

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Sawbridgeworth, Bishop's Stortford	<b>Walk No.</b>	369
<b>Area</b>	Herts/Essex Border	<b>Type</b>	Circular/Linear
<b>Date</b>	Tuesday 5 <sup>th</sup> July 2022		
<b>Distance</b>	11 miles		
<b>Timing</b>	4+ hours walking time + travel + refreshment stops. Allow 7+ hours		
<b>Meeting up &amp; travel</b>	<p>Walk starts in Sawbridgeworth and ends in Bishop's Stortford so buy an <b>off peak return to Bishop's Stortford</b>. £10 with Freedom Pass and Senior Rail Card</p> <p>Meet Tottenham Hale to catch the 9.40 Greater Anglia train to arrive at Sawbridgeworth at 10.08</p> <p>Regular trains return from Bishop's Stortford.</p>		
<b>Route</b>	<p>The morning route is a 6 mile circular from Sawbridgeworth station. It begins with a walk through the town, largely a conservation area with some 150 listed building ranging from the 15<sup>th</sup> to 18<sup>th</sup> century. Leaving the town we head westwards through open country, to the village of High Wych whose church has unusual interior decoration and is worthy of a look if open. Leaving the village heading south the route is then across fields until we reach the River Stort Navigation. From here we follow the Towing path northwards until turning away from the river to detour through the extensive parkland of Pishiobury Park (once a royal estate granted to Anne Boleyn by Henry VIII) and Nursery Wood. This takes us back to the river path which we follow to Sawbridgeworth for the lunch stop.</p> <p>The afternoon route is a very attractive 5 mile linear walk along the Stort valley from Sawbridgeworth heading north to end in Bishop's Stortford. Half of the route is along the towpath and half through gently undulating countryside via Hallingbury Mill and the villages of Gaston Green and Little Hallingbury.</p>		
<b>Lunch/coffee</b>	<p>Lunch is booked at the Queen's Head in Sawbridgeworth, which has a fairly limited menu. However, alternatively, there are cafes, picnic places and other pubs (some of which don't serve food).</p> <p><b>Please note on sign up if you wish to eat at the Queens Head</b></p>		
<b>Dropping out</b>	Easy to drop out at lunchtime and catch a train from Sawbridgeworth		

<b>Suitability</b>	<p>Suitable for any reasonably fit regular walker. Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.</p> <p>Some paths are quite overgrown in places, and with very tall nettles. There are one or two stiles in quite poor condition, one very tall.</p>
<b>Facilities</b>	<p>No toilet facilities at Sawbridgeworth station. There is a public toilet in the town which requires 20p piece for entry.</p>
<b>Walk source</b>	<p>The Hundred Parishes Society station walks, numbers 7 &amp; 8  <a href="http://www.hundredparishes.org.uk">www.hundredparishes.org.uk</a></p>
<b>Maps</b>	<p>OS Explorer194</p>
<b>Leader &amp; contact details</b>	<p><u>Walk Leader:</u> Rowena  Mobile 07741 311531 Text or leave message</p>