

**'Across Essex' distance and public transport chart**  
**For *Walking in Essex*, Cicerone Press**  
**Stage 1 is the Epping Forest Traverse; stages 2 to 11 form the Essex Way**

Always check before travel, especially weekend / bank holiday rail travel.

**Quick links:**

**In London** [tfl.gov.uk](http://tfl.gov.uk)  
**In Essex** [travelessex.co.uk](http://travelessex.co.uk)  
**Rail services** [nationalrail.co.uk](http://nationalrail.co.uk) [greateranglia.co.uk](http://greateranglia.co.uk)

In Essex, Chelmsford and Colchester buses only are shown.

Regular daily routes only shown. Occasional 'market day' buses not included.

Many bus services do not run after about 6pm and some even earlier.

stage	place	grid	from previous		total		public transport
			miles	km	miles	km	
Stage 1	Manor Park station	TQ419857	0.0	0.0	0.0	0.0	frequent buses and Elizabeth line trains
	Green Man roundabout	TQ398877	2.3	3.7	2.3	3.7	frequent buses
	Waterworks corner	TQ394903	1.6	2.6	3.9	6.3	frequent buses
	Queen Elizabeth's Hunting Lodge	TQ397947	3.2	5.2	7.1	11.5	0.5 mile / 800m from Chingford rail station
	High Beach	TQ412981	2.4	3.9	9.5	15.3	
	Golding's Hill	TQ428985	1.5	2.4	11.1	17.8	buses to Debden tube and Waltham Cross rail station
Stage 2	Epping station	TL462015	3.4	5.4	14.4	23.2	Central line tube and local buses
	Toot Hill	TL515024	4.6	7.4	19.0	30.6	
Stage 3	Chipping Ongar	TL552031	2.8	4.6	21.9	35.2	hourly bus to Epping, approx 12 buses/day to Chelmsford (not Sundays)
	Cannon's Green	TL574062	3.2	5.1	25.0	40.3	
	Willingale	TL596073	1.9	3.0	26.9	43.3	six buses / day to Chelmsford (not Sundays)
Stage 4	Salt's Green	TL621109	3.3	5.3	30.2	48.6	hourly bus to Chelmsford
	Good Easter	TL626120	1.1	1.8	31.3	50.3	
	Stagden Cross	TL637149	2.4	3.8	33.7	54.2	
	Pleshey	TL665145	2.3	3.6	35.9	57.8	four buses / day to Chelmsford (not Saturdays or Sundays)
Stage 5	Great Waltham	TL695136	2.2	3.5	38.1	61.3	hourly bus to Chelmsford
	Great Leighs	TL725165	3.4	5.5	41.5	66.8	half-hourly bus to Chelmsford Monday to Friday, hourly weekends
	Terling ford	TL768151	3.9	6.2	45.4	73.0	
Stage 6	White Notley	TL787184	3.9	6.2	49.2	79.2	hourly trains
	Cressing church	TL793203	1.6	2.6	50.8	81.8	
Stage 7	Coggeshall church	TL853229	5.9	9.5	56.7	91.3	hourly bus to Chelmsford and Colchester *
	Great Tey	TL892258	3.6	5.9	60.4	97.1	four buses / day to Colchester (two on Saturdays, none Sundays)
	Chappel & Wakes Colne station	off route	1.2 miles / 1.9 km from Way				hourly trains
Stage 8	Fordstreet bridge	TL920271	3.1	4.9	63.4	102.0	half-hourly bus to Colchester (hourly Saturdays, two-hourly Sundays)
	West Bergholt (Chapel Road)	TL920271	3.2	5.2	66.6	107.2	bus to Colchester * every 45 mins (90 mins on Sundays)
Stage 9	Great Horkesley (Half Butt Inn)	TL 981292	1.8	2.9	68.4	110.1	bus every 15 mins to Colchester * (hourly Sundays)
	Boxted	TL998332	4.1	6.6	72.5	116.7	
	Gun Hill	TM042332	4.1	6.6	76.6	123.2	
	Stratford St Mary (Black Horse)	off route	0.4 miles / 600m from Way				approx ten buses / day to Colchester, not Sundays
Stage 10	Dedham	TM057331	1.2	1.9	77.8	125.1	approx 4 buses a day (6 at weekends) to Colchester
	Lawford (Cox's Hill)	TM094315	3.7	5.9	81.4	131.0	0.5 miles / 800m from Manningtree rail station
	Mistley	TM117317	1.8	2.9	83.2	133.9	hourly trains, also same buses as Bradfield
	Bradfield (Village Maid) **	TM142301	2.3	3.7	85.5	137.6	hourly bus (six/day on Sundays) to Colchester
Stage 11	Wrabness church	TM174318	2.3	3.7	87.8	141.2	0.5 miles / 800m from Wrabness rail station (hourly trains)
	Ramsey	TM212304	3.3	5.2	91.0	146.5	
	Harwich	TM261324	5.5	8.9	96.5	155.3	hourly trains

\*\* 600m south of the Essex Way. Mileage shown at Bradfield village hall.

In Colchester, all buses serve the city centre, close to the Town station.

\* indicates that a Colchester bus also serves the North (main) station.