

Distance:	5 miles
Starting point:	Gunpowder Park car park, Sewardstone Road, Waltham Abbey, Essex EN9 3GP
Route summary:	A circular route discovering the rich grasslands and wildflowers of this historical site. The route travels south through Gunpowder Park and Sewardstone Marsh, following Section 18 of the London Loop to Swan and Pike Pool. It continues north through Rammey Marsh to Highbridge Street before turning south back to Gunpowder Park
Terrain:	Surfaced pathways including a section of towpath, several bridges one with shallow steps, steep slope from towpath to Highbridge Street plus several walk-around gates

Directions

- Enter Gunpowder Park via the entrance to the right of the **Field Station** and proceed along the surfaced path, passing the **fuse mounds** on the left
- Continue along the path, passing the entrance way on your right and continue towards the **Flood Relief Channel**
- Follow the path to the left, passing an entrance and Black Ditch West Bridge on your right, and continue
- At the triangular section of grass, bear to the right and continue over a wooden fenced bridge
- Bear left at the next junction, passing the entrance leading to Westway Bridge on your right, and continue south past a **bat hibernacula** on your left alongside the **Flood Relief Channel**
- Continue along the path, past the **West Pool** and past the entrance leading to Cattlegate Bridge on the right and through the walk-around gate onto **Sewardstone Marsh**
- Continue along the path to the south end of the park
- Proceed through the walk-around gate and over the bridge towards Enfield Lock.0
- Continue over a second bridge and proceed along the pathway, with the river on your right, entering Swan and Pike Pool car park
- Proceed across the car park and through a walk-around gate onto the towpath
- Turn right, crossing the bridge over **Swan and Pike Pool**
- Cross the road at Enfield Lock and re-join the towpath, heading north
- Proceed alongside **Rammey Marsh** towards the M25. (*The Orchid Meadow is a short detour from the route. Turn left onto Rammey Marsh and follow the grass pathway north to the M25*)

Brought to you by

- Proceed through the walk-around at Rammey Marsh Lock and continue under the motorway and along the towpath
 - Continue along the towpath and proceed up the slope onto Highbridge Street
 - Turn right along the pavement and proceed over the road on the pedestrian crossing
 - Turn right and follow the road for approximately ½ mile to a roundabout
 - Turn right and proceed through the residential area, passing over the roundabout
 - Proceed over the grey bridge crossing **Black Ditch** re-entering Gunpowder Park
 - Turn left, returning to the Field Station and into the car park
-

Toilets

- Gunpowder Park Field Station
- Lee Valley White Water Centre – 5 minutes from route
- Waltham Abbey Town – 10 minutes from route

Refreshments

- Lee Valley White Water Centre – 5 minutes from route
- Waltham Abbey Town – 10 minutes from route

Things to note

- Public transport links to the starting point a limited
- Car parking charges apply at Gunpowder Park car park
 - The site is outside the [Ultra Low Emissions Zone](#) but is very close to it