

- Distance:** 1.5 miles
- Starting point:** Waltham Abbey Gardens car park, Abbey View, Waltham Abbey, Essex EN9 2ES
- Route summary:** A circular river route around Cornmill Meadows. Experience and discover the wealth of wildlife that feed on the wetland meadows
- Terrain:** Grass pathways throughout the route with several bridges
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Directions

- 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
 - 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
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Toilets

- Waltham Abbey Town, opposite church – 2 minutes from route

Refreshments

- Waltham Abbey town centre – 2 minutes from route

Things to note

- Public transport links:
 - The closest station is Waltham Cross
 - Buses run to Waltham Abbey town centre
- Car parking charges apply at the car park listed for this route