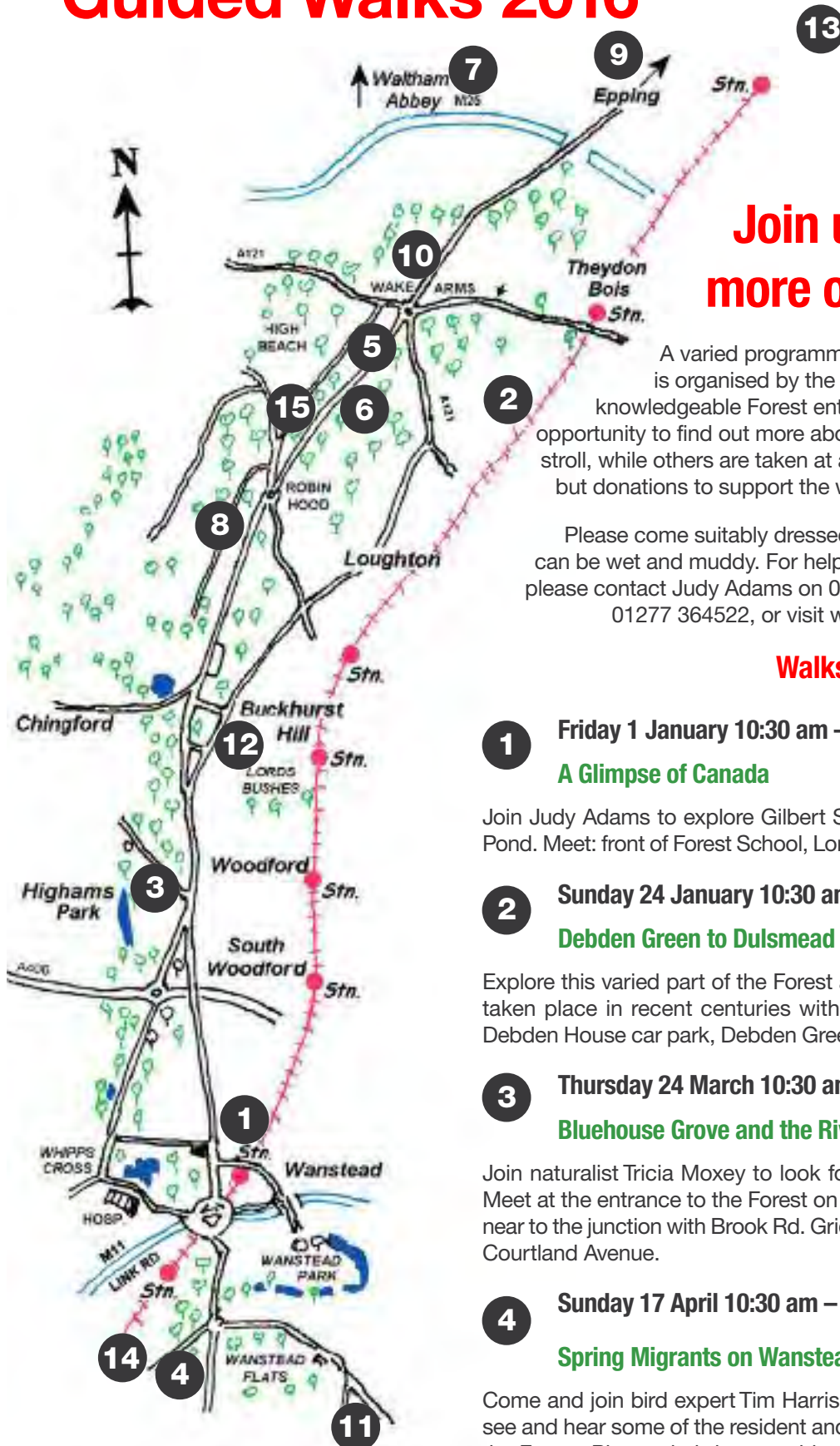


Friends of Epping Forest

Programme of Guided Walks 2016



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 Judy Adams on 020 8418 0730 or Tricia Moxey on 01277 364522, or visit www.friendsofeppingforest.org.uk

Walks free, donations welcome.

1 Friday 1 January 10:30 am – 12:30 pm **A Glimpse of Canada**

Join Judy Adams to explore Gilbert Slade, Canada Plain and Bulrush Pond. Meet: front of Forest School, London E17 3PY. Grid ref: ~~TQ893293~~ TQ393893!

2 Sunday 24 January 10:30 am – 12:30 pm **Debden Green to Dulsmead**

Explore this varied part of the Forest and the many changes that have taken place in recent centuries with Verderer Peter Adams. Meet at Debden House car park, Debden Green, IG10 2NZ. Grid ref: TQ438982

3 Thursday 24 March 10:30 am – 12:30 pm **Bluehouse Grove and the River Ching**

Join naturalist Tricia Moxey to look for signs that winter is at an end. Meet at the entrance to the Forest on the south side of Whitehall Road near to the junction with Brook Rd. Grid ref: TQ399938 Parking in nearby Courtland Avenue.

4 Sunday 17 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 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: TQ401863

Guided Walks 2016

5 Saturday 7 May 10:30 am – 12:30 pm

Exploring Honeylane Quarters and Beyond

Join Ron and Pat Andrews for a walk from Wake Valley Pond, taking in Sunshine Plain, the Big View and Rushey Plain. Meet at Wake Valley car park, off Epping New Road (A104) on the west side, just south of the Wake Arms Roundabout (Miller and Carter). Grid ref: TQ422989

6 Sunday 12 June 10:30 am – 12:30 pm

Monks in the Forest

Join Verderer Peter Adams to explore Great and Little Monk Woods in the heart of the Forest. How were the monks involved and what did the woods mean to Loughton residents? Meet at Mount Pleasant car park off the Epping New Road (A104) on the east side, to the south of the Wake Arms Roundabout (Miller and Carter). Grid ref: TQ418982

7 Saturday 18 June 7.00 pm – 9.00 pm

A Midsummer Evening Walk

Join Sue McKinley for an evening ramble through the woods and fields just north of Upshire. A good time and place for wild flowers and deer, wide skies and sunsets. Meet at the end of Fernhall Lane/Long Street near the junction with the Upshire village road. Grid ref: TL421012. Nearest postcode is EN9 3TA.

8 Sunday 3 July 10:00 am – 1:00 pm

Exploring the Forest around West Essex Golf Club, Trueloves and beyond

Join Alan Curran to explore the western fringes of the Forest north of Chingford. Meet at Fairmead Oak Car Park, Fairmead Road, High Beach. Grid ref: TQ408968

9 Sunday 10 July 10:30 am – 12:30 pm

A Wander round Swaines Green for Summer Flowers and Insects

Join Tricia Moxey and Martin McCleary. Meet at the Lower Swaines entrance close to Epping Primary School. There is limited parking in Lower Swaines or Coronation Hill at the end of St. John's Rd Epping. CM16 5ES. Grid ref: TL456025

10 Sunday 24 July 10:30 am – 12:30 pm

Discovering Copped Hall Estate's Wildlife

Local biologist and wildlife photographer Peter Warne will share his love and knowledge of the wildlife in and around Copped Hall Estate in Epping Forest. Meet at Lodge Road Car Park, off the Epping New Road (B1393), north of the Wake Arms Roundabout (Miller and Carter). Grid ref: TQ431998

11 Sunday 11 September 9:00 am – 5:00 pm

The Annual Epping Forest Centenary Walk

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 is named for the centenary of the passing of the Epping Forest Act. For more details, contact 020 8418 0730 or visit www.friendsofeppingforest.org.uk

12 Thursday 6 October 10:30 am – 12:30 pm

Knighton Woods

Come and join local historian Georgina Green for a walk exploring Knighton Woods, with exotic trees planted when it was the garden of the home of Edward North Buxton, and Lords Bushes with some colourful native trees. Meet at Forest car park, Knighton Woods, Knighton Lane, Buckhurst Hill IG9 5HQ. Grid ref: TQ407936

13 Sunday 16 October 10:30 am – 12:30 pm

Gernon Bushes in Autumn Hue

An opportunity to discover the autumn harvest of fruits, seeds and fungi in this Nature Reserve with guides Tricia Moxey and Reserve Warden Brian McGhie. Meet at the entrance to the Reserve in Garnon Mead, Coopersale, CM16 7RN. Turn off B181 Epping to North Weald Rd into Coopersale Common Lane and then left into Garnon Mead beyond railway bridge. Grid ref: TL477031

14 Sunday 6 November 10:00 am – 1:00 pm

Wanstead Flats, the Park and a View of the Roding

Mike Smith leads a slightly longer walk linking the open spaces of Wanstead Flats, the Park and the River Roding. Visit these fragments of the earlier much larger "Epping Forest". Meet at Harrow Road Pavilion car park, Harrow Road, E11 3QD. Grid ref: TQ397864

15 Sunday 11 December 10:30 am – 12:30 pm

A Christmas Miscellany

Come and explore High Beach, Rats Lane, the Church and more! Join with us for this pre-Christmas celebratory walk led by naturalist Judy Adams. Mince pies and drinks provided at the end. Meet at the Epping Forest Visitor Centre, behind the King's Oak Public House, IG10 4AE. Grid ref: TQ413982

