PRACTICAL INFORMATION

Route overview — 14.2 miles (22.9km)

Following sections of the Saffron Trail and Harcamlow Way. Transport links are good on this stage and there is a good selection of places for refreshment in Stansted Mountfitchet, Newport and Saffron Walden.

An initially steep climb from Stansted Mountfitchet quickly brings you out of the village and into high country, reaching Ugley's isolated church in **3.5 miles**. A further **2.7 miles** takes you, after a dip to the River Cam, uphill again to join the Saffron Trail to Widdington. Newport, in another **2.4 miles** on the Saffron Trail, marks the rough half-way point and, with its pubs, grocery, B&B and railway station, is a good place to rest, or split the stage over two days.

Leaving Newport you follow the Harcamlow Way long-distance path for **4.4 miles** to Audley End. A final **1.2 miles**, now on the Saffron Trail once more, takes you to Saffron Walden, and the end of this stage.

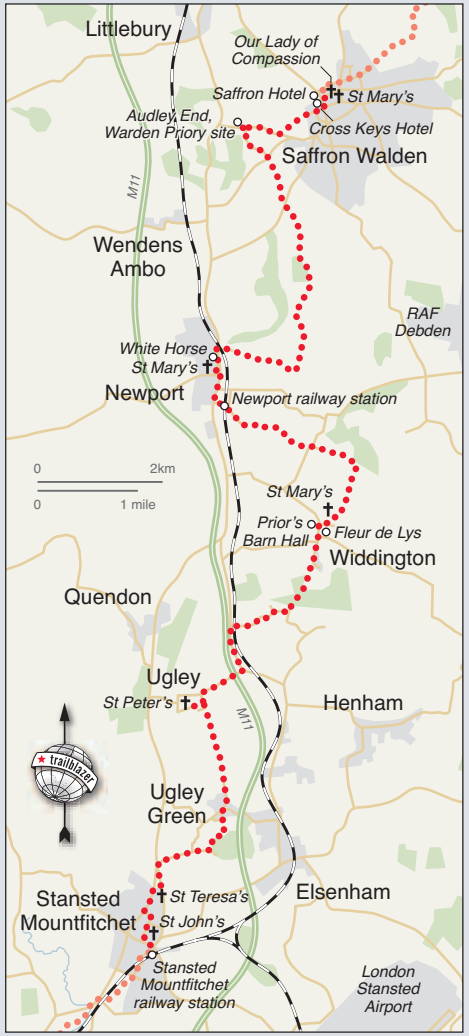
Public transport options

There are **train** stations at Stansted Mountfitchet and at the midpoint of Newport. Audley End is the nearest station to Saffron Walden (1 mile away). **Bus** options include: the No 301, which calls at Stansted Mountfitchet, Newport, Audley End and Saffron Walden; and the No 59/60 between Audley End and Saffron Walden. See also public transport map and table pp29-31.

Where to eat or stay along the way

- **Stansted Mountfitchet** (see Stage 3, p61)
- **Widdington** (after 6.2 miles/10km) **Eat** at the ***Fleur de Lys*** pub (☎ 01799 543280, 💻 thefleurdelys.co.uk, High St; Thur 6pm-10.30pm, Fri-Sat noon-10.30pm, Sun noon-7pm, Mon-Wed closed, food Thur 6pm-9pm, Fri & Sat noon-3pm & 6pm-9pm, Sun noon-5pm) a pleasant village local with good food.
- **Newport** (after 8.6 miles/13.9km) **Stay** at ***Toll House B&B*** (☎ 01799-732944 or 07946-484498, 💻 thetollhouse.co.uk; Belmont Hill), a friendly B&B with good breakfasts. **Eat** at the ***Coach and Horses*** (☎ 01799-540292, Cambridge Rd; open Mon-Thur noon-3pm, 6pm-11pm, Fri & Sat noon-3pm & 6pm-midnight, Sun noon-9pm, food Mon-Sat noon-2pm, 6pm-9pm, Sun noon-3pm), a former coaching inn with good pub grub, 400 yds further north after route leaves the village, or rehydrate at the pleasant **drinks-only *White Horse Inn*** (☎ 01799-540002, Belmont Hill; Mon 3pm-midnight, Tue-Thur 4pm-midnight, Fri 4pm-1am, Sat noon-1am, Sun 9am-midnight.
- **Saffron Walden** Good **accommodation** options include ***Cross Keys Hotel*** (☎ 01799-522207, 💻 theoldcrosskeys.co.uk; 32 High St), a lovely medieval inn with **restaurant** (Mon-Sat noon-8pm, Sun noon-5pm); and former coaching inn ***Saffron Hotel*** ☎ 01799-588882, 💻 saffron-hotel.co.uk; 8-12 High St) which has good **pub grub** and Sunday roasts in its ***Saffron Kitchen*** (Wed & Thur 5-8.30pm, Fri & Sat noon-8.30pm, Sun noon-4.30pm, Mon & Tue closed). For a **snack** or **afternoon tea**, try ***Tea Amo*** (☎ 01799 529102, 💻 teaamo.co.uk, 5 Cross St; Tue-Sun 9.30am-4pm, Mon closed;) or ***Elder Street Café & Deli*** (☎ 01799-543598, 💻 elderstreet-cafedeli.co.uk, Elder St; Mon-Sat 9am-4.30pm, Sun 10am-4pm).

- **Terrain** Gently rolling hills, walking on footpaths and quiet lanes
- **Difficulty** Easy
- **Cumulative distance from London** 61.5 miles (99km)
- **Time** 5hrs actual walking time
- **Total ascent** 263m, 862ft
- **Map** OS Explorer *195 Braintree & Saffron Walden*
- **GPX route file & directions*** 504.pdf, 504.gpx, 504.kml at 💻 https://trailblazer-guides.com/press * See pp27-8 for more information on downloads



Services

- **Stansted Mountfitchet** (see Stage 3, p61)
- **Newport** For **groceries** there is a Nisa (Mon-Sat 7am-10pm, Sun 7am-7pm) on High St, or stock up on picnic supplies at **bakery** Dorington's (☎ 01799-541533, 24 High St; Mon-Fri 7am-4pm, Sat 7.30am-3.45pm, Sun closed) which does excellent sandwiches, baguettes and pastries.
- **Saffron Walden** Stock up on **picnic supplies** at Waitrose on Hill St (Mon-Sat 7am-9pm, Sun 10am-4pm) or Costcutter (daily 7am-11pm) at 41-45 High St. If you need a **laundrette** there's Launderet (☎ 07779-136495; daily 7am-9pm; 7 Emson Cl).

		Section 4: Stansted Mountfitchet to Saffron Walden
Distance from start	Distance from last waypoint	
0	Distances are calculated from St Mary's	If you have been Champing at St Mary's Stansted Mountfitchet, begin by retracing your steps (see Stage 3 directions) until you reach Church Rd. Turn right on Church Rd to reach Stansted Mountfitchet village centre. Pick up the route at Chapel Hill. If you are starting from Stansted Mountfitchet rail station, walk up Station Rd and turn left into Chapel Hill, immediately crossing at the pedestrian crossing on the corner and turning left to continue up Chapel Hill to St John's church, which is on your right.
.7mile/1.1km	.7mile/1.1km	Arrive at St John's Church. There is now a pilgrim stamp in the church. A laminated notice on the sideperson's table to the right as you enter the church will tell you where to find it. To continue, walk round the building to the car park and out into St John's Hill, and turn right to follow that road.
1mile/1.6km	550yds/500m	Follow St John's Rd as it turns right angle left, and walk to the end, where it meets Cambridge Rd, the B1383.
1.1miles/1.7km	110yds/100m	Turn right into Cambridge Rd, and walk until you reach St Theresa's church, on your right.
1.3miles/2km	330yds/300m	Turn right through the garden and walk around to the other side of St Theresa's church, where you will find the entrance. To continue, walk on through the car park to emerge at High Ln.
1.5miles/2.4km	440yds/400m	Turn left into High Ln and walk until you reach a roundabout.
1.6miles/2.6km	220yds/200m	Turn right just before the roundabout and cross High Ln, turning left on the other side to walk past the roundabout and enter Cambridge Rd. Just into Cambridge Rd, look out for a turning on your right, Alsa St.
1.7miles/2.7km	110yds/100m	Turn right into Alsa St, and continue until you see the Aubrey Buxton Nature Reserve on your right.

2.2miles/3.5km	880yds/800m	Take the footpath on the left, opposite the entrance to Aubrey Buxton Nature reserve. A post beside this path has a roundel, reading: 'Public Footpath'. Follow this path as it runs between high hedges, turns right, and then left to skirt Alsa Wood.
2.4miles/3.9km	440yds/400m	On the far side of Alsa Wood, follow the path as it turns right, walking until the path reaches a T-junction.
2.5miles/4km	110yds/100m	Turn left at the T-junction. There is a 'Public Footpath' roundel. Walk until you reach Dellows Ln.
2.7miles/4.3km	220yds/200m	Turn right into Dellows Ln and walk up to Ugley Green.
2.8miles/4.5km	220yds/200m	At Ugley Green, skirt to the right-hand side of the green, cross over, and take Field Gate Ln. A white fingerpost points the way.
3.1miles/5km	550yds/500m	Where Field Gate Ln becomes a track, at Fieldgate Farm, continue straight on along the track until you reach Ugley Farm, where you continue through the farmyard, looking out for Ugley church off to your left.
3.9miles/6.3km	.8miles/1.3km	Turn left to reach the churchyard.
4miles/6.4km	110yds/100m	Arrive at St Peter's church, Ugley. To continue, retrace your steps through the churchyard and turn right, away from Ugley Farm, to continue along the track, until you reach a lane.
4.2miles/6.7km	330yds/300m	Turn right into the lane. There is no pavement, but it is possible to follow the field margin to the left of the road, or walk on the narrow grass verges. Continue beneath the M11, until you reach a T-junction.
4.7miles/7.5km	880yds/800m	Turn left at the T-junction into North Hall Rd. A white fingerpost indicates 'Henham' and 'Elsenham'. Continue until you reach a lane on your right, with a white fingerpost indicating 'Little Henham'
5.1miles/8.2km	770yds/700m	Turn right into the lane, where a white fingerpost indicates 'Little Henham'. Pass beneath the rail lines and follow the lane as it snakes left and right until you reach a T-junction, at Little Henham Hall

5.8miles/9.3km	.7miles/1.1km	Turn left when you reach the lane at Little Henham Hall, following a concrete 'Public footpath' sign. Walk through the farmyard to reach woodland, where the path goes straight ahead into the trees, a sign reading 'Landowners Welcome Careful Walkers' beside the path.
6.1miles/9.8km	550yds/500m	On the far side of the wood you join a path marked with the pink roundel with crocus flower of the Saffron Trail.
6.2miles/10km	220yds/200m	Bear left to join the Saffron Trail, passing to the right of High Wood and walking along the right-hand margin of a pasture. Where the path ahead bears right and runs between hedges. A Saffron Trail roundel points the way. Follow it if you can, but if it is too overgrown continue along the field margin to the far side of the field. Continue until you reach a lane.
6.3miles/10.1km	110yds/100m	Where the path reaches a lane called Wood End, turn right into the lane (Saffron Trail roundel) and continue into the village of Widdington, where the road becomes High St. Continue along High St to the centre of the village.
6.7miles/10.8km	770yds/700m	Arrive at the Fleur de Lys pub, Widdington. For St Mary's, Widdington bear right just after the pub to take South Green, then turn right into Church Ln. St Mary's is on your left. There is now a pilgrim stamp in the church. You will find it on the table to your left as you enter the church, placed in a shell. If you wish to visit Prior's Hall Barn (English Heritage), then instead of turning right at South Green, continue on down the High St, and follow it as it curves left. The entrance is a hundred yards or so along, on the left.
6.9miles/11.1km	330yds/300m	Immediately after St Mary's, take the footpath running left (Saffron Trail roundel). It passes through a narrow belt of trees then turns right. A well-marked track then runs left at a 45 degree angle, crossing a large field to reach Park Wood.
7.3miles/11.7km	660yds/600m	Follow the path as it skirts to the left of Park Wood, then continues over another prairy-like field to reach Cabbage Wood.
7.6miles/12.2km	550yds/500m	When you reach Cabbage Wood, turn left along the wide, well-used farm track (Saffron Trail roundel) to reach Waldegraves.

7.9miles/12.7km	550yds/500m	At Waldegraves continue straight on along the same farm track (Saffron Trail roundel) until you reach a lane.
8.1miles/13km	330yds/300m	Turn left onto the lane and cross over, following the lane as it curves left. After 100yds take the track leaving on your right. (Saffron Trail roundel and black Byway sign). Follow this track as it descends to the village of Newport, reaching the railway station. Look out, on your left at the bottom. Of the hill, for a narrow path between white picket fencing that leads off the track to the railway station – it is easy to miss
9.1miles/14.6km	1mile/1.6km	At Newport railway station, turn left (Saffron Trail roundel and Byway fingerpost) cross left over the footbridge to emerge in Station Rd, which you follow up to London Rd B1383.
9.3miles/15km	440yds/400m	Turn right into London Rd and continue to Church St. We leave the Saffron Trail at this point.
9.6miles/15.4km	440yds/400m	Turn left into Church St for St Mary's, which is 100yds straight ahead. To continue, turn right out of the church and take the path across the graveyard. This becomes a tarmacked footpath that leads to the Diana Sell Memorial Playground (to your left). Ahead of you is a stream, Wicken Water. At this point the route joins the Harcamlow Way.
9.8miles/15.8km	440yds/400m	On the far side of the playground, and just before a belt of trees and Wicken Water, turn left and pass beside a wooden five-bar gate (bearing a yellow 'CCTV in operation' sign),and follow the margin of the playground until you reach some houses. Follow the path as it runs to the right of the houses (Harcamlow Way roundel on post) then joins a road (Tenterfields) and reaches a road junction.
9.9miles/15.9km	110yds/100m	At the junction, turn right onto School Ln, cross Wicken Water on a wooden footbridge, (Byway finger post and Harcamlow Way roundel on the post), and turn left onto Bury Water Ln. Look out for Whiteditch Ln, on your right. There is a Byway fingerpost to the left of the junction at this point.

10miles/16km	110yds/100m	Turn right on to Whiteditch Ln and follow it as it curves right, then left, before entering a long straight stretch. Continue on Whiteditch Ln until, after a house on your left called Charlotte's Meadow, the way becomes an unmetalled footpath between hedges.
10.4miles/16.7km	770yds/700m	Continue along the footpath until you reach fields, divided by a row of scrubby trees.
10.5miles/16.9km	220yds/200m	Walk to the right of the row of scrubby trees along the field margin. The path is indistinct on this stretch. Follow the field margin as it curves left and reaches a farm track.
10.6miles/17km	110yds/100m	Turn right to follow the farm track. OS maps label this stretch Saffron Trail, but there are no roundels to indicate this. The track becomes concreted and runs to the right of a tall hedge, descending now through fields towards Wendens Ambo. Continue downhill until you reach Rookery Ln.
11miles/17.7km	660yds/600m	Turn left onto Rookery Ln and follow it as it bears sharp right and reaches Duck St at a T-junction
11.2miles/18km	330yds/300m	Turn right into Duck St and follow it until it reaches Royston Rd, the B1039. If you want to visit the Bell, turn left onto the B1039. The bell is 100yds on the right (no pavement). To continue on the route to St Mary's, Wendens Ambo, look out for a five-bar gate leading to a tarmacked footpath to the right of the B1039, Royston Rd. There is a Saffron Trail roundel on the gatepost.
11.5miles/18.5km	550yds/500m	Take the footpath, which leads to Church St. Turn right into Church St and continue until your reach St Mary's.
11.6miles/18.7km	220yds/200m	Arrive at St Mary's. To continue, turn right out of St Mary's churchyard and follow the tarmacked footpath until it reaches a gate (Saffron Way roundel on post) before a car park and (to your left) Wendens Ambo Pre-School. Go through the gate to reach Royston Rd, B1039.
11.7miles/18.8km	110yds/100m	Turn right on to Royston Rd. There is a pavement on the left of the road. Continue until you reach a turning on your right leading to Audley End rail station.
11.8miles/19km	220yds/200m	Turn right for the rail station. For Saffron Walden, continue along Royston Rd. Walk until you reach a T-junction with the B1383 Mutlow Hill.

12 miles/19.3km	330yds/300m	Turn left on to Mutlow Hill, cross over and continue to a further junction, where Wenden Rd is on your right.
12.1miles/19.5km	220yds/200m	Turn right into Wenden Rd. Continue until you reach a belt on woodland to your left. On the far side of the wood is a footpath with a wooden fingerpost bearing a Saffron Trail roundel
12.7miles/20.4km	990yds/900m	Turn left onto the footpath and follow it – the path squeezed after a grassy stretch between a wall and a metal barrier – to Abbey Farm, where you reach a T-junction with a farm track.
13miles/20.9km	550yds/500m	Turn left on the farm track (Saffron Trail roundel) and follow it between two terraces of white cottages until you reach Audley End Rd
13.1miles/21km	110yds/100m	To visit Audley End House, site of Warden Abbey, turn left. The entrance will be on our right.
13.2miles/21.2km	220yds/200m	Reach the entrance to Audley End House. To continue, retrace your steps, but continue along Audley End Rd past the point at which you joined it, looking out for a gateway in the brick wall to your left.
13.7miles/22km 13.5miles/21.7km	880yds/800m	Take the path through the gateway on your left (Saffron Trail and Harcamlow Way roundels, as these paths combine on this stretch). Emerge on the far side of parkland in Abbey Ln.
14.1miles/22.7km 13.7miles/22km	770yds/700m	Walk up Abbey Ln to High St.
14.2miles/22.8km 14miles/22.6km	110yds/100m	Turn left into High St. The Cross Keys Inn is on your right after 100yds. Continue to Church St, a turning on your right. The Saffron Hotel is just past this turning, in High St.

14.3miles 14.1miles/22.7km	110yds/100m	Turn right into Church St for St Mary's, which is 200 yards ahead on your left.
14.4miles 14.2miles/22.9km	110yds/100m	Arrive at St Mary's, Saffron Walden.