

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

### START - EPPING STATION (MapRef: TL 462016)

#### 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 (DO NOT GO INTO FIELD)**. 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**) for 100M. **X** RD and continue for another 50m in same direction. **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**.
- 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 **FB**s 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 for 200M **THRU** woods & 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 FPS.**

- 8** At FPS (Toot Hill) again **ABSOLUTELY STRAIGHT AHEAD** (on narrower TK – **ignore** wider TK bearing leftish) 400M to emerge at field by FPS (Toot Hill/blue tipped wooden post). 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 follow **L** edge of field 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 200M 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** and **X** **ST**.
- 12** Ahead 50M **THRU** paddock and **X** **ST**. (You may encounter 4 legged friends).  
Ahead 30M **THRU** paddock and **X** **ST**.  
Ahead 40M **THRU** Paddock and **X** **ST**.  
Ahead 40M **THRU** paddock and **X** **ST**.  
Bear **L** downhill 50M and **TL** to **X** **ST**.
- 13** **TR** and follow **R** field edge closely 150M to FPS at RD. **X** RD **HALF L** to FPS (**Do NOT enter ‘GREENSTED WOOD FARM**) and **X** **FB**.  
Ahead 400M on **L** field edge (under twin power lines) to **X** **TK** by **WM** and straight ahead **THRU** gap and **X** **FB**. Follow **L** field edge 400M to go **THRU** gap by lone tree. Ahead following **L** field edge 300M to go **THRU** gap and **X** **FB** in field corner 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 **HALF L** to gap by metal gate. Ahead **HALF L** to follow field edge 200M to **KG** and tarmac **TK**.  
**X** tarmac **TK** and **X** **FB**. Straight ahead 850M on grass **TK**. **Eventually over concrete bridge to \*finish stage uphill past Sainsbury’s in Chipping Ongar.**  
\* Map Ref: TL 552032 *Revised 27Jul 2005 (Robert Teer)*