




Theydon Bois to Epping



An Essex walk with a heritage railway station within easy reach of London

Length	15.5 km or a smidgen under 10 miles
Toughness	3 out of 10
Total ascent:	253 metres
Getting there	Catch a Central Line eastbound Tube Epping Service from a Central Line Station most convenient to you. Journey time from Liverpool Street is about 40 minutes, from Stratford, about 30 minutes. Alight at Theydon Bois
Meeting point	Theydon Bois underground station or the nearby  Brick Lane Bagel Co. Cafe
Tickets	Oyster, Travelcard, Freedom pass (Zone 6, plus any other zones you need to travel through)
Getting back	Catch a Central Line Tube from Epping
History	<p>You may find the history of Theydon Bois at https://en.wikipedia.org/wiki/Theydon_Bois and that of Theydon Garnon at https://en.wikipedia.org/wiki/Theydon_Garnon</p> <p>The Roman Road that the walk takes after Theydon Garnon is part of a route between Dunmow and London. It is initially just a track bounded by hedgerows, ditches and trees - almost tunnel like - imagine the stories it could tell.</p> <p>Tawney Common or Woodhatch further along is a delightful hamlet with a population circa 40 and has been exclusively devoted to farming, apart from the Moletrap Pub and Restaurant (sadly now closed).</p>

History (cont.)	The Epping Ongar Railway was used by London Transport (Central Line) up to 1994. It is now managed by the Epping Ongar Enthusiasts and you may find the full history at https://www.eorailway.co.uk/the-railway/history/
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Introduction

This route is [free to use](#) for all walkers and was devised to be within easy reach of Central London and independent of Network Rail. Those of you who knew Stephen Backes aka **Bridie** may be interested to know this walk passes near to his final resting place in the GreenAcres woodland. There's a spur track on the GPS files that will guide you to his grave if you wish to visit. A visit will add about 2.2km to the walk length and you may find his grave at <https://what3words.com/arts.throw.deep>

Allow 4 to 5 hours to do the full walk or about 3 hours if you intend to leave the walk at North Weald

Add an hour or so for lunch and another 40 minutes if stopping for a late afternoon thirst quencher at the [📍 Theydon Oak](#)

Please note this walk route is GPS led so you will need to follow the GPX or KML routes provided. I can recommend GPX Viewer Pro (£6.50 for all your devices forever). This App has a good choice of maps including Google (Normal, Terrain and Satellite), OpenStreetMap and others.

Additional URL links to the Garmin online *Courses* for the walk are also provided. You may find these in the fileset for this walk from which you can send the course/track to a Garmin device or download it as a GPX or FIT file.

The complete file set (including the PDF and EPUB downloads of this document) may be found at <https://www.lwug.org.uk/walks>

There are some guidance notes below to complement the GPS files and keep you on track - enjoy the walk!

Some advisory notes

- There are three motorway crossings (two underpasses and one bridge). These crossings are at right-angles to the motorway direction and noise is fairly minimal but will depend on wind direction.
- The first section of the walk crosses some marshland so boots are recommended.
- Some of the boardwalks at the beginning of the walk are a little rotten in places
- About 3km of the walk is on quiet tarmac roads, but there are grassy verges alongside.

Theydon Bois to Theydon Garnon

Leave the station from its main entrance, turn left and in 60 metres traverse the footbridge on the left at the end of Station Approach. Leave the footbridge and turn left on a concrete path and in 80 metres, descend some steps to continue in the same direction on a track parallel to the railway lines. In a further 60 metres turn right through a kissing gate with a way-mark to cross commonland and then some marshland. There are some tall way markers and a faint track to follow. Birders may wish to bring binoculars and spend some time viewing birds in the reed beds.

After 1200 metres and at the end of the marshlands, the track dips to a T junction with a finger post. Turn right here and shortly follow the track to the left to enter the first underpass under the M11. On exiting the underpass and in 15 metres be sure to follow the track to the right. In 40

metres cross a stile and ascend the meadowland towards [All Saints Church](#). Head for the chestnut tree in the middle of the meadland and continue in the same direction to the top left corner. Cross a stile to meet a track which curves downwards and to the left. IGNORE this left turn and continue on the eastbound level track..

In 200 metres, enter the Church Graveyard through a gate to the right of the track. The vestibule at the rear (which you approach first) is normally open, so if there is inclement weather you may wish to take shelter there. Walk to the front and main entrance of the Church (this is normally closed except for Services, but note that you may phone the Vicarage on 01992 814725 and they may be prepared to arrange a visit). The Church is also unlocked on Saturday mornings for cleaning. Walkers wishing to take a mid morning break may find bench seats near the entrance to the Church grounds.



[Theydon Garnon to Mount End](#)

Leave the Church eastward along its main entrance path, turning right onto a farm lane and in 140 metres turn left onto Coopersale Lane. In 200 metres you reach a road junction, cross the road here to continue in the same direction on a footpath. In 150 metres merge with a private road which turns slightly left, eventually reaching an underpass under the M25.

Follow the wood lined track of an ancient Roman Road (note the ditches either side) and after 1km merge with a small road. Continue in the same direction for 150 metres to a road junction (Mount Road). Cross the road still continuing in the same direction and In a further 400 metres just after passing Sawkins Farmhouse on the left, turn right by a finger post on to a wide grassy area crossing a stile to reach Beachet Wood

[Mount End to the Woodhatch](#)

At Beachet Wood turn left to cross a stile and follow the track with a fence on the left and the wood on the right. If this track has become too slithery, you may consider using a parallel track in the woods apparently used by local dog owners. (This track returns to the main track further along.) After 600 metres following a short climb, there are panoramic views to your back (including the London skyline). In a further 100 metres, turn right onto the Tawny Common Road, with the woods to your right. After 1km, you will reach Woodhatch where there's a bench, a grassy verge and the

Hamlet's pond for those of you who want to eat a packed lunch here. Sadly the Moletrap Pub closed its doors on the 23rd July 2023 see [Moletrap Pub](#) but hopefully it will reopen at some time in the future.

The Woodhatch to North Weald

Continue northbound on Tawney Common for 1 km to Colliers Hatch and at the T junction turn left and in 20 metres turn right on a path indicated by a finger post. In 500 metres cross the [Essex Way](#) and continue in the same direction. In a further 400 metres bear left into an adjacent field and in 200 metres, bear right to follow a well defined path across grassland. In 300 metres where you meet a farm track, cross this track and take the path on the **right hand** side of the hedge. You will reach North Weald Station in 350 metres. Cross the train tracks carefully or, if you can access the south side platform, use the footbridge. There's the Anglia café coach adjacent to the station, however you should check beforehand if it's open if you intend to eat there. There are some bench seats on the station platform and some tables and benches on a lawned area if you're planning to eat a later packed lunch here.

Train enthusiasts may wish to explore the station further and they find the timetable and other information for this Epping Ongar Railway at <https://www.eorailway.co.uk/visit/#right>

Continue down Station Road to a T junction with the High Road where you may find [The Kings Head](#) 50 metres to the right of this Junction (opens at 12:00, booking essential)

If you wish to leave the walk at North Weald, you may catch a 420 bus to Epping Tube station from the bus stop just outside the Kings Head, the timetable for buses is [HERE](#)

North Weald to the M11 crossing

Backtrack from the Pub to the road junction and then continue east for 100 metres before turning left into Kiln Road. In 200 metres after passing under the railway bridge you have the option to visit Stephen Backes' Grave in GreenAcres (about a 2.2km extension), you'll need to use the spur on the GPS route and you may find his grave at <https://what3words.com/arts.throw.deep>. Return to the entrance at Green Acres after visiting and continue south on Kiln Road for 300 metres where just before the road sweeps to the left, turn right to follow a track Mount Wood Lane. Avoid the farm track to Carrisbrook Farm. Mount Wood Lane curves to the left and in 700 metres meets the [Essex Way](#). Turn right here to join this track and in 1.1 km cross the M11 on a footbridge.

M11 to the Theydon Oak

Enter woodland (Gernon bushes Nature Reserve) and continue in the same direction taking care to avoid the track which leads gently to the right. In 200 metres bear left on an easily missed track (there's a finger post on the right hand edge of your current track) and in a further 200 metres ascend some steps to Coopersale Cricket Club grounds. Turn left in the grounds, keeping next to the woodland and leave the grounds in 100 metres to join a track. In 200 metres where the track dips, turn sharp left at a T junction. In a further 200 metres turn right at a T junction to exit the woodland. There's a bench seat to your left as you emerge and a pleasant view there too.

Continue in the same direction gradually descending along a fieldside track with hedging on your right. In 400 metres bear left to cross a field on a path (the farmer has taken care not to plant crops on this path) and pass through a hole in the hedge after 150 metres. In a further 350 metres you will reach the busy Stonards Hill (road), Cross this road carefully and turn right. In 170 metres the [Theydon Oak](#) (the recommended late afternoon stop) may be found to your right,

Theydon Oak to Epping

Continue on Stonards Hill and in 50 metres at a road junction turn left by a finger post to follow a track with hedges either side. This section of the walk will be very muddy after rain! In 750 metres at a gap in the right hand hedge, turn right onto a grassy area between crop fields and in 45 metres cross some hard core and a hedge to your right and immediately turn right to follow a track alongside that hedge. (The hedge should be to your right).

In 200 metres pass through a gap in the hedge following the track there to enter a hedged passageway in 175 metres. In a further 200 metres the track emerges into Bower Hill (road). Turn right here and in 60 metres bear left into Hillcrest Way. In 190 metres you will arrive at Epping Tube Station.

In the event there are issues with the Central Line, you may catch a 13/13C bus from Epping Tube Station main entrance to Waltham Cross station where trains return to Liverpool Street via Tottenham Hale and Hackney Downs

Acknowledgements

My thanks to Daisyroots and Alf who provided helpful guidance and knowledge in devising this walk.

Some other Walks Nearby

- [Chingford Circular](#) (SWC)
- [Epping to Chingford](#) (LWUG)
- [Epping to Ingatestone](#) (SWC)
- [Loughton to Epping](#) (SWC)

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<https://docs.google.com/document/d/1smExQfpVAn9TOMsJoJnlqmb4IQIgauFQiFG7LkPBx4s/edit#>

The remaining files and links for this walk can be found at <https://www.lwug.co.uk/walks>

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Last edited on Sunday 4 February 2024 at 13:43

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