

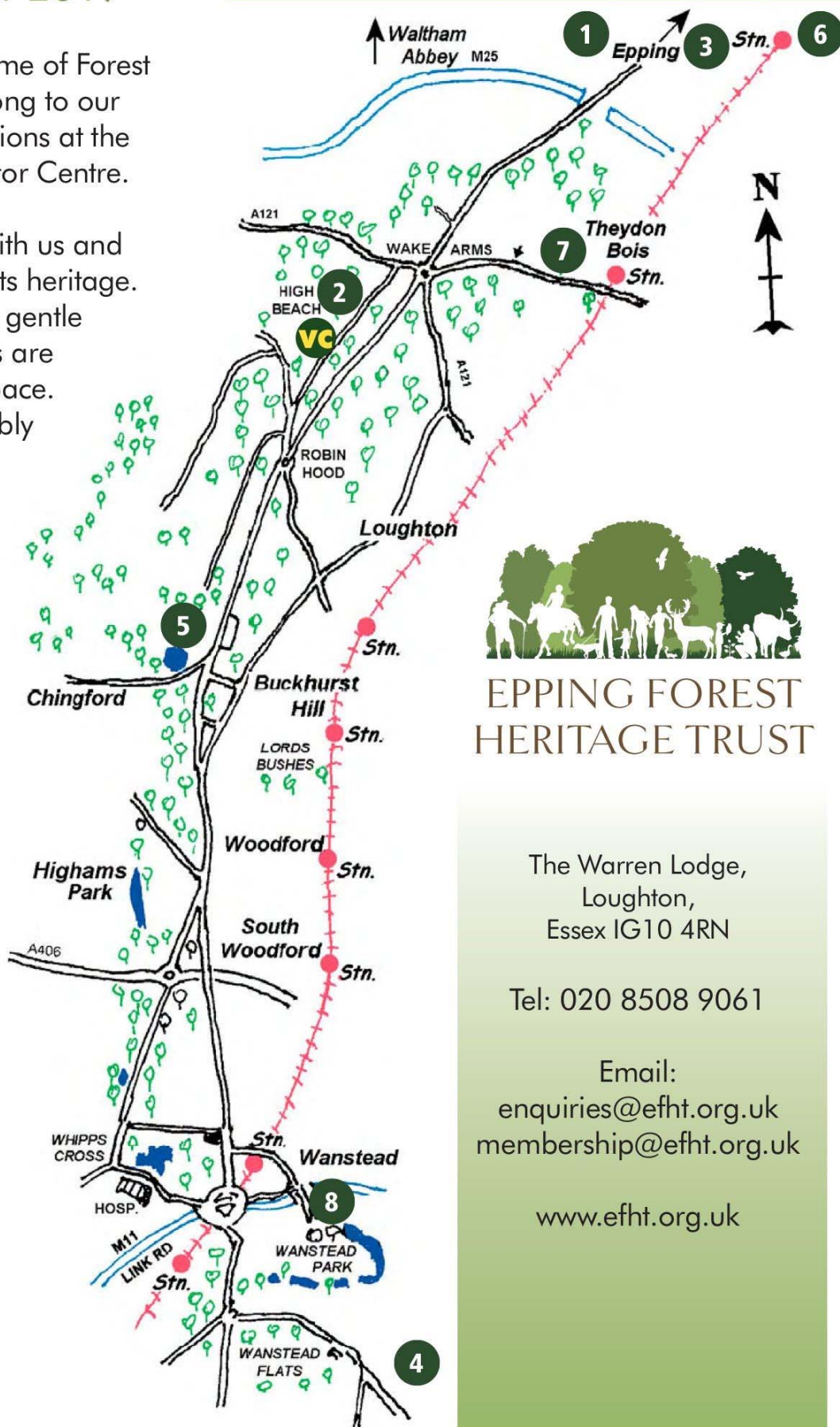
FOREST WALKS AND MORE

July - December 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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Email:
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 **1 Sunday 7 July** 11:00am - 1:00pm
Insects & Summer Flowers at Swaines Green

Join naturalist Tricia Moxey to discover some of the fascinating insects and flowers thriving in this wonderful location on the edge of Epping town.

Meet: Near the entrance off Coronation Hill near to Epping Primary School. There is very limited parking in Lower Swains or in Coronation Hill at the end of St. John's Rd Epping CM16 5DU. Grid ref: TL456026

 **2 Saturday 20 July**
Drop in between 11:00am & 2:00pm
Family Forest Discovery Activities

Butterflies and insect crafts, spotting birds, trying flower smells - which one would attract you?

Free but donations encouraged.

Meet: Epping Forest Visitor Centre.



 **3 Sunday 4 August** 10:30am - 12:30pm
Exploring Wintry Wood

Led by Mike Rumble, a chance to visit this lesser known part of the Forest, also known as the Lower Forest.

Walk the disused C16th Stump Road and discover more about the history and wildlife.

Meet: Woodyard Forest Car Park, on Woodyard Road, off Epping Road, Epping. Between Epping and North Weald. Grid Ref: TL473031

 **4 Sunday 15 September** 9:00am - 5:00pm
The Annual Epping Forest Celebration Walk

Discover more about Epping Forest by walking the entire length in the day or take part in one of the local sections of the long walk from south to north. Celebrate how lucky we are to have Epping Forest! Organised by the Epping Forest Heritage Trust, the West Essex Ramblers and the Conservators of Epping Forest. For more details, contact 020 8508 9061 or visit www.efht.org.uk

 **5 Sunday 6 October** 10:00am - 1:00pm
Walking north from Chingford

An interesting brisk 5 to 6 mile walk by little used paths with Mike Smith, taking in some dense forest, open ferns and a great beech clearing arriving near Robin Hood.

We return via Debden Slade, Strawberry Hill ponds and Connaught Water.

Meet: Chingford Plain Car Park, Bury Road, Chingford E4 7AZ. Grid Ref: TQ394949.

 **6 Sunday 20 October** 10:30am - 12:30pm
Autumn in Gernon Bushes

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

 **7 Sunday 10 November** 10:30am - 12:30pm
A visit to the Deer Sanctuary

Learn about its history and management and meet the residents, with Mick Collins.

Meet: Genesis Slade Car Park, off Coppice Row (B172), Theydon Bois. Grid ref: TQ 438997

 **8 Sunday 8 December** 10:30am - 12:30pm
Wanstead Park Christmas Walk

 Come and enjoy this part of the Forest for a pre Christmas celebratory walk led by naturalist Judy Adams. Suitable for families. Mince pies and mulled wine available at the end.

Meet: at the entrance to the Park on Warren Road, Wanstead (E11 2LS). Grid Ref: TQ414876


For more information:

Epping Forest Heritage Trust

Tel: 020 8508 9061 during office hours

Email: enquiries@efht.org.uk

Web: efht.org.uk

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

 Walks  Family Events

