

FOREST WALKS AND MORE

January - June 2019

Join our programme of Forest walks or come along to our family activity sessions at the Epping Forest Visitor Centre.

Enjoy the Forest with us and discover more of its heritage. Some walks are a gentle stroll, whilst others are taken at a faster pace. Please come suitably dressed, as the Forest can be wet and muddy.

Walks and activities are free, but donations to support our work are welcome.



EPHING FOREST
HERITAGE TRUST

The Warren Lodge,
Loughton,
Essex IG10 4RN

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Charity no: 275076

 **1** Tuesday 1 January 10:30 am - 12:30 pm
Celebrate the New Year

Join Judy Adams for a walk around High Beach, visiting Big View, the Verderers' Path, the General's ride and more. Try your hand at the quiz. Families welcome.

Meet: Forest car park, Manor Road, High Beach at the Pillow Mounds. Grid Ref: TQ411982

  **2** Saturday 26 January
Drop in between 11:00 am & 2:00 pm
RSPB Big Garden Birdwatch

One hour bird counts at our feeding station, crafty bird activities, making bird feeders and more. Free, but donations encouraged.

Meet: Epping Forest Visitor Centre.

 **3** Sunday 17 March 10:00 am - 1:00 pm
Discovering Deer

Join Mick Collins, as we look for signs of deer and hopefully enjoy sightings of them. We shall walk on to the Deer Sanctuary and see en route clues about their behaviour and impact on the Forest.



Meet: At Lodge Road Car Park, off the Epping New Road (B1393), to the north of the Wake Arms Roundabout (Miller and Carter). Grid Ref: TQ431998

BOOKING REQUIRED. Ring 020 8508 9061

 **4** Thursday 4 April 10:30 am - 12:30 pm
Memories of Edwardian Times in Snaresbrook

Join Georgina Green for a walk to hear about children's games at the Hollow Ponds, Cockneys at the Rising Sun and find out how the area is connected with the Buxton family.

Meet: At the Forest car park on the south side of Snaresbrook Road, London E18. Grid Ref: TQ395890

  **5** Thursday 18 April
Drop in between 11:00 am & 2:00 pm
Family Easter Discovery Activities

Eggs and more, bird mobiles and hopefully we'll see baby birds through our webcam. Free but donations encouraged.

Meet: Epping Forest Visitor Centre.

 **6** Sunday 19 May
Gateway to the Park 10:30 am - 12:30 pm

Join Judy Adams to explore Bush Wood and Jubilee Pond. Find out about Lake House and the stone gate posts.

Meet: Jubilee Pond Car Park, Lake House Lake Road, Leytonstone. Grid Ref: TQ401864

 **7** Thursday 6 June 10:30am - 12:30pm
Ploughed land and gravel diggings

Led by Georgina Green, explore what so nearly happened to the Forest around the Strawberry Hill area before it was saved for us all by the 1878 Epping Forest Act.

Meet: Stubbles Car Park, Nursery Road, near junction with Connaught Avenue, Loughton. Grid Ref: TQ418964

 **8** Saturday 22 June 7:00 pm - 9:00 pm
Midsummer evening walk

Led by Sue McKinley, we'll explore some of the bufferlands, between the Forest ridge and the Cobbins Brook Valley. Hopefully we will see many summer flowers, along with some very good views.

Meet: St Thomas Church, Horseshoe Hill, Upshire EN9 3SS. Grid Ref: TL416 010

For more information:

Epping Forest Heritage Trust

Tel: 020 8508 9061 during office hours

Email: enquiries@effht.org.uk

Web: effht.org.uk

 Location of Epping Forest Visitor Centre,
Paul's Nursery Road, High Beach,
Loughton, IG10 4AE



Walks



Family Events

