

## Our Guide Your Countryside



Essex County Council's directory of walking, cycling and horse-riding

How does it work?

Each item is listed by District or Borough, it then tells you where it is available from and contact details for obtaining the leaflet / information. The London Borough of Havering has also been included

Publication	Description	Price	Available from	Telephone / Fax / Minicom E-mail	Website
<b>Basildon</b>					
Basildon by Bike	Map showing cycle routes around the town. Also available from Essex County Council	25p	Basildon District Council Countryside Services, Pitsea Hall Lane, Pitsea, Essex SS16 4UH	01268 550088 / 01268 581093	<a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a>
<a href="#">Guide to Wat Tyler Country Park</a>	Walks of interest through the Country Park	Free	Basildon District Council Countryside Services, Pitsea Hall Lane, Pitsea, Essex SS16 4UH	01268 550088 / 01268 581093	<a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a>
<a href="#">History of Norsey Wood</a>	Detailed book, which includes a map of the Wood. Also available at Norsey Wood	£2.50	Basildon District Council Countryside Services, Pitsea Hall Lane, Pitsea, Essex SS16 4UH / Norsey Wood, Information Centre, Outwood Common Road, Billericay CM11 1HA	01268 550088 and 01277 624553 / 01268 581093	<a href="mailto:norsey.wood@basildon.gov.uk">norsey.wood@basildon.gov.uk</a> <a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a>
Information and Trail Guide	Provides information on Wat Tyler Country Park; Norsey Wood Nature Reserve; Mill Meadows Nature Reserve; Nevendon Bushes; Queens Park Country Park; Vange Hill Open Space; Noak Bridge Nature Reserve	Free	Basildon District Council Countryside Services, Pitsea Hall Lane, Pitsea, Essex SS16 4UH	01268 550088 / 01268 581093	<a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a>
Langdon, Guide to the Plotland Trail		40p + postage	Langdon Nature Reserve, Third Avenue, Lower Dunton Road, Basildon, Essex SS16 6EB	01268 419103	
<a href="#">Langdon Nature Reserve</a>	Also available from Langdon Nature Reserve. Detailed guide showing footpaths and bridleways in this 460 acre (186 hectare) Nature Reserve	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Nifty Fifty Health Walks (not a publication)	Health walks			01268 412722	
<b>Braintree</b>					
A Guide to the Footpaths, Byways and Bridleways of the Parish of Black Notley	A Parish map which shows all of the local paths	Free + A4 SAE	Black Notley Parish Council, The Clerk, 26 Bulford Close, Cressing, Tye Green, Essex CM77 8HH	01376 550309	<a href="mailto:waterfield899@btinternet.com">waterfield899@btinternet.com</a>
Black Notley Parish Map	Limited edition, fine art copy of the Parish Map, showing local paths	£25.00	Black Notley Parish Council, The Clerk, 26 Bulford Close, Cressing, Tye Green, Essex CM77 8HH	01376 550309	<a href="mailto:waterfield899@btinternet.com">waterfield899@btinternet.com</a>
<a href="#">Chalkney Wood</a>	Walks of interest through the access woodland	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essexcc.gov.uk/countryparks">www.essexcc.gov.uk/countryparks</a>

Circular Walks around Bures	Six circular walks around Bures St Mary and Bures Hamlet	Free (+ 64p postage)	Mr Stewart Malcolm, 16 Station Hill, Bures, Essex CO8 5DD			
<a href="#">Crossing Temple</a>	Map and site leaflet showing the paths and horse rides in the country park	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a>	<a href="http://www.essexcc.gov.uk/countryparks">www.essexcc.gov.uk/countryparks</a>
Earls Colne Map and Leaflet	Map of all public rights of way in Earls Colne with local information of what to see and do in the parish	£1.00	Earls Colne Parish Council, The Clerk, Village Hall, York Road, Earls Colne, Colchester, Essex CO6 2RN	01787 224370	<a href="mailto:clerk@earlscolne.org">clerk@earlscolne.org</a>	<a href="http://www.earlscolne.org">www.earlscolne.org</a>
Edgar Eastall's Church 'Fields' Way	A 39 mile (62.7km) long distance path in Braintree's countryside	£1.00	The Braintree and District Outdoor Pursuit Club	01376 325125		<a href="http://www.bdopc.talktalk.net">www.bdopc.talktalk.net</a>
<a href="#">The Flitch Way</a>	A guide to the former railway line between Bishop's Stortford and Braintree. Contact the Ranger on 01376 340262	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a>	<a href="http://www.essexcc.gov.uk/countryparks">www.essexcc.gov.uk/countryparks</a>
Gosfield Footpaths	Colourful parish map showing footpaths and woodlands	£2 (+ postage)	Gosfield Parish Council, Mrs Main, Clematis, 5 Peterfield Lane, Gosfield, Halstead, Essex CO9 1PS	01787 474913	<a href="mailto:gosfieldparishcouncil@btinternet.com">gosfieldparishcouncil@btinternet.com</a>	
Great Bardfield Trails	Five circular walks in and around Great Bardfield	Donation (+ £1 p&p)	Great Bardfield Parish Council, The Clerk, Place Farm Cottage, Dunmow Road, Great Bardfield, Essex CM7 4SE	01371 810111	<a href="mailto:clerk@greatbardfield-pc.gov.uk">clerk@greatbardfield-pc.gov.uk</a>	
<a href="#">Great Notley Country Park</a>	Map and site leaflet showing the paths and horse rides in the country park	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a>	<a href="http://www.essexcc.gov.uk/countryparks">www.essexcc.gov.uk/countryparks</a>
Historical Walks around Great Bardfield	Produced by the Great Bardfield Historical Society	£3.00	Great Bardfield Parish Council, The Clerk, Place Farm Cottage, Dunmow Road, Great Bardfield, Essex CM7 4SE	01371 810111	<a href="mailto:clerk@greatbardfield-pc.gov.uk">clerk@greatbardfield-pc.gov.uk</a>	
<a href="#">The John Ray Walk</a>	A linear walk from Braintree to Witham, celebrating the life and work of the naturalist John Ray (1627-1705), download only	Free	The Public Rights of Way Team	08457 430430 / 01245 490705	<a href="mailto:prow.web@essex.gov.uk">prow.web@essex.gov.uk</a>	<a href="http://www.essex.gov.uk/prow">www.essex.gov.uk/prow</a>
Mansell Way	A 20 mile circuit of Braintree taking in the satellite villages	£1.00	The Braintree and District Outdoor Pursuit Club	01376 325125		<a href="http://www.bdopc.talktalk.net">www.bdopc.talktalk.net</a>
River Colne Valley Cycle Trails	Produced by the River Colne Countryside Project. Four recreational cycle routes starting from Chappel and Wakes Colne railway station. Colne Valley Trail, 50 miles/80km; Castle and Churches Trail, 25miles/40km; Two Valley Trail, 21 miles/34km; Meadows and Woods Trail, 22 miles/35km	£1.75	Braintree District Council, Landscape Services Dept., Causeway House, Braintree, Essex CM7 9HB	01376 552525 / 01376 557726 / 01376 557766	<a href="mailto:wende@braintree.gov.uk">wende@braintree.gov.uk</a> / <a href="mailto:salba@braintree.gov.uk">salba@braintree.gov.uk</a>	<a href="http://www.braintree.gov.uk">www.braintree.gov.uk</a>
Walks Around Feering	Five circular walks including a map of all the paths in the parish	50p	Feering Parish Council, The Clerk, Parish Council Office, Feering Community Centre, Coggeshall Road, Feering, Colchester, Essex CO5 9QB	01376 572882	<a href="mailto:clerk@feeringparishcouncil.wanadoo.co.uk">clerk@feeringparishcouncil.wanadoo.co.uk</a>	
Walking for Well-Being (not a publication)	Health walks			01376 552525	<a href="mailto:walking@braintree.gov.uk">walking@braintree.gov.uk</a>	<a href="http://www.braintree.gov.uk/Braintree/leisure-culture/Leisure/walks/">http://www.braintree.gov.uk/Braintree/leisure-culture/Leisure/walks/</a>
Witham Walks	Series of six short circular walks in and around Witham	50p	Witham Town Council, Witham Visitor Information Centre, Town Hall, 61 Newland Street, Witham, Essex CM8 2FE	01376 502674	<a href="mailto:office@witham.gov.uk">office@witham.gov.uk</a>	<a href="http://www.witham.gov.uk">www.witham.gov.uk</a>

## Brentwood

Bridleways of Brentwood	Leaflets showing horse riding routes in the Borough. Curtismill Green, Kelvedon Hatch and South Green; Fryerning, Hutton and Ingrave, Mill Green, Mountnessing and Thorndon Park	Free	Brentwood Countryside Management Service, Brentwood Borough Council, Town Hall, Ingrave Road, Brentwood, Essex CM15 8AY	01277 312500 / <a href="mailto:enquiries@brentwood.gov.uk">enquiries@brentwood.gov.uk</a> 01277 312743 / 01277 312809	<a href="http://www.brentwood.gov.uk/index.php?cid=406">http://www.brentwood.gov.uk/index.php?cid=406</a>
Countryside Walk Around Mountnessing	5 mile (8km) circular walk around the parish of Mountnessing	DL size S.A.E	Mountnessing Parish Council, The Clerk, Bibury, Padhams Green, Mountnessing, Brentwood, Essex CM13 1UL	01277 352237	
Countryside Walks in Brentwood	Eight leaflets available: Walkabout in Warley, 2 1/2 miles (4km); Weald and Navestock, up to 9 miles (14km); Thorndon and Childerditch, 5 miles (8km); Walkabout in Mill Green, 3 miles (5km), Hutton and Herongate, up to 6 miles (10km); Pilgrims Hatch Circular Walks; up to 5 1/2 miles (9km); Ingestone and Mountnessing Circular Walks; up to 6 miles (10km); Navestock Church Circular Walks, up to 6 miles (10km); Blackmore and Norton Mandeville, 6 miles (10km) and a shorter route of 3 miles (5km)	Free	Brentwood Countryside Management Service, Brentwood Borough Council, Town Hall, Ingrave Road, Brentwood, Essex CM15 8AY	01277 312500 / <a href="mailto:enquiries@brentwood.gov.uk">enquiries@brentwood.gov.uk</a>	<a href="http://www.brentwood.gov.uk/index.php?cid=406">http://www.brentwood.gov.uk/index.php?cid=406</a>
Footpaths in Mountnessing	Four walks in the parish	30p (+S.A.E)	Mountnessing Parish Council, The Clerk, Bibury, Padhams Green, Mountnessing, Brentwood, Essex CM13 1UL	01277 352237	
<a href="#">Hartswood</a>	A hard surfaced, woodland path that is wheelchair accessible. A motorised scooter is available for use on the trail. Telephone 01277 219987 for further details	Free	Brentwood Countryside Management Service, Brentwood Borough Council, Town Hall, Ingrave Road, Brentwood, Essex CM15 8AY	01277 312500 / <a href="mailto:enquiries@brentwood.gov.uk">enquiries@brentwood.gov.uk</a> 01277 312743 / 01277 312809	<a href="http://www.brentwood.gov.uk/index.php?cid=406">http://www.brentwood.gov.uk/index.php?cid=406</a>
Health Trax (not a publication)	Health walks			01277 215151	<a href="mailto:laura.bailey@brentwoodleisure.co.uk">laura.bailey@brentwoodleisure.co.uk</a> <a href="http://www.brentwood-centre.co.uk">www.brentwood-centre.co.uk</a>
Parkmobility Scheme	Explore Brentwood's Country Park's in comfort and without strain on a battery-powered scooter. This scheme is designed specifically for people who have difficulty in walking, either on a temporary or permanent basis. This service is in operation at Hartswood, Thorndon Country Park and Weald County Park. To use this service you must first become a member of the Shopmobility Scheme. Tel: 01277 219987 for more details	Free	Brentwood Countryside Management Service, Brentwood Borough Council, Town Hall, Ingrave Road, Brentwood, Essex CM15 8AY	01277 312500 / <a href="mailto:enquiries@brentwood.gov.uk">enquiries@brentwood.gov.uk</a> 01277 312743 / 01277 312809	<a href="http://www.brentwood.gov.uk/index.php?cid=406">http://www.brentwood.gov.uk/index.php?cid=406</a>
<a href="#">Thorndon Country Park</a>	Leaflet showing paths in and around the Park. Parkmobility Scooter available to loan. Contact the Ranger at Thorndon Visitor Centre for further information	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essex.gov.uk/countryparks">www.essex.gov.uk/countryparks</a>
<a href="#">Thorndon Country Park</a>	Detailed guide book	£1.50	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essex.gov.uk/countryparks">www.essex.gov.uk/countryparks</a>

<a href="#">Warley Place Nature Reserve</a>	16 acres (6.4 hectares) of "overgrown arboretum" to explore.	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
<a href="#">Weald Country Park</a>	A map showing paths in the park. Parkmobility scheme available at Visitor Centre.	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essex.gov.uk/countryparks">www.essex.gov.uk/countryparks</a>
<b>Castle Point</b>					
<a href="#">Hadleigh Castle Country Park</a>	Leaflet showing the paths and horse rides in the country park	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essex.gov.uk/countryparks">www.essex.gov.uk/countryparks</a>
<a href="#">Pound Wood</a>	One of a ring of woodlands surrounding Daws Heath	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Walk Tall (not a publication)	Health walks			01268 694342	<a href="mailto:lfreegard@castlepoint.gov.uk">lfreegard@castlepoint.gov.uk</a>
Woodland Walks in South-East Essex	Thundersley Common, West Wood, Shipwrights Wood and Thundersley Glen	Free	Castle Point Borough Council, Street Scene Services, Council Offices, Kiln Road, Benfleet, Essex SS7 1TF	01268 882322 / 01268 882352	<a href="mailto:lmartin@castlepoint.gov.uk">lmartin@castlepoint.gov.uk</a> <a href="http://www.castlepoint.gov.uk">www.castlepoint.gov.uk</a>
<b>Chelmsford</b>					
<a href="#">Danbury Country Park</a>	Map and site leaflet showing the paths and horse rides in the country park	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essex.gov.uk/countryparks">www.essex.gov.uk/countryparks</a>
The Danbury Ridge Nature Reserves	Meander through Scrubs Wood, Little Baddow Heath, Poors Piece, Pheasanthouse Wood, Birch Wood and Woodham Walter Common	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
<a href="#">Danbury Walks</a>	Six circular walks between 4-6 miles (6.4-9.6km), download only	Free	The Public Rights of Way Team	08457 430430	<a href="mailto:prow.web@essex.gov.uk">prow.web@essex.gov.uk</a> <a href="http://www.essex.gov.uk/prow">www.essex.gov.uk/prow</a>
East Hanningfield Parish Recreational Walks	Four circular walks round the parish	Free (+ A5 S.A.E)	East Hanningfield Parish Council, The Clerk, 2 Clinton Close, East Hanningfield, Chelmsford, CM3 8AZ	01245 400628	<a href="http://www.essexinfo.net/easthanningfieldparishcouncil">www.essexinfo.net/easthanningfieldparishcouncil</a>
<a href="#">Hanningfield Reservoir Nature Reserve</a>	Waymarked trails through Well Wood and Peninsula Wood	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Heart & Sole Guided Walks (not a publication)	Health walks			01245 606208	<a href="mailto:heartandsole@chelmsford.gov.uk">heartandsole@chelmsford.gov.uk</a> <a href="http://www.chelmsford.gov.uk/heartandsole">www.chelmsford.gov.uk/heartandsole</a>
<a href="#">Horse riding in Hylands Park</a>	A licence is available from Carol Evans at £87.75 a year (subject to change) and allows use of the perimeter of the park avoiding gravel paths and wooded areas		Hylands Park	01245 606930	
<a href="#">Marsh Farm Country Park</a>	Map and site leaflet showing the paths and horse rides in the country park	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essex.gov.uk/countryparks">www.essex.gov.uk/countryparks</a>
<a href="#">Phyllis Currie Nature Reserve</a>	Paths and bird hide in this 22-acre (8.9 hectare) site. Surfaced path running from the car park through the meadow, woodlands and alongside the lake	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Walks in the Writtle Countryside	Includes details of paths suitable for people with wheelchairs	£1.50	Writtle Parish Council, The Clerk, 5 The Shrubberies, Writtle, Essex CM1 3NJ	01245 420147	<a href="mailto:clerkwrittlepc@btconnect.com">clerkwrittlepc@btconnect.com</a> <a href="http://www.writtlepc.co.uk">www.writtlepc.co.uk</a>

## Colchester

A Three in One Walking Guide from the Heart of Colchester	A series of three walks starting from Colchester: High Woods Country Park, the Essex Way; a 10 mile (16km) circular walk to West Bergholt	Free	High Woods Country Park, Visitor Centre, Turner Road, Colchester, Essex CO4 5JR	01206 853588 / <a href="mailto:countryside@colchester.gov.uk">countryside@colchester.gov.uk</a> 01206 855287	<a href="http://www.visitcolchester.com">www.visitcolchester.com</a>
<a href="#">Abbotts Hall Farm</a>	Guide to waymarked trails	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbotts Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Accessibility (Colchester Borough)	Details of easy access paths in Colchester Borough, includes: Abberton Reservoir, Birch Lake, Castle Park, Cymbeline Meadows, Fingringhoe Wick, High Woods Country Park, Lexden Park, Wivenhoe Wood	Free	Colchester Visitor Information Services, 1 Queen Street, Colchester, Essex CO1 2PG	01206 282920	
Copford with Easthorpe Parish Map	Large colourful commemorative parish map showing local paths	£2 (+ postage)	Copford with Easthorpe Parish Council, The Clerk, 58 Shaftesbury Avenue, Dovercourt, Harwich, Essex CO12 4BT	05601 317164 <a href="mailto:copfordparishco@aol.com">copfordparishco@aol.com</a>	
Constable Country: Keep it Special	A visitor guide including information on walking, cycling, planning your visit and supporting local businesses	Free	Dedham Vale AONB and Stour Valley Project, c/o Suffolk County Council, (B3, F1), Endeavour House, 8 Russell Road, Ipswich, Suffolk, IP1 2BX	01473 264263 <a href="mailto:dedhamvale.project@suffolk.gov.uk">dedhamvale.project@suffolk.gov.uk</a>	<a href="http://www.dedhamvalestourvalley.org">www.dedhamvalestourvalley.org</a>
<a href="#">Cudmore Grove Country Park - East Mersea</a>	Site leaflet and map. East Mersea Winter Bird Watching Walk, 3 miles (6km) coastal walk	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430430 <a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a>	<a href="http://www.essex.gov.uk/countryparks">www.essex.gov.uk/countryparks</a>
<a href="#">Fingringhoe Wick Trails</a>	Three waymarked trails around one of the best Nature Reserves in Essex: Green Trail; Blue Trail; Nature Trail for Disabled Visitors	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbotts Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
<a href="#">Guide to the Nature Trail - Abberton Reservoir</a>	Waymarked trail from the Visitor Centre	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbotts Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
<a href="#">Guide to the Peninsula Nature Trail - Abberton Reservoir</a>	1 1/2 mile (2.4km) nature trail with views of the reservoir from the bird hides	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbotts Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Health Walks at High Woods (not a publication)	Health walks			01206 853588	<a href="http://www.visitcolchester.com">www.visitcolchester.com</a>
<a href="#">High Woods Country Park</a>	370 acres (150 hectares) of countryside just 20 minutes walk from Colchester town centre. Organised programme of events and activities for all the family. Ranger-led walks, way-marked walks, fishing and cycling.	Free	High Woods Country Park, Visitor Centre, Turner Road, Colchester, Essex CO4 5JR	01206 853588 / <a href="mailto:countryside@colchester.gov.uk">countryside@colchester.gov.uk</a> 01206 855287	<a href="http://www.visitcolchester.com">www.visitcolchester.com</a>
Painters Trail	A 69 mile (111km) cycle route, with several short cuts, connecting the areas made famous by Constable, Gainsborough and Munnings in the Dedham Vale	£3.50	Dedham Vale AONB and Stour Valley Project, c/o Suffolk County Council, (B3, F1), Endeavour House, 8 Russell Road, Ipswich, Suffolk, IP1 2BX	01473 264263 <a href="mailto:dedhamvale.project@suffolk.gov.uk">dedhamvale.project@suffolk.gov.uk</a>	<a href="http://www.dedhamvalestourvalley.org">www.dedhamvalestourvalley.org</a>

Station Walks: Maningtree to A 4 mile (6.5km) walk from Dedham - Walk in Constable's Footsteps	Manningtree Station to/from Flatford Mill along the River Stour, with an additional optional 3 mile (5km) walk to/from Dedham or 1 1/2 mile (2.5km) walk to/from East Bergholt	Free	Dedham Vale AONB and Stour Valley Project, c/o Suffolk County Council, (B3, F1), Endeavour House, 8 Russell Road, Ipswich, Suffolk, IP1 2BX	01473 264263	<a href="mailto:dedhamvale.project@suffolk.gov.uk">dedhamvale.project@suffolk.gov.uk</a>	<a href="http://www.dedhamvalestourvalley.org">www.dedhamvalestourvalley.org</a>
The Stour Valley Path	A guide to the 60 mile (96.5km) regional route following the River Stour that runs from Newmarket to its estuary at Cattawade	£3.50	Dedham Vale AONB and Stour Valley Project, c/o Suffolk County Council, (B3, F1), Endeavour House, 8 Russell Road, Ipswich, Suffolk, IP1 2BX	01473 264263	<a href="mailto:dedhamvale.project@suffolk.gov.uk">dedhamvale.project@suffolk.gov.uk</a>	<a href="http://www.dedhamvalestourvalley.org">www.dedhamvalestourvalley.org</a>
<b>Epping Forest</b>						
A Guide to Horseriding	Restrictions and network of rides in Epping Forest in a pocket-sized booklet on tear and waterproof paper showing riding routes within Epping Forest *Please note, you require a licence to horse ride in Epping Forest. Contact 0208 508 2266 for further information	£1.50	Epping Forest Visitor Centre, Paul's Nursery Road, High Beach, Loughton, Essex IG10 4AF	0208 508 0028	<a href="mailto:epping_forest@cityoflondon.gov.uk">epping_forest@cityoflondon.gov.uk</a>	<a href="http://www.cityoflondon.gov.uk/epping">www.cityoflondon.gov.uk/epping</a>
A Walk Around Chigwell	A walk around the village of Chigwell	£1 (+ large letter stamp)	Loughton and District Historical Society, c/o Chris Pond, Forest Villa, Staples Road, Loughton, Essex IG10 1HP	020 8508 2361	<a href="mailto:loughton_ponds@hotmail.com">loughton_ponds@hotmail.com</a>	
A Walk Around Loughton	A 3 mile (5km) walk around the village of Loughton	£1.50 (+ large letter stamp)	Loughton and District Historical Society, c/o Chris Pond, Forest Villa, Staples Road, Loughton, Essex IG10 1HP	020 8508 2361	<a href="mailto:loughton_ponds@hotmail.com">loughton_ponds@hotmail.com</a>	
David Livingstone Walk	A circular walk around the parishes of Ongar and Stanford Rivers	10p	Ongar Town Council, The Clerk, Bansons, Bansons Way, Ongar, Essex CM5 9AS	01277 365348 / 01277 362315	<a href="mailto:deputyclerk@ongartowncouncil.gov.uk">deputyclerk@ongartowncouncil.gov.uk</a>	<a href="http://www.essexinfo.net/ongartowncouncil">www.essexinfo.net/ongartowncouncil</a>
Epping Forest Access for All	A guide to easy access around the forest including buildings and paths	Free	Epping Forest Visitor Centre, Paul's Nursery Road, High Beach, Loughton, Essex IG10 4AF	0208 508 0028	<a href="mailto:epping_forest@cityoflondon.gov.uk">epping_forest@cityoflondon.gov.uk</a>	<a href="http://www.cityoflondon.gov.uk/epping">www.cityoflondon.gov.uk/epping</a>
Epping Forest Centenary Walk	A 15 mile (24km) walk from Newham to Epping	£1.00	Epping Forest Visitor Centre, Paul's Nursery Road, High Beach, Loughton, Essex IG10 4AF	0208 508 0028	<a href="mailto:epping_forest@cityoflondon.gov.uk">epping_forest@cityoflondon.gov.uk</a>	<a href="http://www.cityoflondon.gov.uk/epping">www.cityoflondon.gov.uk/epping</a>
Epping Forest Walks	Six individual leaflets of self-guided walks throughout Epping Forest: Buffer Land Walk, 5 miles (8km); Gilberts Slade and Canada Plain, 4 miles (6km); Loughton to High Beach, 4 miles (6km); Pole Hill to Yates Meadow, 2 1/2 miles (4km); Theydon Bois Walk, 6 1/2 miles (10km); Wanstead Park, 5 miles (8km)		Epping Forest Visitor Centre, Paul's Nursery Road, High Beach, Loughton, Essex IG10 4AF	0208 508 0028	<a href="mailto:epping_forest@cityoflondon.gov.uk">epping_forest@cityoflondon.gov.uk</a>	<a href="http://www.cityoflondon.gov.uk/epping">www.cityoflondon.gov.uk/epping</a>
Life Walks (not a publication)	Health walks		Karen Williams	01992 564222	<a href="mailto:kwilliams@eppingforestdc.gov.uk">kwilliams@eppingforestdc.gov.uk</a>	<a href="http://www.eppingforestdc.gov.uk">www.eppingforestdc.gov.uk</a>
<a href="#">Roding Valley Meadows Local Nature Reserve</a>	Two waymarked walks in the largest surviving area of river meadow in Essex	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960		<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>

Short Walks in Epping Forest	Series of inter-linked, 3 miles (5km) circular walks covering the whole Forest	£2.40	Epping Forest Visitor Centre, Paul's Nursery Road, High Beach, Loughton, Essex IG10 4AF	0208 508 0028	<a href="mailto:epping_forest@cityoflondon.gov.uk">epping_forest@cityoflondon.gov.uk</a>	<a href="http://www.cityoflondon.gov.uk/epping">www.cityoflondon.gov.uk/epping</a>
Walks in Loughton's Forest	A walk around the forest at Loughton	£3.50 (+ large letter stamp)	Loughton and District Historical Society, c/o Chris Pond, Forest Villa, Staples Road, Loughton, Essex IG10 1HP	0208 508 2361	<a href="mailto:loughton_ponds@hotmail.com">loughton_ponds@hotmail.com</a>	

## Harlow

<a href="#">Parndon Wood Nature Reserve</a>	Ancient woodland with a wide variety of birds, mammals and insects. Facilities include two nature trails with hides for observing wildlife	Free	Harlow District Council, 1st Floor, The Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG	01279 430005 / 01279 446637	<a href="mailto:wildspace@harlow.gov.uk">wildspace@harlow.gov.uk</a>	<a href="http://www.harlow.gov.uk">www.harlow.gov.uk</a>
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## Havering

Countryside Footpaths: Tylers Common and Warley Area	Choice of routes between 3 - 10 miles (5-16km)	Free	Havering Countryside Service, London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / 01708 432696	<a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a>	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
<a href="#">Cranham Marsh Nature Reserve</a>	32 acres (12.9 hectares) of ancient woodland, flower-rich grassland, sedge fen, reed-filled ditches and ponds, all with an abundance of wildlife	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960		<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
<a href="#">Havering Country Park</a>	Guide to the country park showing wildflower meadows, picnic sites and views across the Essex countryside and central London. Easy access circular trail, myriad of walking and cycle trails and horse rides.	Free	Havering Countryside Service, London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / 01708 432696	<a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a>	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
Havering Country Park: Easy Access Trail	A 360 metre length trail, 1.5 metres wide, provides a smooth, hard surface with a gentle gradient. Seating, tapping rail and tactile paving (no steps)	Free	Havering Countryside Service London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / 01708 432696	<a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a>	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
Havering Country Park: Tree Trail	A circular walk, which encourages visitors at certain stopping points to use their senses of touch, sight and hearing to learn about the trees and woodland wildlife	Free	Havering Countryside Service London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / 01708 432696	<a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a>	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
Havering Health Walks (not a publication)	Health walks			01708 433856		<a href="http://www.haveringactive.co.uk">www.haveringactive.co.uk</a> or <a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
<a href="#">Hornchurch Country Park</a>	Guide to the country park showing wildflower meadows, picnic sites and views across Upminster and Hornchurch, myriad of walking and cycle trails and horse rides	Free	Havering Countryside Service, London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / 01708 432696	<a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a>	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
London Outer Orbital Path (LOOP)	A 150 mile walk around the capital linking the outer London Boroughs including the London Borough of Havering. There are in total 24 sections, including 5 leaflets for the Havering area alone	Free	Havering Countryside Service, London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / 01708 432696	<a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a>	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>

Tylers Common Warley Walk	A variety of walks ranging from 3-10 miles (5-16km) passing through attractive, rolling countryside	Free	Havering Countryside Service, London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / <a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a> 01708 432696	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
Upminster Walk	10 mile (16km) waymarked circular walk using existing public footpaths, parks and wooded open spaces	Free	Havering Countryside Service, London Borough of Havering, Mercury House, Mercury Gardens, Romford, Essex RM1 3SL	01708 432582 / <a href="mailto:alan.cooper@havering.gov.uk">alan.cooper@havering.gov.uk</a> 01708 432696	<a href="http://www.havering.gov.uk">www.havering.gov.uk</a>
<b>Maldon</b>					
The Battle of Maldon (991AD)	A 3-4 mile (5-6km) route out towards Northey Island	60p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
The Beeleigh Walk	A 1 hour circular walk between Maldon and Beeleigh	30p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
Blackwater Rail Trail	A walk taking you from Maldon to Witham, closely following the former railway line	30p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
<a href="#">Chigborough Lakes</a>	Nature trail around a former gravel pit	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Fitsteps	Walking for Health Scheme and Over 50's Country Walks (Maldon)		Maldon District Council, Directorate of Community Services, Princes Road, Maldon, Essex CM9 5DL	01621 854477 <a href="mailto:fitsteps@maldon.gov.uk">fitsteps@maldon.gov.uk</a> and 07960 168859 / 01621 852575	<a href="http://www.fitsteps.org.uk">www.fitsteps.org.uk</a>
Horse Riding in the Maldon District	Details of riding schools and off-road riding in the Maldon District	30p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
Little Totham Family Fun Cycle Ride	A 10 mile (16.5km) circular route through the villages of Little Totham, Goldhanger and Tolleshunt Major	30p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
Little Totham Walks Three Circular Walks	Great Totham, 6 miles (10km); Little Totham, 4 1/2 miles (7km); Tolleshunt D'Arcy, 6 1/2 miles (11km)	30p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
Maldon Cycle Routes	Far and Wide (14 miles/22.5km); The Blackwater Ride (34 miles/55km); The Byrthnoth Tour (22 miles/35km); Two Rivers Way (waterproof copy) (25 miles/40km)	30p each, Two Rivers £1.50	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
Maldon and Heybridge Routes for Cyclists	Map of cycle paths in the area	Free	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
Maldon Maritime Trail	A 12 miles (19km) circular walk highlighting Maldon's maritime heritage	60p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
Maldon Millennium Way	A 22 mile (35km) circular walk around Maldon District	30p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
The Maldon Trail	A 1 mile (2km) trail around the centre of Maldon	60p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>

North Blackwater Trail	Produced by Maldon District Council. Coastal walks along the north shore of the Blackwater estuary	60p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503	<a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
The Pillbox Trail	A 4 mile (6km) linear walk along the coastline of the Dengie Peninsula	60p	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503	<a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	
Recreational Walks in Purleigh	Two circular walks in the parish	£1.00	Purleigh Parish Council, The Shrubberies, Anchor Reach, South Woodham Ferrers, Chelmsford, Essex CM3 6LF	27 01245 320426	<a href="mailto:clerk@purleigh.com">clerk@purleigh.com</a>	<a href="http://www.purleigh.com">www.purleigh.com</a>
Six Walks around Wickham Bishops	Six walks around the parish	?	Wickham Bishops Parish Council, The Clerk, 24 Mount Pleasant Road, Maldon, Essex CM9 6EQ	01621 859983	<a href="mailto:jeanette.r@btinternet.com">jeanette.r@btinternet.com</a>	
<a href="#">Tollesbury Wick Marshes</a>	Follow the sea-wall for 5 1/2 miles (8.8km) around the coastal grazing marsh, sea-walls and saltings	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbotts Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960		<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>

### Rochford

15 Walks in South East Essex for all the family	4-8 miles	£2.50 (+ p&p)	South East Essex Ramblers' Association Group, Publicity, 1 St James' Walk, Hockley, Essex SS5 4UP	01702 206424	<a href="mailto:seeramblers@googlemail.com">seeramblers@googlemail.com</a>	<a href="http://sites.google.com/site/southeastessexramblers">http://sites.google.com/site/southeastessexramblers</a>
17 More walks in and around South East Essex	4-9 miles	£2.50 (+ p&p)	South East Essex Ramblers' Association Group, Publicity, 1 St James' Walk, Hockley, Essex SS5 4UP	01702 206424	<a href="mailto:seeramblers@googlemail.com">seeramblers@googlemail.com</a>	<a href="http://sites.google.com/site/southeastessexramblers">http://sites.google.com/site/southeastessexramblers</a>
Centenary Walk	Produced by Hockley and Hullbridge Parish Councils. A 5 mile (8km) circular walk between the two parishes	Free	Hockley Library, Southend Road, Hockley, Essex SS5 4PZ	01702 203558 / 01702 207254	<a href="mailto:hockley.library@essex.gov.uk">hockley.library@essex.gov.uk</a>	<a href="http://www.essexcc.gov.uk/libraries">www.essexcc.gov.uk/libraries</a>
Great Waking Walk Leaflet	A choice of 2 or 5 mile (4 or 8km) historical walk from Great Waking Common with views from the sea-wall	Free	Great Waking Parish Council, Council Offices, Little Waking Hall Lane, Great Waking, Essex SS3 0HH	01702 219343 / 01702 219343	<a href="mailto:enquiries@greatwaking-pc.gov.uk">enquiries@greatwaking-pc.gov.uk</a>	<a href="http://www.greatwaking-pc.gov.uk">www.greatwaking-pc.gov.uk</a>
Hockley Footpaths	Map and description of each right of way in the parish	Free	Hockley Parish Council, The Old Fire Station, 58 Southend Road, Hockley, Essex SS5 4QH	01702 207707		<a href="http://www.hockley-essex.gov.uk">www.hockley-essex.gov.uk</a>
The Millennium Walk	23 mile walk around Southend & District	£1 (+ p&p)	South East Essex Ramblers' Association Group, Publicity, 1 St James' Walk, Hockley, Essex SS5 4UP	01702 206424	<a href="mailto:seeramblers@googlemail.com">seeramblers@googlemail.com</a>	<a href="http://sites.google.com/site/southeastessexramblers">http://sites.google.com/site/southeastessexramblers</a>
<a href="#">The Roach Valley Way</a>	A 23 mile (37km) circular walk around south-east Essex leading you through a variety of landscapes - from the ancient woodlands of Hockley to the coastal margins of the Roach and Crouch estuaries, download only	Free	The Public Rights of Way Team			
Seasonal Health Walks (not a publication)	Health walks		Mark Aldous	01702 546366		
Walking Canewdon Countryside	Map and description of the parish paths as well as locations of public houses	Free (+ S.A.E.)	Canewdon Parish Council, The Clerk, 33 Rowan Way, Canewdon, Essex SS4 3PD	07596 747873	<a href="mailto:canewdonparishcouncil@btconnect.com">canewdonparishcouncil@btconnect.com</a>	<a href="http://www.essexinfo.net/canewdon-parish-council">www.essexinfo.net/canewdon-parish-council</a>

### Southend-on-Sea

15 Walks in South East Essex for all the family	4-8 miles	£2.50 (+ p&p)	South East Essex Ramblers' Association Group, Publicity, 1 St James' Walk, Hockley, Essex SS5 4UP	01702 206424	<a href="mailto:seeramblers@googlemail.com">seeramblers@googlemail.com</a>	<a href="http://sites.google.com/site/southeastessexramblers">http://sites.google.com/site/southeastessexramblers</a>
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17 More walks in and around 4-9 miles South East Essex		£2.50 (+ p&p)	South East Essex Ramblers' Association Group, Publicity, 1 St James' Walk, Hockley, Essex SS5 4UP	01702 206424	<a href="mailto:seeramblers@googlemail.com">seeramblers@googlemail.com</a>	<a href="http://sites.google.com/site/southeastessexramblers">http://sites.google.com/site/southeastessexramblers</a>
<a href="#">Belfairs Nature Reserve</a>	Three nature trails around the reserve, contact the Woodlands Officer for more information on 01702 715218	Free	Southend-on-Sea Borough Council, Culture Section, 4th Floor PO Box 6, Civic Centre, Victoria Avenue, Southend-on-Sea, Essex SS2 6ER	01702 215011		<a href="http://www.southend.gov.uk">www.southend.gov.uk</a>
Guided Walks	Contact Leisure Services Tel. 01702 215612. A range of walks available with a health bias plus nature or historical interest.		Southend-on-Sea Borough Council, Culture Section, 4th Floor PO Box 6, Civic Centre, Victoria Avenue, Southend-on-Sea, Essex SS2 6ER	01702 215011		<a href="http://www.southend.gov.uk">www.southend.gov.uk</a>
The Millennium Walk	23 mile walk around Southend & District	£1 (+ p&p)	South East Essex Ramblers' Association Group, Publicity, 1 St James' Walk, Hockley, Essex SS5 4UP	01702 206424	<a href="mailto:seeramblers@googlemail.com">seeramblers@googlemail.com</a>	<a href="http://sites.google.com/site/southeastessexramblers">http://sites.google.com/site/southeastessexramblers</a>
<a href="#">Two Tree Island</a>	Explore part of the Leigh-on-Sea National Nature Reserve	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960		<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>

### Tendring

10 Themed Walks Around Frinton		£3 (+ S.A.E.)	Hilary Russell, 47 Hadleigh Road, Frinton-on-Sea, Essex CO13 9HQ	01255 675935	<a href="mailto:stay@russell-lodge.fsnet.co.uk">stay@russell-lodge.fsnet.co.uk</a>	<a href="http://www.russell-lodge.fsnet.co.uk">www.russell-lodge.fsnet.co.uk</a>
Bradfield Walks	A collection of six walks in and around the village of Bradfield on the Stour Estuary	50p (+ 50p p&p)	Bradfield Footpath Walking Society, The Cottage, Crow Hall Lane, Bradfield, Manningtree, Essex CO11 2XA			
Walking Around the Tending Hundred	20 country walks with a pub lunch	£3 (+ S.A.E.)	Hilary Russell, 47 Hadleigh Road, Frinton-on-Sea, Essex CO13 9HQ	01255 675935	<a href="mailto:stay@russell-lodge.fsnet.co.uk">stay@russell-lodge.fsnet.co.uk</a>	<a href="http://www.russell-lodge.fsnet.co.uk">www.russell-lodge.fsnet.co.uk</a>
Walking by Water	24 rambles around the Tendring Penninsular	£4 (+ S.A.E.)	Hilary Russell, 47 Hadleigh Road, Frinton-on-Sea, Essex CO13 9HQ	01255 675935	<a href="mailto:stay@russell-lodge.fsnet.co.uk">stay@russell-lodge.fsnet.co.uk</a>	<a href="http://www.russell-lodge.fsnet.co.uk">www.russell-lodge.fsnet.co.uk</a>

### Thurrock

<a href="#">Belhus Woods Country Park</a>	Colourful and informative guide book. Also includes site leaflet and map	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a>	<a href="http://www.essexcc.gov.uk/countryparks">www.essexcc.gov.uk/countryparks</a>
Informal Recreation Guide	A leaflet listing all of the informal recreation sites in Thurrock	Free	Thurrock Council, Civic Offices, New Road, Grays, Thurrock, Essex RM17 6SL	01375 652014 / 01375 652713	<a href="mailto:public.rights.of.way@thurrock.gov.uk">public.rights.of.way@thurrock.gov.uk</a> / <a href="mailto:transport@thurrock.gov.uk">transport@thurrock.gov.uk</a>	<a href="http://www.thurrock.gov.uk/travel">www.thurrock.gov.uk/travel</a>
<a href="#">Introduction to Davy Down</a>	Explore this southern gateway to the Thames Chase Community Forest	Free	Thurrock Council, Civic Offices, New Road, Grays, Thurrock, Essex RM17 6SL	01375 652014 / 01375 652713	<a href="mailto:public.rights.of.way@thurrock.gov.uk">public.rights.of.way@thurrock.gov.uk</a> / <a href="mailto:transport@thurrock.gov.uk">transport@thurrock.gov.uk</a>	<a href="http://www.thurrock.gov.uk/travel">www.thurrock.gov.uk/travel</a>
<a href="#">Introduction to Stanford Marshes</a>	Explore the Thames waterfront near Stanford-le-Hope	Free	Thurrock Council, Civic Offices, New Road, Grays, Thurrock, Essex RM17 6SL	01375 652014 / 01375 652713	<a href="mailto:public.rights.of.way@thurrock.gov.uk">public.rights.of.way@thurrock.gov.uk</a> / <a href="mailto:transport@thurrock.gov.uk">transport@thurrock.gov.uk</a>	<a href="http://www.thurrock.gov.uk/travel">www.thurrock.gov.uk/travel</a>
Stan's Walk	A leaflet identifying a peaceful walk through Horndon on the Hill and surrounding countryside	Free	Thurrock Council, Civic Offices, New Road, Grays, Thurrock, Essex RM17 6SL	01375 652014 / 01375 652713	<a href="mailto:public.rights.of.way@thurrock.gov.uk">public.rights.of.way@thurrock.gov.uk</a> / <a href="mailto:transport@thurrock.gov.uk">transport@thurrock.gov.uk</a>	<a href="http://www.thurrock.gov.uk/travel">www.thurrock.gov.uk/travel</a>
Thurrock Cycle Map	An A5 map identifying cycle routes in Thurrock	Free	Thurrock Council, Civic Offices, New Road, Grays, Thurrock, Essex RM17 6SL	01375 652014 / 01375 652713	<a href="mailto:public.rights.of.way@thurrock.gov.uk">public.rights.of.way@thurrock.gov.uk</a> / <a href="mailto:transport@thurrock.gov.uk">transport@thurrock.gov.uk</a>	<a href="http://www.thurrock.gov.uk/travel">www.thurrock.gov.uk/travel</a>
Thurrock Rights of Way Map	An A5 map identifying footpaths, bridleways and byways in Thurrock	Free	Thurrock Council, Civic Offices, New Road, Grays, Thurrock, Essex RM17 6SL	01375 652014 / 01375 652713	<a href="mailto:public.rights.of.way@thurrock.gov.uk">public.rights.of.way@thurrock.gov.uk</a> / <a href="mailto:transport@thurrock.gov.uk">transport@thurrock.gov.uk</a>	<a href="http://www.thurrock.gov.uk/travel">www.thurrock.gov.uk/travel</a>
Walking the Way to Health (not a publication)	Health walks		Gifford House, Thurrock Hospital, Long Lane, Grays, Essex RM16 2PX	0800 077 800 (option 2)		

## Uttlesford

A Village Walk Round Clavering	An historic route round the village centre	Four 2nd class stamps	Jacqueline Cooper, 24 Pelham Road, Clavering, Saffron Walden, Essex CB11 4PQ		<a href="mailto:jacqueline.cooper@virgin.net">jacqueline.cooper@virgin.net</a>
A Walker's Guide to Little Hallingbury	Three circular parish walks, 2 1/2 - 4 1/2 miles (4-7km) in length	£1 (+p&p)	Little Hallingbury Parish Council, The Clerk, 7 The Grove, Great Hallingbury, Bishop's Stortford, Herts CM22 7TT	01279 465790	<a href="mailto:townsendpc@btinternet.com">townsendpc@btinternet.com</a>
Conservation in Action walks	Daily guided walks	Free	The National Trust - Hatfield Forest, Hatfield Forest Property Manager, Hatfield Forest Estate Office, Takeley, Bishop's Stortford, Herts CM22 6NE	01279 870678 / 01279 874044	<a href="mailto:hatfieldforest@nationaltrust.org.uk">hatfieldforest@nationaltrust.org.uk</a> <a href="http://www.nationaltrust.org.uk/hatfieldforest">www.nationaltrust.org.uk/hatfieldforest</a>
Discover Walden: Saffron Walden Countryside, History and Wildlife Walks	A ninety-four page book containing nine walks, which illustrate the history and wildlife in and around Saffron Walden. Also available from Saffron Walden Tourist Information Centre	£4 (+ 80p p&p)	Jacqueline Cooper, 24 Pelham Road, Clavering, Saffron Walden, Essex CB11 4PQ		<a href="mailto:jacqueline.cooper@virgin.net">jacqueline.cooper@virgin.net</a>
<a href="#">The Flitch Way</a>	A guide to the former railway line between Bishop's Stortford and Braintree. Contact the Ranger on 01376 340262	Free	Essex Country Parks, Environment and Commerce, Essex County Council, E3, County Hall, Chelmsford, Essex CM1 1QH	08457 430 430	<a href="mailto:lisa.flecknell@essex.gov.uk">lisa.flecknell@essex.gov.uk</a> <a href="http://www.essexcc.gov.uk/countryparks">www.essexcc.gov.uk/countryparks</a>
The Footpaths of Elsenham	Map of the public rights of way in and around Elsenham	Free	Elsenham Parish Council, The Clerk, 5 Alsa Leys, Elsenham, Bishop's Stortford, Herts, CM22 6JS	01279 812463	<a href="mailto:erowos@btinternet.com">erowos@btinternet.com</a> <a href="http://erowos.users.btopenworld.com/erowos/index.html">http://erowos.users.btopenworld.com/erowos/index.html</a>
Hatfield Forest	A leaflet detailing walks and facilities within the Forest. An electric buggy for people with disabilities is available at no charge - please book in advance with the Estate Office Tel. 01279 870678 <b>Car park charges apply, free to National Trust members</b>	£1.30	The National Trust - Hatfield Forest, Hatfield Forest Property Manager, Hatfield Forest Estate Office, Takeley, Bishop's Stortford, Herts CM22 6NE	01279 870678 / 01279 874044	<a href="mailto:hatfieldforest@nationaltrust.org.uk">hatfieldforest@nationaltrust.org.uk</a> <a href="http://www.nationaltrust.org.uk/hatfieldforest">www.nationaltrust.org.uk/hatfieldforest</a>
Healthy walks	Weekly health walks	Free	The National Trust - Hatfield Forest, Hatfield Forest Property Manager, Hatfield Forest Estate Office, Takeley, Bishop's Stortford, Herts CM22 6NE	01279 870678 / 01279 874044	<a href="mailto:hatfieldforest@nationaltrust.org.uk">hatfieldforest@nationaltrust.org.uk</a> <a href="http://www.nationaltrust.org.uk/hatfieldforest">www.nationaltrust.org.uk/hatfieldforest</a>
History Walks in Clavering	A local history book with ten walks around the parish, including wildlife notes. Also available from Saffron Walden Tourist Information Centre	£6.95 (+ 80p postage)	Jacqueline Cooper, 24 Pelham Road, Clavering, Saffron Walden, Essex CB11 4PQ		<a href="mailto:jacqueline.cooper@virgin.net">jacqueline.cooper@virgin.net</a>
On Foot near the Upper Chelmer	Six circular walks near the River Chelmer. Walks from Debden, Thaxted, Tilty, Little Easton, Great Dunmow and Little Dunmow	£5.95	Blackwater Books, 45 Approach Road, London E2 9LY		
Public Rights of Way in and around Saffron Walden	Produced by Saffron Walden Town Council. A large colourful poster showing local public rights of way	Free	Saffron Walden Tourist Information Centre, 1 Market Place, Saffron Walden, Essex CB10 1HR	01799 524002 / 01799 524003	<a href="mailto:tourism@saffronwalden.gov.uk">tourism@saffronwalden.gov.uk</a> <a href="http://www.visitsaffronwalden.gov.uk">www.visitsaffronwalden.gov.uk</a>
<a href="#">Rushy Mead</a>	Waymarked trail around this Nature Reserve beside the Stort Navigation canal	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Saffron Walden Town Trails	Approximately a 1 hour self-guided walk around Saffron Walden	Free	Saffron Walden Tourist Information Centre, 1 Market Place, Saffron Walden, Essex CB10 1HR	01799 524002 / 01799 524003	<a href="mailto:tourism@saffronwalden.gov.uk">tourism@saffronwalden.gov.uk</a> <a href="http://www.visitsaffronwalden.gov.uk">www.visitsaffronwalden.gov.uk</a>

<a href="#">Shadwell Wood</a>	17 acres (6.8 hectares) of woodland to explore	40p + postage	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960	<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Uttlesford Country Walks for Health (not a publication)	Health walks			01799 581720	<a href="mailto:CLMUttlesford@leisureconnection.co.uk">CLMUttlesford@leisureconnection.co.uk</a> <a href="http://www.whi.org.uk">www.whi.org.uk</a> and enter postcode in Walk Finder
Walks around Newport, Essex	A dozen circular walks of 1 1/2-8 miles (2.5-13km) <b>By Terry Phillips</b>	£3.00	Saffron Walden Tourist Information Centre, Market Place, Saffron Walden, Essex CB10 1HR	01799 524002 / <a href="mailto:tourism@saffronwalden.gov.uk">tourism@saffronwalden.gov.uk</a> 01799 524003	<a href="http://www.visitsaffronwalden.gov.uk">www.visitsaffronwalden.gov.uk</a>
Walks in and around Thaxted: Five Circular Walks	Walks around the historic town and beautiful countryside of Thaxted. <b>By Mike Collins</b>	£1.00	Saffron Walden Tourist Information Centre, Market Place, Saffron Walden, Essex CB10 1HR	01799 524002 / <a href="mailto:tourism@saffronwalden.gov.uk">tourism@saffronwalden.gov.uk</a> 01799 524003	<a href="http://www.visitsaffronwalden.gov.uk">www.visitsaffronwalden.gov.uk</a>
Walks in Herts & Essex: Vol. 3	Booklet of countryside walks <b>By Bishop's Stortford Footpaths Association</b>	£3.00	Saffron Walden Tourist Information Centre, Market Place, Saffron Walden, Essex CB10 1HR	01799 524002 / <a href="mailto:tourism@saffronwalden.gov.uk">tourism@saffronwalden.gov.uk</a> 01799 524003	<a href="http://www.visitsaffronwalden.gov.uk">www.visitsaffronwalden.gov.uk</a>
Wild Tracks: Cycle Rides from Saffron Walden	Eight cycle rides devised by local cyclists ranging from 7 1/2-16 1/2 miles (12-26.5km)	£1.75	Saffron Walden Tourist Information Centre, Market Place, Saffron Walden, Essex CB10 1HR	01799 524002 / <a href="mailto:tourism@saffronwalden.gov.uk">tourism@saffronwalden.gov.uk</a> 01799 524003	<a href="http://www.visitsaffronwalden.gov.uk">www.visitsaffronwalden.gov.uk</a>
<b>Countywide</b>					
Around Essex by Wheel	A companion to Exploring Essex by Wheel, rides around the Braintree and Colchester area <b>By J. Coulson</b>	£7.25	Ian Henry Publications Ltd, 20 Park Drive, Romford, Essex RM1 4LH	01708 749119 / <a href="mailto:info@ian.henry.com">info@ian.henry.com</a> 01708 736213	<a href="http://www.ian-henry.com">www.ian-henry.com</a>
<a href="#">Country Rides</a>	Six circular routes for horse riding and cycling in a map case with lanyard. Routes vary in length and difficulty, download only.	Free	The Public Rights of Way Team	08457 430430 / <a href="mailto:proweb@essex.gov.uk">proweb@essex.gov.uk</a> 01245 490705	<a href="http://www.essex.gov.uk/proweb">www.essex.gov.uk/proweb</a>
Cycle Essex	Five cycle routes across Essex, highlighting the attractions, restaurants and accommodation as well as the cycle hire and repair shops nearby	Free	Visit Essex	0845 600 7373	<a href="http://www.visitessex.com">www.visitessex.com</a>
Cycling from Harwich to London	Long distance cycle routes across the county of Essex.	Free	Maldon Tourist Information Centre, Wenlock Way, High Street, Maldon, Essex CM9 5AD	01621 856503 <a href="mailto:tic@maldon.gov.uk">tic@maldon.gov.uk</a>	<a href="http://www.visitmaldondistrict.co.uk">www.visitmaldondistrict.co.uk</a>
<a href="#">The Essex Way</a>	A long distance path stretching across the County of Essex from Epping in the south-west to the port of Harwich in the north-east. Following footpaths and ancient green lanes it covers a distance of 81 miles (130.3km)	Free	The Public Rights of Way Team	08457 430430 / <a href="mailto:proweb@essex.gov.uk">proweb@essex.gov.uk</a> 01245 490705	<a href="http://www.essex.gov.uk/proweb">www.essex.gov.uk/proweb</a>
Exploring Essex by Wheel	Fifteen circular tours of 16-58 miles (26-93km) <b>By J. Coulson</b>	£7.95	Ian Henry Publications Ltd, 20 Park Drive, Romford, Essex RM1 4LH	01708 749119 / <a href="mailto:info@ian.henry.com">info@ian.henry.com</a> 01708 736213	<a href="http://www.ian-henry.com">www.ian-henry.com</a>
<a href="#">The Forest Way</a>	25 miles (40.2km) from Epping Forest to Hatfield Forest, download only	Free	The Public Rights of Way Team	08457 430430 / <a href="mailto:proweb@essex.gov.uk">proweb@essex.gov.uk</a> 01245 490705	<a href="http://www.essex.gov.uk/proweb">www.essex.gov.uk/proweb</a>
The Icknield Path: A Walkers Guide	110 miles along the 'oldest road in Britain' linking the Ridgeway Path to the Peddars Way following footpaths close to the ancient route. Starting at Ivinghoe Beacon, Tring, Herts	£8.50	Icknield Way Association, Mrs Sue Prigg, 1 Edgeborough Close, Kentford, Newmarket, Suffolk CB8 8QY <b>Please make cheques payable to Icknield Way Association</b>	<a href="mailto:sue@prigg.co.uk">sue@prigg.co.uk</a>	<a href="http://www.icknieldwaypath.co.uk">www.icknieldwaypath.co.uk</a>

Leisure Time - Sport and Outdoor Activities	A guide for disabled people. Not specific to Essex but a useful resource for getting active and getting out	£5 (+ £2 p&p)	RADAR (The Disability Network), Head Office, 12 City Forum, 250 City Road, London, EC1V 8AF	020 7520 3222 / 020 7250 0212 / 020 7250 4119	<a href="mailto:radar@radar.org.uk">radar@radar.org.uk</a>	<a href="http://www.radar.org.uk">www.radar.org.uk</a>
Nature Reserves Handbook	Detailed descriptions of all the Trust's Reserves with maps	£6.99 + P&P	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960		<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
<a href="#">Navigation Walks</a>	A selection of six circular walks around the Chelmer and Blackwater along with the entire 15 miles (24km) towpath, download only	Free	The Public Rights of Way Team	08457 430430 / 01245 490705	<a href="mailto:prow.web@essex.gov.uk">prow.web@essex.gov.uk</a>	<a href="http://www.essex.gov.uk/prow">www.essex.gov.uk/prow</a>
The Saffron Trail	A long-distance route from Southend-on-Sea to Saffron Walden, via Chelmsford	£3.00	Ramblers' Association - Essex Area, Kevin Clark, Vine Cottage, 366 London Road, Stanway, Colchester, Essex CO3 8LU	01206 210510	<a href="mailto:kevin@vine-cottage.co.uk">kevin@vine-cottage.co.uk</a>	<a href="http://www.essexarearamblers.co.uk">www.essexarearamblers.co.uk</a>
The St Peter's Way	A 45 mile (72km) walk from Chipping Ongar to Bradwell-on-Sea, download only. AVAILABLE FROM SUMMER 2010	Free	The Public Rights of Way Team	08457 430430 / 01245 490705	<a href="mailto:prow.web@essex.gov.uk">prow.web@essex.gov.uk</a>	<a href="http://www.essex.gov.uk/prow">www.essex.gov.uk/prow</a>
Trail Net	Bike hire available from three Country Parks; Great Notley, Thorndon and Langdon	See website for price list	Trail Net			<a href="http://www.trailnet.org.uk/hire.htm">www.trailnet.org.uk/hire.htm</a>
Wild Essex: A Guide to the Nature Reserves and Country Parks of Essex and East London	Includes all the sites managed by the Essex Wildlife Trust as well as Country Parks and other wild places ISBN 0 9530 3622 7	£12.75	Essex Wildlife Trust, Joan Elliot Visitor Centre, Abbots Hall Farm, Gt. Wigborough, Colchester, Essex CO5 7RZ	01206 862960		<a href="http://www.essexwt.org.uk">www.essexwt.org.uk</a>
Various publications and information			East of England Tourism, Dettingen House, Dettingen Way, Bury St Edmunds, Suffolk IP33 3TU	01284 727470		
Walk Essex	Five walking routes spread across Essex, highlighting the attractions, restaurants and accommodation along the way	Free	Visit Essex	0845 600 7373		<a href="http://www.visitessex.com">www.visitessex.com</a>
<a href="#">Wildside Walks</a>	A new revised publication of circular walks in country parks and Essex Wildlife Trust reserves, download only	Free	The Public Rights of Way Team	08457 430430 / 01245 490705	<a href="mailto:prow.web@essex.gov.uk">prow.web@essex.gov.uk</a>	<a href="http://www.essex.gov.uk/prow">www.essex.gov.uk/prow</a>

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