

Epping to Broxbourne

Epping Forest, Nazeing, River Lee Navigation and Broxbourne

Length 14.4 km

Allow 3½ hours for the walk and an extra 2 hours for a lunch and a tea stop.

Maps

OS Explorer 174 1:25,000 and OS Landranger 167 1:50,000

Toughness

2/10 with a few gentle, short climbs.

Features

Transport

The Walk starts at the east end of the Central Line Tube at Epping (zone 6). There are many connections to this Line particularly at Stratford and the journey time from there takes about 30 minutes. (40 minutes from Liverpool Street station)

The Walk ends at Broxbourne Station where there are four trains an hour to Liverpool Street Station with a journey time of about 30 minutes. All trains call at Tottenham Hale and two also call at Hackney Downs

Suggested Tube and Tickets

It is recommended you start the walk from Epping Tube Station by 10.45am. You'll need to catch a Central Line Train from Liverpool Street at about 9:45 or from Stratford at about 10:00 am. Make sure the train's destination is Epping

The Walk starts in Zone 6. If you arrive early at Epping, there is a mobile coffee shop with seats in the station car park which may be open. You will need to buy a single from Broxbourne station to the nearest station to your home or where your Oyster card will work.

Lunch and tea

The recommended Lunch Stop is the [King Harolds Head](#), those with a packed lunch may eat at Nazeing Leisure Centre

Possible Tea stops - to be investigated

The Park Cafe in Broxbourne Park (shuts 4pm)

Coffee Affair in the High Road (700 metres from Station)

Walk Directions

Work in progress

