

Young Oak Wood

This young oak wood has hawthorn, wild rose and a summer carpet of purple spiked self heal, so named for its healing properties.

In the sunny glade grows rosebay willowherb, teasles, thistles and ragwort. This tall yellow plant is poisonous to horses and cattle and is not in the best possible taste. In spring it plays host to the tiger striped caterpillars of the cinnabar moth.

Willowherb was grown as a Victorian ornamental plant but thrives today on disturbed or burnt ground, hence its name ire weed.

The Essex Way

You are now on the Essex Way, an 81 mile cross county walk linking Epping with Harwich.

Lyons Hall

Lyons Hall Church with its distinctive tower was the centre of the old settlement of Great Leighs. As Essex is lacking in building stone, a round tower was built using local flint.

Distance and time taken

Complete circuit – 6½ miles (10½ km) – 4 hours. Short walk – (via Castle Close) – 3½ miles (5km) – 2 hours

Going

Undulating countryside and some country lanes.

Habitat types

Ancient woodland, hedgerows, willow plantations and water meadows.

Ordnance Survey Map

1:50 000 – Chelmsford, Harlow area – Landranger Sheet 167. 1:25 000 – Great and Little Waltham – Pathfinder Sheet TL 61/1

Refreshments

Three pubs to choose from plus village post office.

Dogs

Under close control please.

Sandylay Wood

Look out for the splendid coppiced lime beside the path. In Summer, look out for Perforate St. John's Wort beside the path with its yellow flowers and small leaf perforations'. It also has strange powers so wildside walkers beware. Tread on the plant after sunset and prepare yourself for a ride through the heavens on a supernatural horse! British Airways eat your heart out!

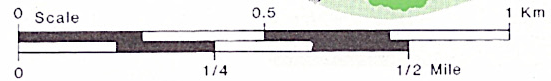
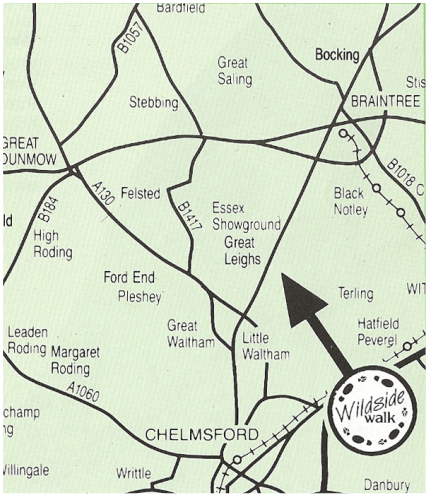
The Willow Industry

The cricket bat willow industry is traditional to East Anglia and centres on Great Leighs. The willow nursery or 'set bed' produces shoots which are cut every four years. These are planted and grow on a standards' for a further 15-20 years. This willow timber has the special properties needed for making cricket bats and other products. The trees are processed into bat sized pieces at Wright's timber yard, the largest producers of cricket bat willow in the world. Watermark disease once threatened the Industry but with the help of Essex County Council Willow Inspectors, outbreaks are detected early and the disease is now under control.

Healthy Life Essex

www.HealthyLifeEssex.co.uk

Country Walking in Essex  
Sandylay & Moat Woods



- • • Public Right of Way
- o o o Courtesy Path
- ➔ Other public paths
- P Parking
- WC Toilets
- ☕ Refreshments
- ✕ Stile or gate
- FP. Finger post
- == Bridge
- 🌳 Trees/hedges/scrub
- 🏠 Built-up area
- 🌲 Woodland
- 🌾 Grazing
- 🌱 Crops
- 🌿 Hay meadow
- 🌊 Marsh