

Self-Guided Circular Walk in Waltham Abbey



This walk around Waltham Abbey Gardens, Dragonfly Sanctuary and Cornmill Meadows is about 3 miles (4.8km) long

1. With your back to Epping Forest District Museum, turn left (down Sun St) towards the Market Square. Continue through the Market Square and on your right, head through the arch way (Lychgate Passage) next to the Welsh Harp Pub, turn left straight away, keeping Waltham Abbey Church on your right.
2. When you arrive at the front of the church turn right keeping the Gatehouse Café on your left. Follow the path round to the left and either walk next to the river or along the wide path.
3. At the Gatehouse Bridge, which is a stone and brick archway, walk through the archway and turn immediate left following the path along the river.
4. Continue along the river path until you see a bridge on your left. Go over this bridge.
5. Continue on the grass path through the underpass.
6. You are now in the Dragonfly Sanctuary. This area can be very muddy.
7. Turn left through the wooden kissing gate. Walk parallel to the road on your left.
8. When you reach the river turn right keeping the river on your left.
9. Continue, taking time to enjoy the wildlife and views across the sanctuary.
10. Go over a small wooden bridge, through a metal gate and then over a wide wooden bridge.
11. Follow the grass path around the site through another small metal gate to another small bridge.
12. Carry on. You will come to a metal foot bridge.
13. Go over the bridge, turn right and immediately take the grass path on your left.
14. Follow the grass path through the trees (Keeping a row of fir trees on your left) Continue on the winding path through the shrubbery.
15. You eventually come to a more open grass area with a grass path running across you.
16. Turn left here but make sure you follow the path parallel with the wire fence, slightly to your left (pass the end of the row of fir trees as you head in the correct direction).
17. At the end of the grass path/field, turn right towards a stone sculpture and continue past it.
18. Look out for the first path on the right and turn down this and follow keeping the hedge line on your left.
19. Continue on for some time to a path junction. Continue straight on. After some time you will see a car park (through a break in the hedge on your left) At this point you need to turn right.
20. You will continue along a narrow grass path surrounded by trees on either side.
21. When you reach the river turn left. Continue straight on keeping the river on your right.
22. When you can continue no further at a ditch, turn left and then very quickly turn right over a small low bridge.
23. Continue straight on over another wooden bridge and then take the second path on the right.
24. You will see yet another large wide concrete bridge. Go across and you will find yourself back at point 6.
25. Go back through the underpass into Waltham Abbey Gardens.
26. Over the wooden bridge continue straight with the community church building on your left and turn left.
27. Continue on to meet the wide concrete path turn left onto this.
28. Immediately bear right to go through a metal gate into the Rose Gardens. Wander through to the exit diagonally opposite.
29. As you exit the Rose Gardens Take the forked path to the left. At the next path junction, continue straight on. You will then come to an open area of grass, look ahead and you will see a gap in the brick wall. Head towards this exit.
30. You are now in a car park so be aware of moving vehicles. Look straight ahead and slightly to your left you will see an alley way between the building. If you head towards this you will find yourself back on Sun Street. Turn left to head back towards Epping Forest District Museum.

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