Route Summary: A spectacular wildlife route through the heart of River Lee Country Park. The route travels south, circling Hooks Marsh Lake before heading north on the towpath to Holyfield Weir and returning along the Flood Relief Channel.

Distance: 4 miles

Terrain: A mixture of pathways some of which are uneven, narrow and can become wet and muddy. One bridge with a steep incline and several walk-around and kissing gates.

Starting Point: Lee Valley Park Farms car park
Stubbins Hall Lane, Crooked Mile, Waltham Abbey, EN9 2EG

- Proceed across the extended car park and join the surfaced pathway on the left.
- At the field gate turn right and continue, turning left at the signpost to Fishers Green.
- Proceed into the Park through the walk-around gates opposite the main car parking area.
- Turn right over the bridge, crossing the Flood Relief Channel. (The Bittern Information Point is a short detour from the route – at the end of the bridge turn right and the hide is on located on the left)
- At the end of the bridge turn left through a walk-around gate and head south along the pathway, keeping Seventy Acres Lake on the right and the Flood Relief Channel on the left.
- Proceed through the walk-around gate and straight across Hooks Marsh car park to the metal field gate opposite.
- Continue south along Waltons Walk, passing Hooks Marsh Lake on the right.
- Turn right at the southern tip of the lake, keeping to the right hand pathway leading over the bridge at the south end of the lake. (The Plover Viewpoint and Hall Marsh Scrape are a short detour from the route – continue along the pathway bearing to the left and the viewpoint overlooking Hall marsh Scrape is on the left).
- Continue north on the winding stony path between the lake and Hooks Marsh Ditch.
- Turn left, heading west and bear to the left over the bridge crossing the River Lee Navigation.
- Turn right at the end of the bridge along the pathway and proceed in a northerly direction between the towpath and North Metropolitan Pit.
- Turn left through the kissing gate and onto the boardwalk into the North Metropolitan Orchid Meadow.
- Continue along the boardwalk, exiting the meadow through another kissing gate.
- Turn left out of the gate, and then right joining the towpath, heading north.
- At the wooden bridge, leave the towpath and cross over the River Lee Navigation.
- Turn left and follow the pathway, over the metal bridge crossing the Old River Lee.
- Turn left at the end of the bridge and continue along the east side of the river to the anglers car park. (The Grebe Hide is a short detour from the route – Turn left immediately before the car park signposted Grebe Hide).
- From the car park, proceed to the right along the surfaced pathway leading to Holyfield Lake and Weir.
Ware to Waltham Abbey

- At the Weir, proceed on the pathway alongside the Flood Relief Channel and continue south.
- Proceed through the kissing gate and turn left over the concrete bridge, crossing the Flood Relief Channel to Fishers Green car park.
- Pass the toilet block and retrace the route back to the Lee Valley Park Farms.

**Toilets:**
- Lee Valley Park Farms
- Fishers Green car park

**Refreshments:**
- Lee Valley Park Farms