

Freedom Pass circuit

Section 35: Chingford to Epping

Distance: 7.40 mi, 11.84 km

Introduction

This section takes us north-west. It is almost entirely through Epping Forest. Much of it is very hilly.

There are places to eat at either end, but nothing close at hand in between.

Directions

Turn right out of Chingford Station, and go down the steps to the bus station.

Go straight ahead through the bus station, and turn right onto Station Road at the far side.

Take the second turning left, which is Bury Road.

Just before the golf club, turn right onto a dirt track.

When you come to a junction, with a path over a stream on the left, bear slightly right on the left-most of two paths going uphill.

The path soon levels out, with higher ground and Queen Elizabeth's Hunting Lodge on the right.

A little later, bear left gently downhill, onto a diagonal cross-path.

At the bottom, bear left onto another more important track which joins from the right, and enter a wooded area over a stream.

At the next significant intersection, just before the track starts to climb, turn right onto a similar track.

At a fork, after a short climb and a large oak tree on the left, bear left.

Keep straight ahead at the next significant junction.

After a bend to the right, cross over a tarmac track onto a gravel track.

Cross the main road, and bear left after the carpark.

Almost immediately, turn off left onto a lesser path, and then immediately bear right.

Keep on this path as it ascends to reach a clearing with Strawberry Pond on your right.

Carry on along the edge of the pond, until you reach a more significant track. Bear left onto it.

We now effectively stay on this track all the way to the far end of the forest. It takes various names: Three Forests Way, Green Ride, Centenary Walk, Ditches Ride.

Cross the next road by Earls Path Pond, and carry on along the track opposite.

Keep going for several miles, ignoring any side turnings.

Cross another main road, with the carpark on your left.

Follow the main path round to the left just after the carpark, and then carry on down the hill.

At a T junction bear left.

Cross yet another road, and carry on along the track leading out of the far end of the carpark.

Pass Ambresbury Banks on your left.

Just as you approach the end of Epping Forest, you will see a white cricket pavilion ahead on the left. Bear right at a grass triangle then go straight on.

When you emerge from the trees, bear left to pass in front of the pavilion.

Carry on along the driveway from the pavilion, then turn sharp right along a footpath.

Keep on this footpath, parallel to the main road, across two other roads. (At the first road turn right to reach a pub in 2 minutes.)

At the next road, turn right along it, and then bear left along a grass track before you reach the houses.

Keep straight ahead downhill, and bear right at the bottom.

Keep on the main path until you reach a residential road.

Turn left onto it, and then left again at the T junction.

Shortly after Woodland Grove, take the footpath on the right.

This leads directly to Epping Station.