PRACTICAL INFORMATION

Route overview 13.2 miles (21.2km)

The start and end points of this stage are easily accessible by train, as is Broxbourne, a point at which the stage can easily be divided. As the railway shadows the route throughout, there are several other spots at which you can leave or re-join the path.

From Waltham Abbey it is **1.3 miles** by road to Waltham Cross, then **0.4 miles** to the open country of the River Lee Country Park. After just over another **1 mile** you reach the River Lee Navigation, and follow its towpath for **3.3 miles** to the outskirts of Broxbourne. The route is almost completely flat until you leave the river and walk via Broxbourne Old Mill for a short uphill segment to Broxbourne Park, and St Augustine's, reached in a further **0.2 miles**. Broxbourne railway station, where the stage can be easily divided, is another **0.2 miles**.

From Broxbourne railway station the route follows the New River Path, also the Hertfordshire Way, which are both signposted, to Rye House **(2 miles).** Here you switch to the River Lee Navigation for **3.1 miles**, then bear west for a short climb to St John the Baptist in Great Amwell, reached in **0.3 miles**. From here it is **2 miles**, first on the New River, then the River Lee Navigation (re-joining the Hertfordshire Way), to the end of this stage at St Mary's, Ware.

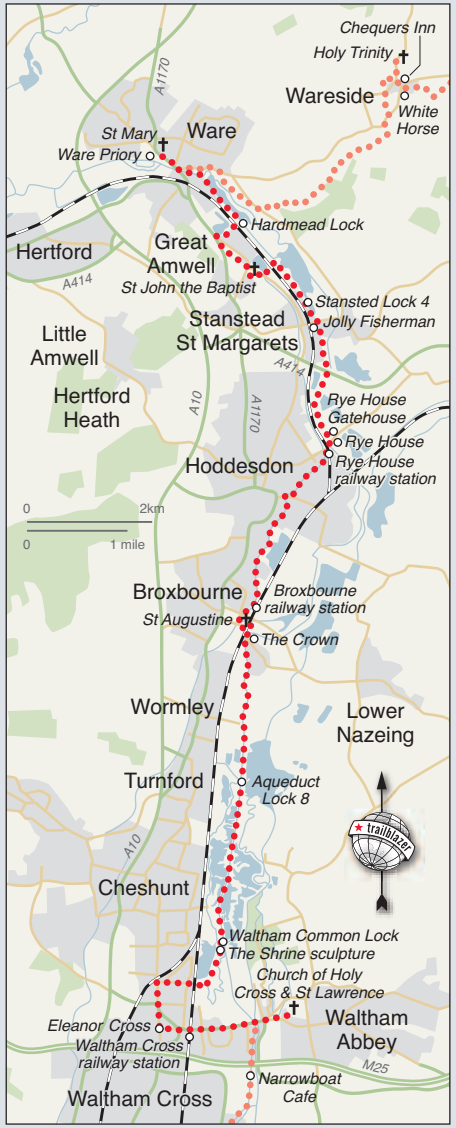
Public transport options

This entire stage is easily accessible by **train**, with stations at Waltham Cross (1 mile from Waltham Abbey), Cheshunt, Broxbourne, Rye House, Stanstead St Margarets and Ware (half a mile from the end of the stage). The No 310 **bus** service connects the start and end with most points along the way, and Central Connect's No 351 stops in St Margarets, Great Amwell and Ware. See also public transport map and table pp29-31.

Where to eat or stay along the way

- **Waltham Abbey** (see Stage 1, pp35-6)
- **Cheshunt** (after 3 miles/4.8km) Budget **accommodation** is available at ***Lea Valley Youth Hostel*** (💻 yha.org.uk), 100yds off the route.
- **Broxbourne** (after 6 miles/9.6km) Single, twin and double **rooms** are available at ***Kingsway Bed and Breakfast*** (☎ 07539-219947, 💻 bedandbreakfastbroxbourne.co.uk; 19 High Rd; shared bathrooms) half a mile from route. **Food** is available at the ***Crown*** (☎ 01992-462244; daily noon-9pm; Old Nazeing Rd), an airy riverside pub with garden.
- **Rye Station** (after 8.6 miles/13.8km) For real ales and **pub grub** in a 19th-century inn with riverside garden head to ***The Rye House*** (☎ 01992-465151, 💻 greeneking-pubs.co.uk/pubs/hertfordshire/rye-house, Rye Rd; daily 11am-11pm, food noon-9pm).
- **Stanstead St Margarets** (after 10 miles/16.2km) Offering **food**, real ales and a riverside garden is the ***Jolly Fisherman*** (☎ 01920-870125, 💻 mcmullens.co.uk/jollyfisherman, 8 Station Rd; open Mon-Thur noon-11pm, Fri & Sat noon-midnight, Sun noon-10.30pm, food Mon-Sat noon-9pm, Sun noon-8pm).
- **Gt Amwell** (after 11.1 miles/17.9km) Country pub ***George IV*** (☎ 01920-870039, 💻 georgeivpub.co.uk, Cautherly Lane; Tue-Fri noon-3.30pm, 5pm-11pm, Sat noon-11pm, Sun noon-6pm, Mon closed; food hours check with pub) has an excellent **restaurant**.
- **Ware** There are several **accommodation** options including: ***The Tap Bar Bed and Breakfast*** (☎ 01920-468549, 💻 brewerytapware.co.uk, 83 High St; 4 en-suite rooms) which also does **food** (see below); ***Café Frappe & Bed and Breakfast*** (☎ 01920-469766; 2 New Rd) and ***Premier Inn*** (☎ 03330-033405, 💻 premierinn.com; Marsh Lane) within 500yds of route. For **breakfast** or **lunch**, seek out ***Ware Café*** (Mon-Sat 6.30am-4pm, Sun closed; 43 West St) serving breakfasts, hot meals, sandwiches. ***Bridget's Tearoom*** at **Ware Priory** (💻 facebook.com, search Bridgets ASL; Mon-Sat 10.30am-3.30pm; Fletcher's Lea, High St) and ***Milady Tea and Coffee Lounge*** (☎ 01920-469997; Mon & Wed-Sun 9am-4pm; 12 High St) are both popular for **afternoon teas**. If it's an **evening meal** you're looking for try ***The Tap Bar*** (see above; open daily noon-10pm, food noon-3pm), a traditional pie, ale and cider house.

- **Terrain** Mostly flat, mainly well-maintained towpaths
- **Difficulty** Easy
- **Cumulative distance from London** 30.9 miles (49.7km)
- **Time** 4hrs 30mins actual walking time
- **Total ascent** 141m, 462ft
- **Map** OS Explorer *174 Epping Forest & Lee Valley*
- **GPX route file & directions*** 502.pdf, 502.gpx, 502.kml at 💻 https://trailblazer-guides.com/press * See pp27-8 for more information on downloads



Services

- **Waltham Abbey** (see Stage 1, pp35-6)
- **Ware** For **groceries** there's Tesco (5-6 West St; Mon-Sat 6am-midnight; Sun 11am-5pm) or Costcutter (20 Amwell End; daily 7am-11pm)

		Stage 2: Waltham Abbey to Ware 2025 Updates are in red
Distance from start	Distance from last waypoint	
0km	0km	From Waltham Abbey, walk west along Highbridge St, carrying straight on at the crossroads with Beaulieu Drive, where your route becomes Station Rd.
1mile/1.6km	1mile/1.6km	Pass Waltham Cross railway station on your left, and continue along Station Rd.
1.1miles/1.7km	110yds/100m	At the roundabout take the pedestrian underpass to emerge on the west side in a passageway that turns in a right-angle to the left and emerges at Eleanor Cross Rd.
1.2miles/1.9km	220yds/200m	Turn right into Eleanor Cross Rd and walk into the town centre. You will see the Eleanor Cross ahead of you.
1.3miles/2.1km	220yds/200m	Arrive at the Eleanor Cross. To continue, turn right (north) beside the cross and walk up High St until you reach Monarchs Way, where you bear left to follow that road to reach a roundabout.
1.5miles/2.4km	330yds/300m	At the roundabout, use the pedestrian crossing to cross over and then bear left to reach High St on the far side of the roundabout. Continue up High St until you reach Trinity Ln, a turning on your right, with Christ Church on the corner.
1.7miles/2.8km	440yds/400m	Turn right into Trinity Ln and continue until you reach a level crossing over a railway. There is also a footbridge. A sign marks the entrance to the River Lee Country Park.
2.1miles/3.4km	660yds/600m	Cross the rail line and continue along Trinity Ln into open countryside, until you reach a turning to your left. A sign just to the left tells you are at Bowyers Water.
2.2miles/3.6km	220yds/200m	Turn left here, at Bowyers Water, where the sign lists points including Waltham Common Lock. Continue until you reach a fork in the path.
2.7miles/4.3km	770yds/700m	At the fork in the path, which is just before a sculpture named The Shrine, take the right-hand option, keeping the sculpture to your left. Continue until you reach a T-junction in the path. Turn right at the T-junction to cross a stream via a footbridge and, after 10yards, you will reach the River Lee Navigation.

2.8miles/4.5km	220yds/200m	Turn left when you reach the River Lee Navigation. Waltham Common Lock is just here. Continue past the lock on the towpath until you see a River Lee Country Park sign for Pindar.
3.4miles/5.5km	.6miles/1km	Turn left at Pindar for the Youth Hostel. Otherwise continue along the towpath.
4.5miles/7.2km	1.1miles/1.7km	Reach Aqueduct Lock 8 and continue along the towpath until you reach the outskirts of Broxbourne.
6miles/9.6km	1.5miles/2.4km	Where Old Nazing Rd crosses the waterway, turn right for The Crown pub, which you will see on the other side. To continue, cross back over the river, at which point the towpath is replaced by Old Nazing Rd and runs past Lee Valley Boat Centre and over the River Lee.
6.1miles/9.8km	220yds/200m	Immediately after crossing the river, a sign on a wall to your left, reading Broxbourne Old Mill and Meadows, points down a tarmacked path beside the river. Take this path and in a few yards you will find yourself in the corner of a car park. Walk to the diagonally opposite corner of the car park where another tarmacked footpath leaves it to the left and goes beneath a railway line. It emerges to run alongside New River to reach Old Mill.
6.2miles/10.1km	330yds/300m	At Old Mill, bear right to cross New River and climb Mill Ln until you reach Churchfields
6.3miles/10.2km	110yds/100m	Turn right into Churchfields, and St Augustine, Broxbourne, is on your right. To continue, turn right out of the church and cross New River, then bear right, taking a footpath diagonally across a park to emerge in Station Rd, where you turn right, then cross over to reach the drive leading to Broxbourne railway station.
6.5miles/10.5km	330yds/300m	Take the riverside footpath running between the railway station, on your right, and New river, on your left. Roundels for the Hertfordshire Way appear intermittently on the route from here, together with fingerposts for New River Path.
7.1miles/11.5km	.6miles/1km	Where Admirals Walk crosses the river, continue straight on, following the New River Path sign.
7.8miles/12.6km	.7miles/1.1km	Essex Rd passes above you. Keep on along the riverside footpath.
8.5miles/13.7km	.7miles/1.1km	Where Rye Rd crosses the river take the footpath up to it and turn right. Rye House railway station is here. Continue down Rye Rd to cross the River Lee Navigation over a narrow bridge without a

		pavement. The Rye House pub is on your right, and Rye House Gatehouse ahead of you to your left.
8.6miles/13.9 km	220yds/200m	Retrace your steps to Rye House Gatehouse. To continue, further retrace your steps back over the River Lee Navigation
8.7miles/14km	110yds/100m	Turn right to take the towpath alongside the Lee River Navigation. There are signs for Lee River Navigation and Hertfordshire Way at this point. Continue along the towpath until you reach St Margarets.
10miles/16.2 km	1.4miles/2.2km	Where High St crosses the waterway, the Jolly Fisherman pub is to your left. To continue, pass under the road bridge and continue to Stanstead Lock 4. There is a sign for Lee Valley Walk at this point. The Hertfordshire Way leaves our route here.
10.3miles/16.6km	440yds/400m	At Stanstead Lock 4, continue along the towpath to Great Amwell. Be alert, after .4 miles, for a bridge crossing the water.
10.5miles/16.9km 17.3km	330yds/300m	When you reach the bridge, you need to take an unsigned turning to your left. To help you spot it, the OS Explorer map marks Amwell Nature Reserve to your right, and Sheepcote Farm diagonally left, beyond the path you need to take. You will find yourself on a track sloping down to cross a railway line by an unmanned level crossing.
10.6miles/17 km	110yds/100m	CAUTION: Take great care to listen for trains before crossing the railway lines and continue along the track until it reaches Amwell Ln.
10.7miles/17.2km	220yds/200m	Cross Amwell Ln and take the steps that lead up to the New River. There is a New River Path sign at this point. Turn right to follow the path alongside the New River, looking out for a footbridge crossing the river to your left.
10.8miles/17.4km	220yds/200m	Take the footbridge across the New River, signposted Public Footpath and Hertfordshire Way (which has rejoined our route), then go on to cross St John's Ln, beyond which a path takes you up into the churchyard of St John the Baptist, Great Amwell. Turn right just beyond the church and walk through the churchyard to the church entrance. To continue, walk north out of the church to reach St John's Ln.

		The George IV pub is a few yards to the left in Cautherly Ln. Cross St John's Ln and take the narrow footpath that runs downhill between buildings, to emerge in Cautherly Ln just before it crosses New River.
10.9miles/17.5km	110yds/100m	Cross New River and turn left, to follow the New River Path sign that points along the riverside path to the right of the river. Continue until Lower Rd crosses the river.
11.4miles/18.3km	880yds/800m	Cross Lower Rd and continue along the riverbank until you reach a road junction, at a roundabout.
11.9miles/19.1km	880yds/800m	At the roundabout, the A1170 switches from your left, on the other side of the New River, and swings to the right. Cross the A1170 and take the A119 (Hertford Rd), which is the road to the left of it, and the next exit from the roundabout. Continue along the pavement until you reach a T-junction where Amwell End leads off to your right.
12.1miles/19.5km	440yds/400m	Turn right into Amwell End. Station Rd, on your left after a few yards, leads to Ware rail station. Continue on down Amwell End until you reach the River Lea.
12.3miles/19.8km	330yds/300m	Do not cross the River Lea, instead take the footpath on the left-hand bank and continue until you reach a footbridge.
12.5miles/20.1km	330yds/300m	Turn right to cross the footbridge, and continue through a car park to Burgage Ln, and follow it until you reach Ware High St. Turn right on the High St and continue until you reach St Mary's, which is set back from the road on your right, just up Church St.
12.6miles/20.3km	220yds/200m	Arrive at St Mary's, Ware