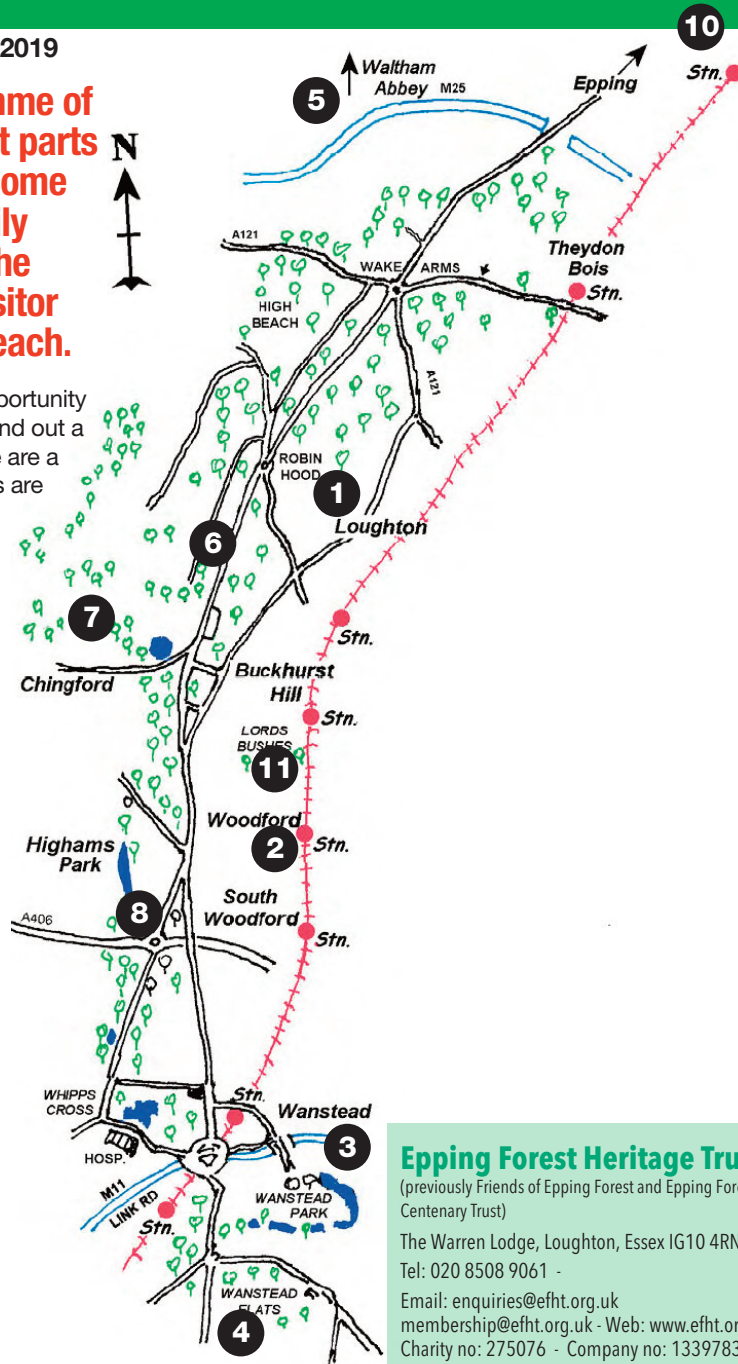


# Epping Forest Heritage Trust Forest Walks and more

July 2018 – January 2019

Join our programme of walks in different parts of the Forest or come along to our family activity days at the Epping Forest Visitor Centre at High Beach.

The walks provide an opportunity to enjoy the Forest and find out a little more about it. Some are a gentle stroll, whilst others are taken at a faster pace. Please come suitably dressed, as the Forest can be wet and muddy. The walks and family activities are free, but donations to support our work are welcome.



## Epping Forest Heritage Trust

(previously Friends of Epping Forest and Epping Forest Centenary Trust)

The Warren Lodge, Loughton, Essex IG10 4RN

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Charity no: 275076 - Company no: 1339783

**1 Sunday 15 July 10:00 am - 1:00 pm**

### Exploring the Irish Hills

A longer walk with Mike Smith exploring the side of the Lea Valley along the western flank of the Forest.

Meet in the car park on Chingford Plain, adjacent to the Chingford Golf Course car park, Bury Road, Chingford E4 7AZ. Grid Ref: TQ394949

**VC Saturday 21 July Drop in between 11:00 am - 3:00 pm**

### Family Forest Discovery Activities

Join us for Forest activities around High Beach – minibeast hunting, pond dipping, discovering small mammals, crafty activities for children & history trail.

Meet: Epping Forest Visitor Centre at High Beach

Jointly run by FSC Epping Forest and the Epping Forest Heritage Trust

**2 Saturday 18 August 10:30 am - 12:30 pm**

### Discovering Walthamstow Forest

We'll find Gypsy Smith's stone, the site of a windmill and more as Ron and Pat Andrews lead us through this interesting area.

Meet at the junction of Oak Hill and Forest Drive, Highams Park. Grid Ref: TQ392913

**3 Sunday 9 September 9:00 am - 5:00 pm**

### The Annual Epping Forest Centenary Walk Part of England's Heritage Open Days

Discover more about Epping Forest by walking the entire length from south to north in the day (circa 13 miles) or take part in one of the local sections of the walk. Celebrate how lucky we are to have Epping Forest!

Arranged by the Epping Forest Heritage Trust, the West Essex Ramblers and the Conservators of Epping Forest.

**4 Sunday 14 October 10:30 am - 12:30 pm**

### Gernon Bushes in Autumn Splendour

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

**VC Friday 26 October 10:30 am - 12:00 pm**

### Activity walk: Discovering the High Beach Easy Access Trail – especially suitable for families with young children.

Making muddy faces, animal tracks, chatting to trees and hunting for wild things.

Meet: Epping Forest Visitor Centre at High Beach

**5 Sunday 9 December 10:30 am - 12:30 pm**

### A Christmas Trail through the Forest

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 drinks provided at the end.

Meet at car park entrance to Knighton Woods, Knighton Lane, Buckhurst Hill IG9 5HQ. Grid Ref: TQ407935

**6 Tuesday 1 January 10:30 am - 12:30 pm**

### Celebrate the New Year

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

Meet at the Forest car park, Manor Road, High Beach at the Pillow Mounds. Grid Ref: TQ 411 982

**VC Saturday 26 January 2019 Drop in between 11: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 at Epping Forest Visitor Centre

**VC Location of Epping Forest Visitor Centre Paul's Nursery Road, High Beach, Loughton, IG10 4EF.**

For more information:

Epping Forest Heritage Trust

Tel: 020 8508 9061 during office hours

Email: [enquiries@efht.org.uk](mailto:enquiries@efht.org.uk)

Web: [efht.org.uk](http://efht.org.uk)