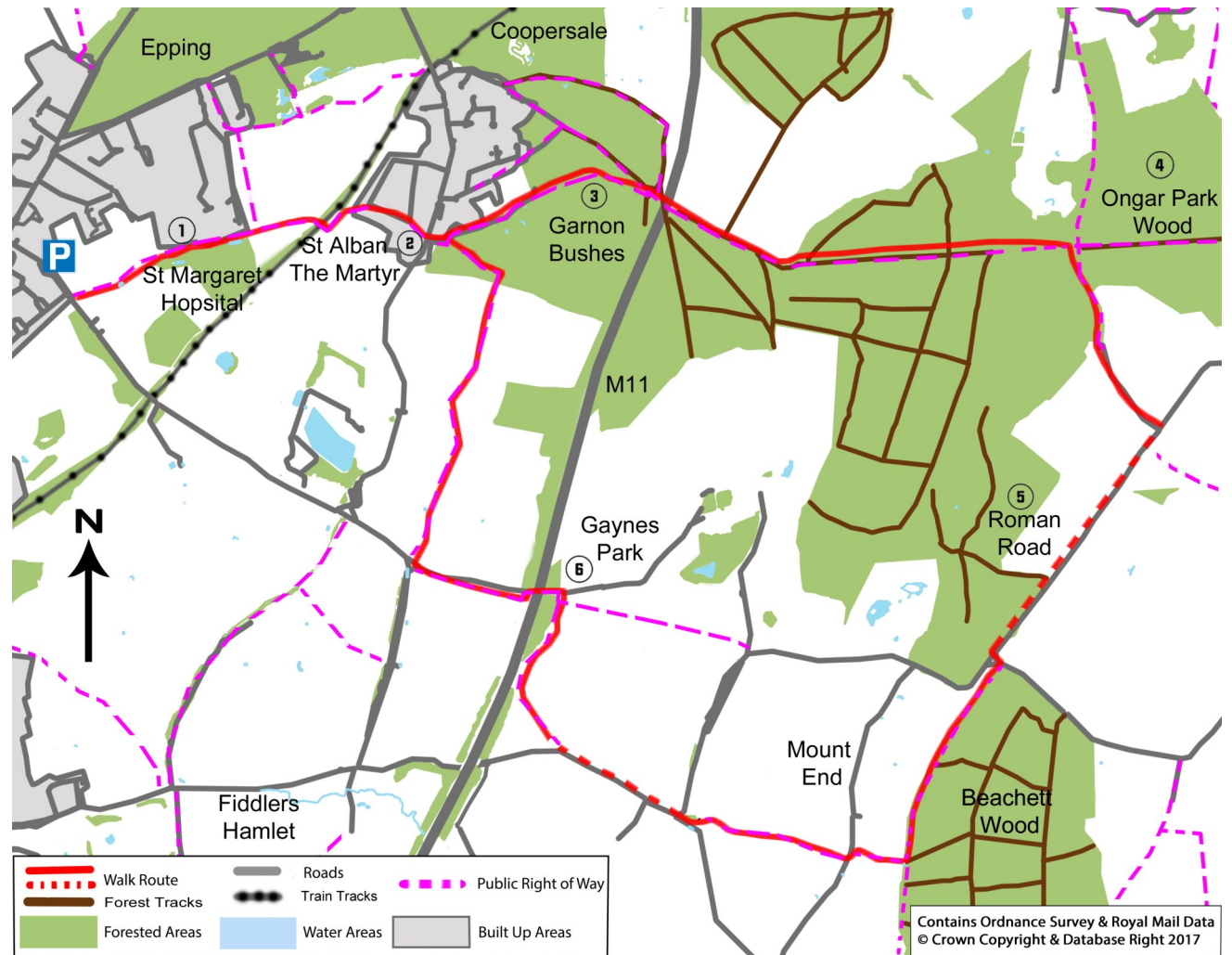


2. St. Alban the Martyr, Coopersale

The church, vicarage and original parish school were built in 1852 at the bequest of Miss Archer-Houblon. A new school has since been built to the north of the church and the original school building now serves as the parish meeting rooms.

3. Gernon Bushes Local Nature Reserve

This Local Nature Reserve is owned and managed by the Essex Wildlife Trust. Once part of Coopersale Common this ancient woodland contains many old Horn-beam pollards, and is important for many species of flora and fauna.



4. Ongar Park Wood

Ongar Park Wood once formed part of a medieval deer park dating back to 1046. Areas of wood pasture were enclosed with log fences, hedges and ditches to prevent the deer escaping. Some of the ancient boundaries can still be seen today. The park remained intact up until the 1950s when large parts were taken over for agricultural use.

5. Roman Road

This section of the walk follows the path on an old Roman road. It was a main route out of London via the Roding Valley and is traceable from Abridge to Dunmow.

6. Gayne's Park

The Gayne's Park Estate has a long history dating back to the 13th century. In 1870 the large mansion house was built using a hard limestone called Kentish Rag. The Mansion house was at one point used as a private school but fell into disrepair and in 2007 was bought and converted into luxury apartments.