**One Stop on the Tube Part 2, Saturday 22nd November 2014**

19 walkers, 19 miles – leader Peter Aylmer

We had 19 all told, very good I thought considering the weather which was indeed gloomy with intermittent rain. Walkers came from as far afield as Bracknell and Northampton. We started out on the Essex Way, headed south to Theydon Upland church – one of three Theydons on the walk - before crossing the Roding to Lambourne church (one of the prettiest churchyards in Essex) and heading by green lane and Hainault Forest to its country park – alas walkers had to take my word that there are fantastic views across London on the final descent.

After a quick café stop, we took the London Loop for a couple of miles before cutting across to Abridge (lots of stiles to hold us up!) and crossing the Roding once more. It was all but dark by Theydon Garnon church so it was headtorch time for the last half-hour – a shame, as from the final meadows Theydon Bois tube looks like a little country station.