

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

We know that being outside is good for our wellbeing, both mental and physical. Besides the open countryside, we are fortunate in The Hundred Parishes to have parks and gardens where we can walk, sit and enjoy nature. I will mention just a few.

Bridge End Gardens in Saffron Walden was created by a local businessman and Quaker, Francis Gibson, in the 1840s. It is now managed by Saffron Waldon Town Council. Delights to explore include the hedge maze, rose garden and Dutch garden.

The Gardens of Easton Lodge in Little Easton have limited opening hours which can be found on our website www.hundredparishes.org.uk. They were designed by Harold Peto in 1902 for the Countess of Warwick who lived at Easton Lodge.

In Sawbridgeworth, Pishiobury Park was redesigned by Capability Brown in the 18th century as an enclosed park. It is a registered historic park and includes wet woodland, grazed fields, an oak walk, meadows and part of the River Stort.

Birchanger Wood comprises 69 acres of ancient coppiced woodland, managed and owned by the Birchanger Wood Trust. Three miles of all-weather, wheelchair-friendly paths make it easy to explore.

In Stansted Mountfitchet, the Aubrey Buxton Nature Reserve is a 25 acre woodland with six man-made ponds. It was originally part of the park and garden of Aubrey Buxton's house. He was a co-founder of the World Wildlife Trust and donated the land to Essex Wildlife Trust. Today you can enjoy circular walks passing the ponds through the wood.

June is the month when many private gardens open to the public, even groups of gardens in Duxford and Ickleton – details appear on the What's On section of our website.

We hope you enjoy the summer and explore some of our wonderful parks and gardens.