

THE WALK

This walk is approximately 2½ miles (4 km) in length and should take between 1½ - 2 hours. You will follow paths through gently sloping, lightly wooded countryside enjoying some splendid views to the north. Stiles and bridges have been improved to help you, but after rain or in winter the surface can be muddy, so strong footwear or boots should be worn.



PARKING AND TRANSPORT

Parking spaces may usually be found in the attractive village of Abridge, alternatively there is a small parking area outside the Church at Lambourne. A number of buses stop at Abridge; consult local timetables for details.

HOW TO FIND YOUR WAY

The walk has been waymarked in both directions with distinctive yellow and green arrows. They will be found on stiles, gates and special posts. Follow them and you will not lose your way. Plain yellow or blue arrows indicate footpaths or bridleways leading off the circuit which you could perhaps explore another day.

This is one of a series of circular walks in the District. Further copies of this or other leaflets can be obtained from District Council Offices.

The Epping Bookshop

71 HIGH STREET · EPPING · ESSEX · CM16 4BA
Telephone: Epping 75849



We can supply any book that
you may want on your walk,
even a novel if you wish to
sit awhile.



Country Walks

2 Abridge and Lambourne



Epping Forest
Countrycare

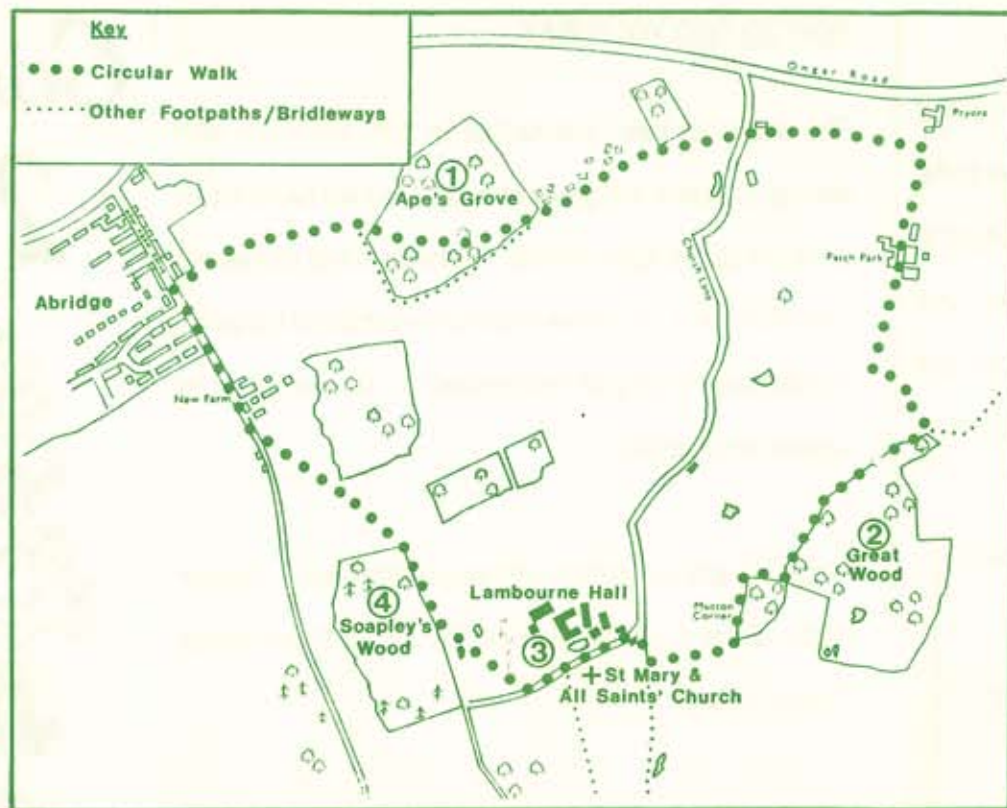
PARISH OF LAMBOURNE

Lambourne is an attractive parish of open fields, old woodlands and copses and is bordered in the north by the River Roding and in the south by Hainault Forest. Today the importance of Abridge leads people to overlook the church at the centre of the parish, curiously separated from the main centre of population. Even in times past when cross country travel was so much more difficult no direct road was built between the church up the hill and the village at the bridge over the Roding. This walk takes you through the parish's countryside some features of which are centuries old. The place names tell stories: Pryors Farm was owned by the Priory of Dumnow in the Middle Ages; Patch Park Farm was once owned by John Patche; but New Farm had been called New for some time even in 1624!

1. The strangley named Apes Grove is locally known as Bluebell Wood and is a picture in spring. The trees are of varied ages and sizes, some oak and ash being very large. Most notable perhaps is the Wild Service Tree just inside the north-west corner of the wood.



This rare tree indicates that the wood is very old. The tree and its fruits are sometimes called Chequers because the square plates formed by the cracking bark are similar to the game board.



2. The ancient Great Wood is largely hornbeam coppice with larger oak and ash trees above. Notice the large ditch and bank which forms the boundary between the wood and the field. They have survived from a time before wire fencing existed and may be centuries old. The triangular part of the wood on its south western edge is called Mutton Corner and may be where sheep were gathered in the past.



3. This beautiful spot with Lambourne Hall, the pond, and the Church, is at the historic heart of the parish. The Hall was developed from a 16th Century building and the church dates from the 12th Century. Norman doors, now blocked, can still be seen on the north and south walls of the nave. Additions and changes to the church's structure have been made over the centuries but the interior with its impressive tie beam and king-post supporting the roof

gives a largely Georgian effect. The nave and chancel contain memorials



to members of the Lockwood family, important in the parish in the 19th Century.

4. The walk beside Soapleys Wood is part of a path between the church and Abridge village made by deed of gift to the parish when the original right of way was blocked by the landowner in 1589. That makes this path 400 years old. The wood is quite different from others you will see on the walk; most of the trees are of a similar age and size having been planted or grown up at the same time. The only large trees are the ancient pollards on the wood's boundaries with the fields.