

## Abridge History

Abridge is the only substantial village in the Parish of Lambourne. It takes its name from the bridge crossing the River Roding, which has been an important crossing for centuries. On the Sextons Map of Essex, 1576, it is marked as Heybridge.

The oldest buildings in Abridge are the Roding Restaurant and Roding House which date back to Medieval times.

St Mary's and All Saints Church was the only church near Abridge until 1836. Until this time villagers had to walk three miles to get to church using footpaths as there were no direct roads.



*St Mary's and All Saints Church*

Lambourne Parish is also home to Stapleford Tawney Aerodrome. It was opened in 1933 as a base for Hillman Airways using Biplanes to fly to Europe. Hillman was bought up by Whitehall Security Corporation Ltd and merged with three other airlines to form British Airways in 1936. The RAF took over Stapleford Tawney Aerodrome during World War II, to use as a satellite station for North Weald.

## About the Walk



*Veteran Hornbeam in Mutton Corner.*

The Abridge Country Walk is approximately 3 miles around the ancient woodlands of Lambourne. Alternatively there is a longer walk which encompasses Hainault Forest. This route can be found in the Lambourne Country Walk leaflet.

The footpaths are in good condition but these may become muddy after wet weather. Sturdy footwear is advised. There is a small amount of road walking involved along main roads, please be aware of traffic and take care whilst walking on the road. As you walk please follow the Country Code. Keep dogs on a lead near livestock, and keep to the footpath when walking across privately owned land.

There is roadside parking on New Farm Drive, RM4 1BS

For any footpath queries please contact Essex County Council on 08457 430 430.

For more information about Countrycare visit:  
[www.eppingforestdc.gov.uk/countrycare](http://www.eppingforestdc.gov.uk/countrycare)

Or contact us via email at:  
[contactcountrycare@eppingforestdc.gov.uk](mailto:contactcountrycare@eppingforestdc.gov.uk)

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*Photo credit Martin Rogers*



# Abridge Country Walk



*Red Campion*



# Points of Interest

## 1. Apes Grove

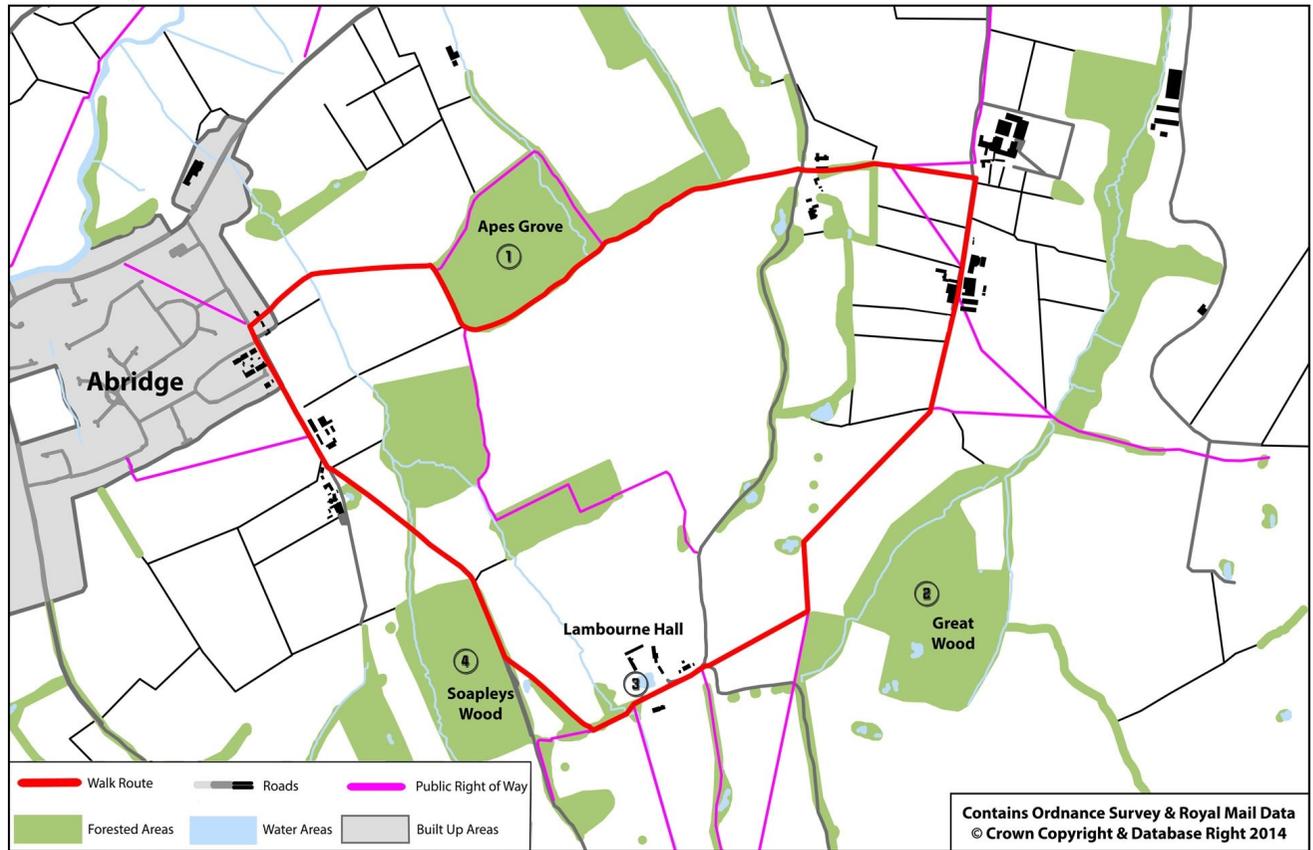
Apes Grove is home to the Estate's only known Wild Service Tree. This species is relatively rare in Britain and is confined to pockets of Ancient Woodland. The fruit of the Wild Service Tree was traditionally used as a herbal remedy for colic, the Latin name *Sorbus torminalis* means "Good for colic". Before the introduction of hops the fruit was used to flavour beer. The bark of the Wild Service Tree has a chequered effect caused by the bark peeling off in places. This is one of the theories as to where the pubs with the name Chequers comes from.



Wild Service Tree

## 2. Great Wood

Great Wood and Apes Grove are both known locally for their display of bluebells in the Spring. These stunning flowers are just one of several ancient woodland indicator species present in the woodland. Others include Dogs Mercury, Wood Sorrel and Wood Speedwell.



## 3. St Mary's and All Saints Church

St Mary's and All Saints Church is a 12th century church with a wooden tower and leaded spire. It stands in the middle of the parish of Lambourne. There is an original Norman archway dating back to 1120 AD. The Cedar in the Churchyard entrance is one of the 50 Favourite Trees. The Church is open during the day for visitors. Please do not enter if there is a service in progress.



## 4. Soapley's Wood

The walk beside Soapley's Wood is part of a path between the church and Abridge village made by deed of gift to the parish when the original footpath was blocked by the landowner in 1589.

