




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 Dog House Gastro Pub.</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 [📍 Garnon Bushes](#)

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.
- Changing weather patterns may result in muddy sections even in summer. Be sure not to post/walk after excessive monthly rainfall. Sunshine and then rain will cause rapid growth of dog roses and other brambles in the first kilometre of the walk. Nothing too onerous, but you might consider packing secateurs.
- Stratford station may be busy on the return journey if West Ham are playing at home.

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 meadowland 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 tel: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 through its lychgate, 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 onto a gravelled area and then 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. [The Dog House](#) Pub opposite (formerly the Moletrap) tel:01992 522093 advertises itself as a *Family owned Gastro Pub serving delicious food with a twist*. Mains start at £16 and starters £7. Meals are served between 12 and 4pm

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 west 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 crossing to the Garnon Bushes Pub

Enter woodland (Garnon bushes Nature Reserve) and continue in the same direction taking care to avoid the track which leads to the right and the gate to the left. In 200 metres ignore the left turn waymark to Garnon Cricket Club (mentioned in the previous version of this document) and continue in the same direction ...



.. to exit Garnon Bushes via a gate onto Garnon Mead. Continue in the same direction on this road to a T junction. If you plan to stop for an afternoon tipple at the [Garnon Bushes](#). Turn left here and the Pub may be found 30 metres to your left. The Pub is "traditional" and has a nice rear garden.

In any event, cross Coopersale Common (road) and turn right to pass under the Epping to Ongar railway bridge. Immediately turn left onto a track and, just past an electrical substation on your left, bear left and pass through the proverbial "hole in the hedge" into Coopersale Fields. Follow the left hand grassy track (which runs alongside the Epping Ongar Railway track in a cutting to the left). In 600 metres, you will intersect a compacted gravel path, turn right onto this path. (you may also turn left if you wish to detour to view the Epping Ongar railway from this path as it crosses on a footbridge. Return to where you joined the path and continue.)

In 200 metres, this path leaves Coopersale Common through some hedges and you may find



Locals have rescued this pond and introduced many features to encourage biodiversity. Continue on this gravel path for a further 600 metres where it enters Stonards Hill Recreation Ground.

Follow the path as it curves right at the Metal Skatepark. In 15 metres or so, turn left off the path and head towards another “hole in the hedge” about 250 metres away across the grassy play area. Leave the recreation ground here by descending some concrete steps and carefully cross Stonards Hill to Enter Theydon Grove. Here continue in the same direction for 400 metres following the road to the right (avoid the cul-de-sac ahead). In 100 metres at a Y junction, bear left to the T junction at Hemnell Street. Turn left here and in 20 metres turn right into Grove Lane and then left into Epping High Street. Here you can find the [Belgique Patisserie](#) , and a [Caffè Nero](#) amongst others.

Continue westward along Epping High Street and turn left into Star Lane and at a T junction with Hemnell Street, turn left and in a further 30 metres turn right into Hartland Road. This road curves right and, after 250 metres at a crossroads, turn left into Kendall Avenue. Descend and follow the road as it too curves right and in 400 metres at a crossroads continue in the same direction across Station Road and follow the slip road to Epping Tube Station. The Station Cafe kiosk here is open to 6pm Mon-Sat (Closed Sundays). It serves rolls, sandwiches, baguettes, burgers, cakes and hot and cold drinks. There are also two picnic tables to sit at.

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

Acknowledgements

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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/1smExQfpVAn9TOMsJoJnlqmb4lQlgauFQiFG7LkPBx4s/edit#>

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

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