

## Islington u3a Longer Walks Group

<b>Walk Title</b>	Broxbourne Woods	<b>Walk No.</b>	576
<b>Area</b>	Hertfordshire	<b>Type</b>	Circular
<b>Date</b>	Friday, 10th July, 2026		
<b>Distance</b>	11.5 miles (19 km) including to/ from station.		
<b>Timing</b>	5 hours walking time + travel + lunch stop. Allow 7½ hours in total. Therefore should be back in Islington by 5:00pm.		
<b>Meeting up &amp; travel</b>	<p>Meet at Highbury &amp; Islington by 9:40am to catch the 9:54am train to Bayford (Moorgate - Hertford North). Or you can join the train at: 9:57am Drayton Park, 10:00am Finsbury Park or 10:33am at Bayford. On the sign up form indicate where you are joining.</p> <p>You'll need to buy an off peak day return from Crews Hill (or Zone 6 Extension) to Bayford. £3.45 with Freedom Pass and Senior Railcard.</p> <p>Return from Bayford. Trains every 15 to 20 minutes.</p>		
<b>Route</b>	<p>We last walked this variation in August 2022.</p> <p>Leaving Bayford station (0 mls, 10:35am) turn left, on the road to Brickendon. At Bourne Orchard we go toward Monks Green. We go along the edge of Highfield Wood. We come onto Elbo Lane which is part of the old Roman Ermine Street. We turn south down this section of now-not-used Ermine Street.</p> <p>At the fords (dry?) we pick up the Hertfordshire Way (4mls, 12:15am) and turn west through Danemead Nature Reserve. This leads us through Hedgerows Wood to a junction (see Opt Outs) (5mls, 12:45pm). We turn south again through Bencroft Wood to Wormley West End (6mls, 1:15pm) – and our lunch stop.</p> <p>After lunch (2:15pm) we soon pick up Ermine Street again but this time go north along it (again a disused section) and just before Great Grove tack the road veering left. This takes us back to th Hertfordshire Way (8 mls, 3:15). We follow our figure of eight route so repeat just over a mile of the same route but at the previous junction this time we turn north passing through Cowheath Wood. At Bourne Orchard we again walk through Brickendon to Bayford station (11mls, 4:45). Trains at 4:35/ 4.50 /5.05 etc</p>		
<b>Lunch</b>	<p>Food is available at Wormley West End – the Woodman &amp; Olive pub. Quite a nice traditional (smartish) pub</p> <p><a href="http://www.thewoodmanandolive.com/">http://www.thewoodmanandolive.com/</a></p> <p>01992 463719. Pub not open on Mondays.</p>		
<b>Dropping out</b>	<p>While no easy public transport opt out point, there is an option, as it's a figure of eight shaped walk, to break off and walk out before lunch (5mls/ 8km, 12:45pm).</p> <p>Or taxi from the lunch break (6mls/10km, 1:15pm)</p>		
<b>Suitability</b>	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: one easy up; dry paths all the way.</p> <p>Possible obstacles: there is one minor stile to cross.</p>		

	<p>Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.</p> <p>Members should advise the Walk Leader of their 'ICE' (in case of emergency) phone number if they have any health concerns.</p>
<b>Facilities</b>	<p>There are no toilets on the train or at Bayford station!</p> <p>So it's the trees or the lunchtime pub.</p>
<b>Walk source</b>	<p>"Fancy Free Walks"</p> <p>Links: <a href="http://fancyfreewalks.org/Chilterns/Broxbourne.pdf?version=1">http://fancyfreewalks.org/Chilterns/Broxbourne.pdf?version=1</a></p>
<b>Map &amp; other references</b>	<p>OS Explorer 174 Epping Forest and Lee valley</p>
<b>Leader &amp; contact details</b>	<p><u>Walk Leader</u>: Derek Harwood</p> <p><u>Phone</u>: 077 5931 4096</p> <p><u>e-mail</u>: derek.harwood@live.co.uk</p>
<b>Interesting Facts</b>	<p><b>Brickendon</b> ("the hill of Bricca's people") has always been highly prized. King Henry II "gave" the manor to the monks of Waltham and granted it freedom from tax, known as the "Liberty of Brickendon". But the monks had rivals: none other than the Benedictine monks of Westminster Abbey, who went as far as forging Saxon papers to lay claim to it. It turns out their main focus of attention was a house called "Maidenhead" where certain "ladies of the night" needed spiritual comfort. Within the parish there have been several great houses: one is Brickendonbury and its estate, with a long history. Another is Brickendon Grange, long-time host of every kind of sport. Brickendon is one of the most haunted places in Hertfordshire (see "Haunted Hertfordshire, A Ghostly Gazetteer" by Ruth Stratton and Nicholas Connell).</p> <p><b>Ermine Street</b> is the name of a major Roman road in England that ran from London (Londinium) to Lincoln (Lindum Colonia) and York (Eboracum). The Old English name was "Earninga Straete" (1012), named after a tribe called the Earningas, who inhabited a district later known as Armingford Hundred, around Arrington, Cambridgeshire and Royston, Hertfordshire. "Armingford", and "Arrington" share the same Old English origin. The original Roman name for the route is unknown. It is also known as the Old North Road from London to where it joins the A1 Great North Road near Godmanchester.</p> <p>As its name suggests, <b>Wormley West End</b> was originally the western part of the village and parish of Wormley. However, whereas Wormley itself now forms part of the conurbation stretching along the river Lea north of London from Waltham Cross through Cheshunt and Broxbourne to Hoddesdon, the hamlet of Wormley West End is now part of the parish of Brickendon Liberty. The name Wormley probably comes from the old English wyrma leah, meaning a clearing (or wood) infested with grass snakes. In Domesday times the name was Wermelai.</p>

