

Route Summary: A circular river route around Cornmill Meadows. Experience and discover the wealth of wildlife that feed on the wetland meadows.

Distance: 1½ miles

Terrain: Grass pathways throughout the route with several bridges



Starting Point: Waltham Abbey Gardens car park
Abbey View, Waltham Abbey, Essex, EN9 1XQ

- From **Waltham Abbey Gardens** car park follow the pathway into the gardens towards the building.
- At the pavement sign at the end of the railings of the Parish Office, turn right and head north crossing the wooden bridge over **Cornmill Stream**.
- Follow the path through the underpass and into **Cornmill Meadows**.
- Bear to the right along the fence line until you reach the kissing gate.
- Proceed through the gate, passing an information panel and **Abbey Fish Ponds**.
- Continue on the grass path alongside the river heading north, passing the **inlet sluice**.
- Proceed through the kissing gate and continue on the pathway past an information panel.
- From the **weir**, continue along the pathway, following the **Old River Lee** in a westerly direction, bearing to the left to head south.
- At the third information panel, proceed through the kissing gate and over a wooden bridge.
- Continue on the pathway passing a path on the left (*Wake Hide is a short diversion along this pathway*).
- Proceed south alongside the river and the **Royal Gunpowder Mills** site on the right, crossing over the large bridge and onto a footbridge over the **outlet sluice**.
- Turn left before the kissing gate and follow the pathway east, keeping the road on the right.
- Continue through a kissing gate and turn right, retracing the route through the underpass returning into Waltham Abbey Gardens and car park.

Toilets:

- Waltham Abbey town, opposite Abbey Church - 2 minutes from route

Refreshments:

- Waltham Abbey town centre – 2 minutes from route.