Distance and time taken
2 miles (3 km) – allow 1-2 hours.

Going
Good, slightly hilly. Ground may be soft after rain. Wear strong shoes, boots or Wellington boots.

Transport
For details of public transport for this walk contact the Travel Line on 0870 608 2608.

Habitat types
Ancient woodland, unimproved flower rich meadows, hedgerows.

Ordnance Survey Map
Explorer 195.

Parking
Aubrey Buxton reserve car park situated off Alsa Street.

Refreshments
There are seven pubs in nearby Stansted Mountfitchet and plenty of shops.

Dogs
If you take your dog with you, please keep it under control, preferably on a lead.

More about Aubrey Buxton Nature Reserve
Although the walk route doesn’t pass directly through the reserve, you could take time at the start or end of your walk to explore this wild area. Why not eat your picnic in one of the sunny clearings? Originally the pleasure park to Norman House, this reserve is high woodland interspersed with grassland on a sandy/gravel soil. It has three man-made ponds, probably about 200 years old, and three further ponds dug in the 1950s when it was a wildlife park. It was donated to the Essex Wildlife Trust by Lord and the late Lady Buxton in 1976.

Cowslip, Wild Strawberry and Common Spotted Orchid grow in the meadows, along with the uncommon Lesser Lady’s Mantle and Adderstongue Fern. Hop Sedge, which is very localised in this part of Essex, grows around the ponds.

The many bird species include Nuthatch, Owls, Woodpeckers and a number of summer visitors. Twenty-two species of butterfly have been recorded and in good years numbers can be impressive.

Many mature trees were lost in the storms of 1987 and 1990. This left Poplar trees very prone to storm damage and in 1991 many of these were felled. They are gradually being replaced with native trees, and notably a dozen Black Poplar native only to Britain. This species formerly played an important part in country life, being planted to give shade to cattle and to provide firewood and charcoal for the home.
Wild Hops

Masses of rough and shaggy Hop leaves can be seen in the hedgerows which run alongside the footpaths.

Hops are a well known ingredient of beer, but the fibres are used to make cloth and the young shoots can be eaten, a favourite dish of the Italians is 'Hops and Tagliatelli'!

Lord Aubrey Buxton

Aubrey Buxton, the co-founder of Anglia Television was greatly influenced by his interest in wildlife. He established the local 'Countryman' series which went on to become the 'Countryfile' series which is watched by millions of viewers around the world.

Coppiced Hazel

Along some of the footpaths you will see coppiced Hazel trees (all branches coming up from a central 'stool'). The coppiced branches of Hazel are thin and easily twisted and are woven together to make hurdles in a similar way to Willows.

Veteran Oaks

These oaks are over 50 years and his involvement with conservation programmes on local wildlife and the Essex Wildlife Trust has also been named after him.

Stansted

Mountfitchet

Stansted means 'stony place' in Saxoan and really means 'stony Mountfitchet'. The suffix Mountfitchet was added to the name after the Norman invasion of England, although it wasn't until the invasion of England, during the Norman place in Saxoan and Fen. Very few remnants of the baron's castle remain but the castle itself exists on a reconstruction of a Norman castle. The area is now part of the Essex Wildlife Trust reserve and is a nature reserve with conservation programmes.

Nature Reserve

Norman House

Brickyard Plantation

Gall End

To Stansted

Mountfitchet

Wildlife

Veteran Oaks

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