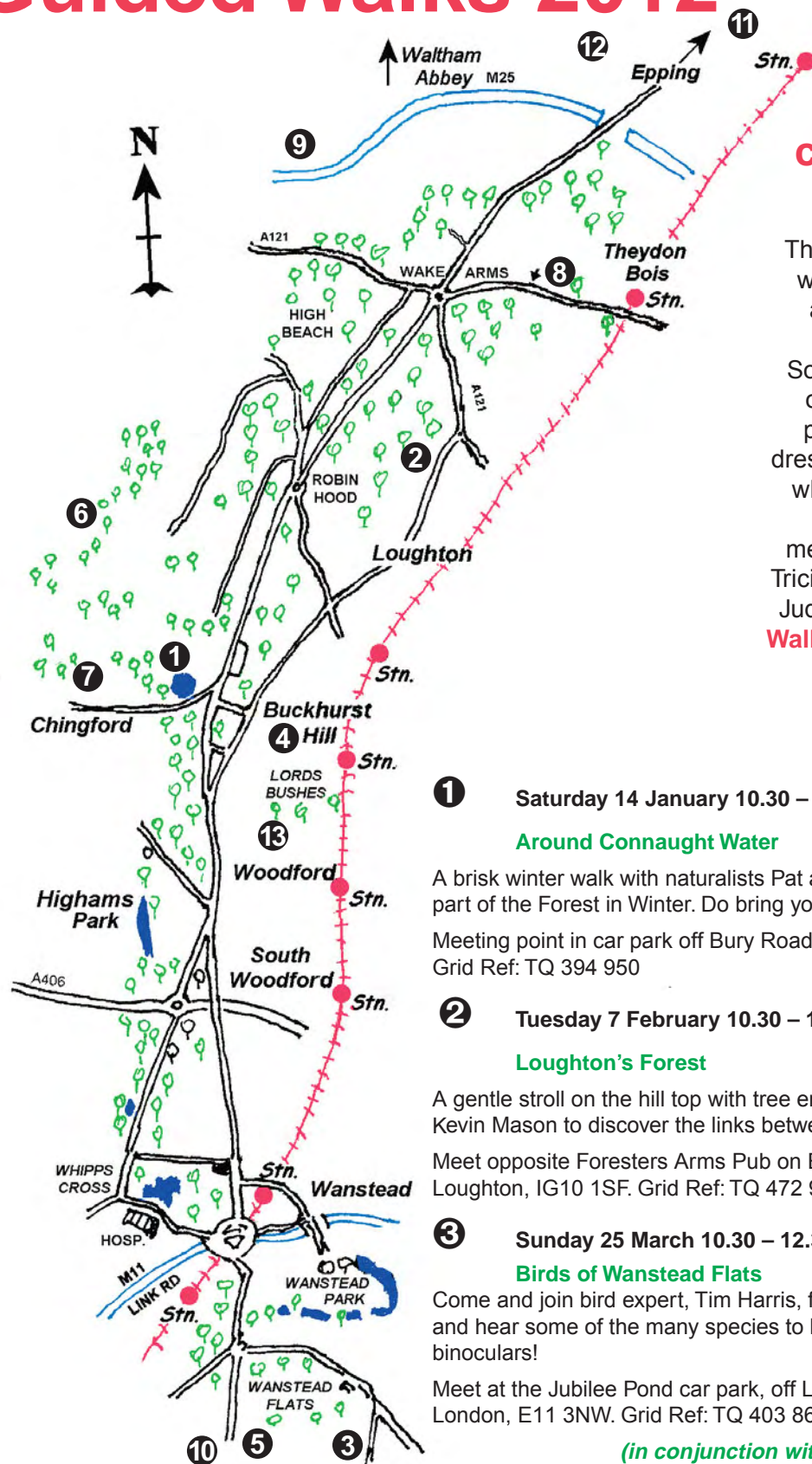


Friends of Epping Forest Programme of Guided Walks 2012



**Join us in the
celebratory year
of 2012**

There's a varied programme of walks throughout the Forest, all led by experienced and knowledgeable leaders.

Some are a gentle stroll, while others are taken at a faster pace. 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 on 020 8418 0730.

Walks free, donations welcome.

1 Saturday 14 January 10.30 – 1.00pm

Around Connaught Water

A brisk winter walk with naturalists Pat and Ron Andrews to explore this part of the Forest in Winter. Do bring your binoculars!

Meeting point in car park off Bury Road, Chingford, E4 7QJ
Grid Ref: TQ 394 950

2 Tuesday 7 February 10.30 – 12.30pm

Loughton's Forest

A gentle stroll on the hill top with tree enthusiasts Tricia Moxey and Kevin Mason to discover the links between the town and the Forest.

Meet opposite Foresters Arms Pub on Baldwins Hill, Loughton, IG10 1SF. Grid Ref: TQ 472 976

3 Sunday 25 March 10.30 – 12.30

Birds of Wanstead Flats

Come and join bird expert, Tim Harris, for walk across the Flats to see and hear some of the many species to be found here. Do bring your binoculars!

Meet at the Jubilee Pond car park, off Lake House Road, London, E11 3NW. Grid Ref: TQ 403 864

(in conjunction with the Wren Conservation Group)



4 **Thursday 5 April 10.30 – 12.30pm**

Commemorating the Epping Easter Hunt

Local historian, Georgina Green assures us there are no deer to chase this time, but expect a good pace as we explore what the Forest was like c.1830 in the Fairmead area, when Tom Hood wrote his poem *The Epping Hunt*.

Meet at Roebuck Green at junction of Roebuck Lane and North End, Buckhurst Hill, IG9 5RF. Grid Ref: TQ 411 945

5 **Sunday 22 April 10.30 – 12.30pm**

Wanstead Park for bluebells and bird song

Naturalists Tricia Moxey and Richard Oakman will lead a gentle amble to see the bluebells and hear some of the early spring migrants in this historic park.

Meet at the entrance to the Park on Warren Road. Wanstead E11 2LS. Grid Ref: TQ 414 876

6 **Thursday 24 May 10.30 – 1.00pm**

Flowers of Fernhills and Trueloves

A brisk walk with naturalists Pat and Ron Andrews to celebrate the summer flowers of Fern Hills and Trueloves.

Meet in the car park of the Owl Public House, Lippits Hill, High Beach. IG10 4AL. Grid Ref: TQ 399 370

7 **Saturday 23 June 7.00 – 9.00pm**

Midsummer Evening Walk

Join Peter Read on a leisurely stroll to celebrate the essence of summer beneath the trees of Bury and Hawkwood.

Meet in the car park, off Bury Road, Chingford, E4 7QJ. Grid Ref: TQ 394 951

8 **Sunday 15 July 10:30 – 12:30**

Around the Theydon Woods

A stroll around this part of the Forest with Verderer Peter Adams to discuss its trees and ancient history.

Meet in the car park off B172 Jack's Hill, Theydon Bois CM16 5HW. Grid Ref: TQ 435 996

9 **Sunday 12 August 2.00 – 4.30**

Upshire's Boundaries, Hedges and Flowery Verges

A chance to explore the many facets of this historic landscape with naturalist Sue McKinley as your guide.

Meet in the car park of Upshire village Hall, Horseshoe Hill, Upshire. EN9 3SP. Grid Ref: TL 416 011

Teas are available afterwards at the Church.

10 **Sunday 16 September 9:00 am – 5:00 pm**

The Annual Epping Forest Centenary Walk

Your chance to walk the entire length of Epping Forest in a day or take part in one of your 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' Association and the Corporation of London, the walk marks the centenary of the passing of the Epping Forest Act. Walk the full day covering the Forest south to north or join in for a section of the walk.

For more details, contact 020 8418 0730 or the website www.friendsofeppingforest.org.uk

11 **Sunday 21 October 10.30am – 12.30pm**

An Autumn stroll in Gernon Bushes for Fruits and Fungi

An opportunity to discover what is growing this autumn in this 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: TL 476 031

12 **Sunday 4 November 2012 10:30 am – 1:00 pm**

A Linear Walk from Epping Long Green to Waltham Abbey

A brisk walk led by Alan Curran exploring the high lands from Epping Long Green. Good views across the Cobbins Valley, Nazeingwood Common and beyond!

Meet in the Cornmill Meadows car park on the Crooked Mile B194 north of Waltham Abbey. Then some cars will drive to Epping Long Green for the gently descending walk back to the remaining cars at Cornmill meadows.

Grid Ref: TL 384 016

13 **Sunday 9 December 10:30 – 12:30pm**

Pre-Christmas celebratory walk

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

Meet in car park entrance to Knighton Woods, Knighton Lane, Buckhurst Hill, IG9 5HQ. Grid Ref: TQ 407 935

Become a member of the Friend 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