

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Bishops Stortford to Roydon (Stort Valley Way Part 1)	<b>Walk No.</b>	387
<b>Area</b>	Essex	<b>Type</b>	Linear
<b>Date</b>	Monday, 14 <sup>th</sup> Nov 2022		
<b>Distance</b>	12 miles (19 km) – but see below for 3 easy drop out points		
<b>Timing</b>	5 hours walking time + travel + lunch stop. Allow about 8 hours in total. Therefore expect to be back in Islington by 5.30 pm		
<b>Meeting up &amp; travel</b>	Meet at Tottenham Hale by 9.30am to catch the 9.37 train to Bishops Stortford (arrives 10.04). We'll return from Roydon to Tottenham Hale - 3 trains between 4.0 and 5.0 pm, about 25 mins journey time. Buy off-peak any time return from Enfield Lock to Bishops Stortford (with Freedom Pass and Senior Railcard is £10.00) If you buy ticket in advance via a ticketing app like Trainline, a mobile ticket will be downloaded to your phone.		
<b>Route</b>	Walking south from Bishops Stortford the route mostly follows the River Stort, generally a pleasant walk through countryside including a nature reserve.		
<b>Lunch</b>	Lunch about 1.00pm at the Beefeater Grill at Harlow Mill (not as bad as it sounds) – varied menu including veggie options.		
<b>Dropping out</b>	Very easy. Several options – Sawbridgeworth (7km), Harlow Mill (10km) Harlow Town (13km)		
<b>Suitability</b>	Suitable for any reasonably fit regular walker. There are no particular difficulties. Terrain: flat and easy paths Possible obstacles: none Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.		
<b>Facilities</b>	There are toilets at Tottenham Hale and Bishops Stortford stations, on the train and at the lunch venue		
<b>Walk source</b>	<a href="http://www.hertslink.org/cms/getactive/walkroutes/stortvalleywalk">http://www.hertslink.org/cms/getactive/walkroutes/stortvalleywalk</a>		
<b>Map &amp; other references</b>	OS Explorer 194 This walk last done by the group in this direction in 2015, and in the opposite direction in 2016.		
<b>Leader &amp; contact details</b>	<u>Walk Leader: Berry Beaumont</u> <u>Beforehand</u> mob: 07808 724694 (leave message if necessary) e-mail: berry.beaumont@gmail.com <u>On the day</u> mob: 07808 724694		
<b>Interesting facts</b>	Lammas rights - entitled commoners to pasture following the harvest, between Lammas day, 12 August (N.S.), to 6 April, even if they did not have other rights to the land. Such rights sometimes had the effect of preventing enclosure and building development on agricultural land.		