

Directions for winter wildfowl figure of 8 walk

This is a self-guided, figure of eight walk just under 6 miles (9.65km) long, with good views across wetland and lakes in the Lee Valley Park.

- Starting point: Epping Forest District Museum, 39 - 41 Sun Street, Waltham Abbey, EN9 1EL

Information about the route

Most of the walk is on hard paths that can be uneven in places. It is mostly flat, with a couple slight inclines to bridges. With a few road crossings, care needs to be taken when crossing these roads at the start and end of the walk.

Depending on your walking speed and what you stop to look at, expect this walk to take an average of 2 to 3 hours.

If you require more copies of this walk please email our Community Engagement Officer, Karen Murray on kmurray@eppingforestdc.gov.uk

For other routes from our Countrycare team, visit <https://www.eppingforestdc.gov.uk/countrycare/whats-on/guided-walks/>

The walk

1. With your back to Epping Forest District Museum, turn left (down Sun Street) towards Market Square, continue straight on through the Market Square and on your right, head through the arch way (Lychgate Passage) next to the Welsh Harp Public House, turn left straight away, keeping Waltham Abbey Church on your right.
2. Carry on past the church and head down Highbridge Street until you reach the large roundabout. (Take care) You will see ahead of you a junction with traffic lights, head towards this. Just before McDonald's and the main junction, you want to use the first crossing, which is a zebra crossing, to get to the right-hand side of the road (the opposite side of the road to McDonald's).
3. You have another road crossing, so take care and continue along the road.
4. Immediately after walking over the canal you will see a path to your right take this path, leading down to the canal tow path.
5. Continue along the towpath with the canal on your right. Go past the lock and continue for some time. You will see a large footbridge in front of you, just before this, take the path off to your left.
6. You will see a black metal fence in front of you, bear to the right, keeping the fence on your left. Follow the tarmacked path.
7. Continue straight on over a small bridge until you come to a path junction. Turn right and continue to the next junction.

8. You need to turn left, keeping the lake on your right. Continue on and follow the path around to the right. This path runs between the railway, on your left and the lake on your right.
9. Keep the lake on your right and as you get to the far end of the lake, follow the tarmacked path around to the right.
10. You will come to a split in the path, take the left-hand path and follow it past the giant chair on your right.
11. At the next path junction take the right-hand path and follow it over the wooden bridge.
12. You then come onto a wider path/road. Turn right and continue straight on, along the wide winding path/road for some time.
13. You will pass through a small car park. Ahead of you, you will see the canal. Head towards this.
14. On reaching the canal, the lock is directly in front of you. Turn left and follow the towpath (keeping the canal on your right). Continue straight on for some time.
15. Eventually you will see a bridge across the canal (with the number 46 on it). As you go under this, immediately turn left, leaving the towpath.
16. You need to follow the path up to the left to take you over the bridge you have just passed under.
17. Once you are over the bridge you will come to a triangular path junction. You want to continue taking the path to the right.
18. You will follow this path, ignoring the path on your right. Ahead you will see a bridge, head towards this. As you go over the concrete bridge be careful as the surface has uneven slabs.
19. You will come into a car park and see a stone sculpture, head towards this. Exit the car park via the large grey metal gate to your right.
20. You are now walking along a wide tarmacked path with the river on your left.
21. After some time, you will see a path to your right by a dragonfly sculpture, you need to take this path, and continue with the electric pylons on your left.
22. At the next junction, turn left. Continue along this path ignoring all side paths. Eventually you re-join the wide main path and need to turn right, keeping the river on your left.
23. You now keep on this path all the way back to the main road you left at point 3 and 4.
24. You can now retrace your steps back to Epping Forest District Museum.