

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

**START - EPPING STATION**  
**(MapRef: TL 462016) CM16 4HW ///bills.speeds.shift**

### **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**) **X** RD and continue for 100M. **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 FBs 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** 2<sup>nd</sup> 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) CM5 9AR //improving.body.works