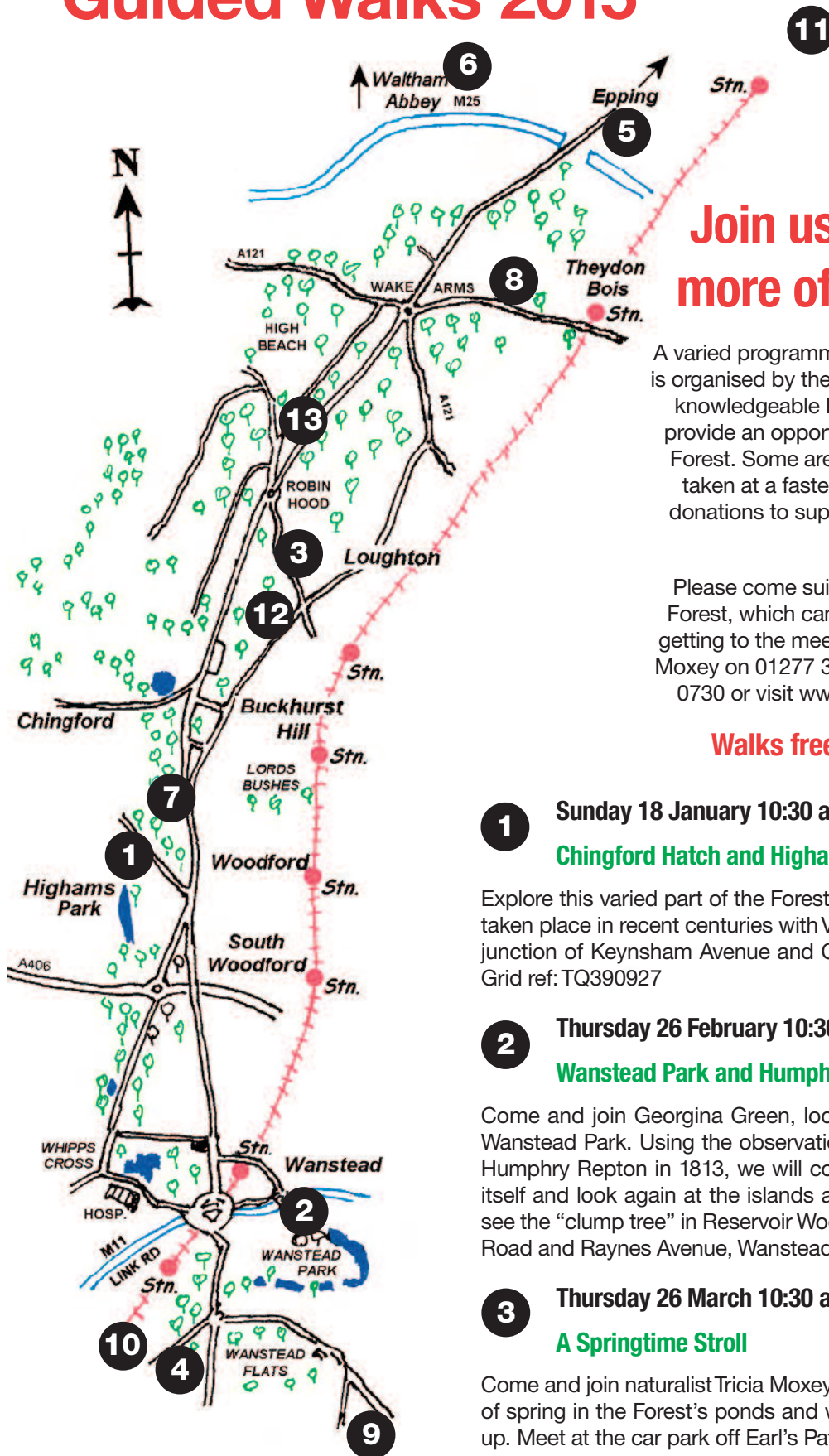


Friends of Epping Forest

Programme of Guided Walks 2015



Join us and discover more of Epping Forest

A varied programme of walks throughout the Forest is organised by the Friends of Epping Forest. Led by knowledgeable Forest enthusiasts, these walks provide an opportunity to find out more about the Forest. Some are a gentle stroll, while others are taken at a faster pace. The walks are free, but donations to support the work of the Friends are welcome.

Please come suitably dressed for walking in the Forest, which can be wet and muddy. For help in getting to the meeting points, please contact Tricia Moxey on 01277 364522 or Judy Adams, 020 8418 0730 or visit www.friendsofeppingforest.org.uk

Walks free, donations welcome.

1 Sunday 18 January 10:30 am – 12:30 pm Chingford Hatch and Highams Park

Explore this varied part of the Forest and the many changes that have taken place in recent centuries with Verderer Peter Adams. Meet at the junction of Keynsham Avenue and Chingford Lane, Woodford Green. Grid ref: TQ390927

2 Thursday 26 February 10:30 am – 12:30 pm Wanstead Park and Humphry Repton

Come and join Georgina Green, local historian, for a walk exploring Wanstead Park. Using the observations made by landscape designer Humphry Repton in 1813, we will consider the views from the House itself and look again at the islands and the Glade, and walk round to see the "clump tree" in Reservoir Wood. Meet at the junction of Warren Road and Raynes Avenue, Wanstead, E11 2LS. Grid ref: TQ413877

3 Thursday 26 March 10:30 am – 12:30 pm A Springtime Stroll

Come and join naturalist Tricia Moxey on a gentle stroll to see the signs of spring in the Forest's ponds and woodlands as the weather warms up. Meet at the car park off Earl's Path, Loughton. Grid ref: TQ415967



4 Sunday 12 April 10:30 am – 12:30 pm

Spring Migrants on Wanstead Flats

Come and join bird expert Tim Harris for an amble across the Flats to see and hear some of the resident and migratory species which reside in this part of the Forest. Please do bring your binoculars! Meet at the Jubilee Pond car park, off Lake House Road, London E11 3NW. Grid ref: TQ403864

5 Saturday 16 May 2:00 pm – 4:00 pm

May in the Forest

Join Ron and Pat Andrews to explore the Forest to the south of Epping. You'll find a few early summer flowers and lots of signs of other wildlife. Meet at Forest Gate Inn, Bell Common, Epping CM16 4DZ from 12:30 pm for lunch or meet at 2:00 pm for the walk. Park along Bell Common. Grid ref: TL451 011

6 Saturday 20 June 7:00 pm – 9:00 pm

A Midsummer Evening Walk

Sue McKinley leads an exploration of the woods and open farmland just to the north of Upshire. A walk of contrasts with wild flowers, woods and views! Meet Copthall Green, at the junction of Fernhall Lane/Long Street and the Upshire village road. Near postcode is EN9 3TA. Grid ref: TL421012

7 Sunday 5 July 10:30 am – 12:30 pm

Birkbeck, Whitehall and Hatch Forest

Join Verderer Peter Adams to discover some of these less visited parts of the Forest. Meet at The Pines, off Whitehall Road, Woodford Wells. Grid ref: TQ400937

8 Sunday 2 August 10:00 am – 1:00 pm

Great Gregories and beyond

A longer and brisk walk, exploring some of the outliers of Epping Forest, once part of the Forest. Led by Alan Curran. Meet Jack's Hill car park north, off the B127. Grid ref: TQ436996; nearest postcode: CM16 7DR.

9 Sunday 13 September 9:00 am – 5:00 pm

The Annual Epping Forest Centenary Walk

Discover a little more about the whole Forest! Walk the entire length of Epping Forest in the day or take part in one of the local sections of the long walk. Celebrate how lucky we are to have Epping Forest!

Arranged by the Friends of Epping Forest, with support from the Ramblers and the Corporation of London, the walk marks the centenary of the passing of the Epping Forest Act. For more details, contact 020 8418 0730 or visit www.friendsofeppingforest.org.uk

10 Sunday 11 October 10:00 am – 1:00 pm

Wanstead Flats, Park and a View of the Roding

Join Mike Smith for a slightly longer walk in the open spaces of Wanstead Flats, Park and the River Roding. A good chance to stretch your legs a little and see how these spaces join up. Meet at the Harrow Road Pavilion car park, Harrow Road, E11 3QD. Grid ref: TQ397865

11 Sunday 18 October 10:30 am – 12:30 pm

An Autumn Stroll in Gernon Bushes for Fruits and Fungi

An opportunity to discover what's growing this autumn in the Nature Reserve with guides Tricia Moxey and Reserve Warden Brian McGhie. Meet at the entrance to the Reserve in Garnon Mead, Coopersale. Turn off B181 Epping to North Weald Rd into Coopersale Common Lane and then left into Garnon Mead beyond railway bridge, CM16 7RN. Grid ref: TL476031

12 Sunday 8 November 10:30 am – 12:30 pm

From the Stubbles to the Fields

A fresh look at parts of Loughton's Forest, led by Verderer Jo Thomas. We'll walk over the fields with views to the Roding Valley and beyond and through the woods of Epping Forest and adjacent buffer land. A few little climbs en route! Meet at the Stubbles Car Park, off Nursery Road, near junction with Connaught Avenue, Loughton. Grid ref: TQ418964

13 Sunday 13 December 10:30 am – 12:30 pm

Around the Beach

A pre-Christmas celebratory walk led by naturalist Judy Adams. Mince pies and drinks provided at the end. Meet at Epping Forest Visitor Centre, behind the King's Oak Public House, IG10 4AE. Grid ref: TQ412982

Become a member of the Friends of Epping Forest and help us protect the Forest and help other people learn about and enjoy it. Contact: Membership Secretary jean.brockington@btopenworld.com 020 8529 3077 www.friendsofeppingforest.org.uk