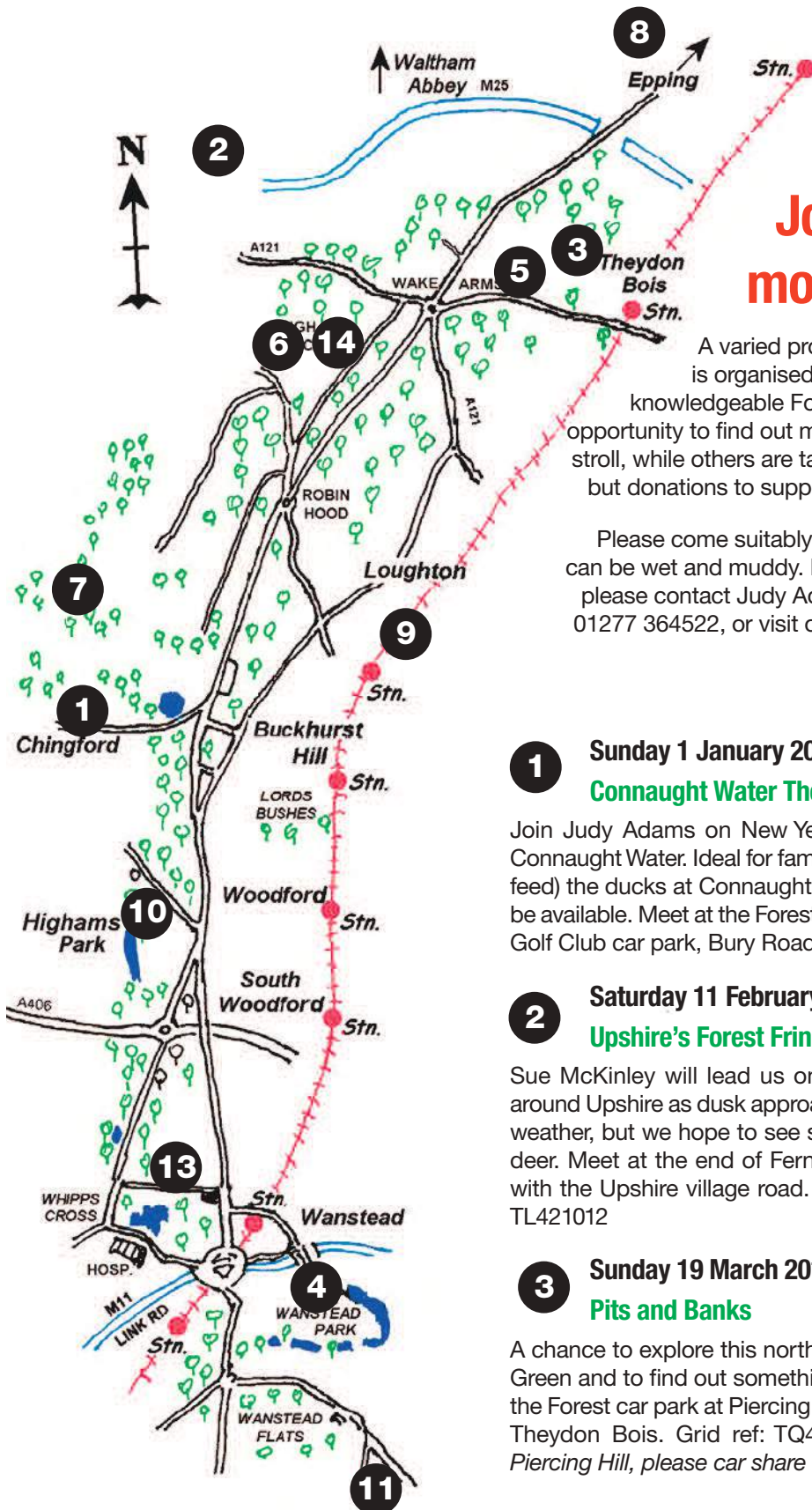


Friends of Epping Forest

Programme of Guided Walks 2017



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, 020 8418 0730 or Tricia Moxey on 01277 364522, or visit our website, friendsofeppingforest.org.uk

Walks free, donations welcome.

1 Sunday 1 January 2017 10:30 am – 12:30 pm Connaught Water Then and Now

Join Judy Adams on New Year's Day to explore the Forest around Connaught Water. Ideal for families, with an opportunity to discover (and feed) the ducks at Connaught Water – no bread please. Duck food will be available. Meet at the Forest Car Park next to the Royal Epping Forest Golf Club car park, Bury Road, Chingford, E4 7AZ. Grid ref: TQ394949

2 Saturday 11 February 2017 2:00 pm – 4:00 pm Upshire's Forest Fringes at Dusk

Sue McKinley will lead us on a walk through the woods and fields around Upshire as dusk approaches. The route will depend a little on the weather, but we hope to see some winter wildlife and, perhaps, some deer. Meet at the end of Fernhall Lane/Long Street near the junction with the Upshire village road. Nearest postcode is EN9 3TA. Grid ref: TL421012

3 Sunday 19 March 2017 10:30 am – 12:30 pm Pits and Banks

A chance to explore this northern part of Epping Forest with Georgina Green and to find out something of its long and varied history. Meet at the Forest car park at Piercing Hill (just opposite Little Gregories Lane), Theydon Bois. Grid ref: TQ447999 *Parking space is limited along Piercing Hill, please car share where you can.*

➤ **4 Thursday 20 April 2017 10:30 am – 12:30 pm**
A Spring Walk in Wanstead Park

Join Historian Richard Arnopp and Naturalist Tricia Moxey on a gentle stroll round Wanstead Park to see some of the historical features, bluebells and other signs of spring. Meet at the entrance to the Park on Warren Road, Wanstead (E11 2LS). Grid ref: TQ414876

5 Sunday 21 May 2017 10:30 am – 12:30 pm
Epping Forest Heaths on the High Land

Discover these intriguing relic heaths – what are they like, frequent species and their conservation value, with Peter Adams. Meet at Jack's Hill car park north, off Coppice Row (B172), Theydon Bois. Grid ref: TQ436996

6 Sunday 4 June 2017 10:30 am – 12:30 pm
High Beach Entrepreneurs

Come for a walk with Georgina Green and hear about entrepreneurs Lou Gumprecht of the King's Oak, "Charlie" Baring of Wallsgrove House, Dr Matthew Allen of Fairmead House, Edward Bartholomew of Fairmead Lodge and George Paul of High Beach. Meet at the Forest car park, Manor Road, High Beach at the Pillow Mounds. Grid ref: TQ 411982

7 Saturday 17 June 2017 7:00 pm – 9:00 pm
Midsummer Evening Walk

Led by Sue McKinley, this summer ramble will explore the Forest's western fringes, with splendid views over the Lea Valley. We'll also discover a variety of wildflowers at Yates Meadow and beyond. Meet along Hornbeam Lane, off Bury Road, Chingford E4. Grid ref: TQ393958

8 Saturday 1 July 2017 11:00 am – 1:00 pm
Insects and Flowers at Swaines Green

Join naturalists Martin McCleary and Tricia Moxey to discover the fascinating insects and flowers thriving in this wonderful location on the edge of Epping town. Meet near the Swains Green entrance off Coronation Hill near to Epping Primary School. There is limited parking in Lower Swaines or in Coronation Hill at the end of St. John's Rd, Epping CM16 5EU. Grid ref: TL456026

9 Sunday 16 July 2017 10:00 am – 1:00 pm
Exploring the Forest from Loughton to Theydon Bois

A slightly longer and brisk walk with Mike Smith, accessing the Forest from the Central Line. Exploring hills and hollows, following streams and ancient paths, you'll enjoy some of the wilder parts of the Forest. We will return to Loughton by train. *We do not expect rail engineering works, but if the train service is not operating we will change to a circular walk from Loughton Station.* Meet at Loughton Station on the Central line. The nearest parking is in the station car park. Grid ref: TQ422956. Satnav 1G10 4PD

10 Saturday 12 August 2017 10:30 am – 12:30 pm
Discover Highams Park Lake and Mallinson Park Wood

Join Ron and Pat Andrews to explore these two contrasting areas considering their history, present use and contribution to Forest flora and fauna. Meet at Junction of Keynsham Avenue and Marion Grove, IG8 9TA (Keynsham Avenue is accessed from Lichfield Avenue off Chingford Lane). Grid ref: TQ394925

11 Sunday 17 September 2017 9:00 am – 5:00 pm
The Annual Epping Forest Centenary 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! Arranged by the Friends of Epping Forest, with support from Epping Forest Centenary Trust, the West Essex Ramblers and the Conservators of Epping Forest. For details, contact 020 8418 0730 or see www.friendsofeppingforest.org.uk

12 Sunday 15 October 2017 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

13 Sunday 12 November 2017 10:30 am – 12:30 pm
Discovering Route-ways Old and New

Explore the surprising ways in which the route-ways across this part of the Forest have changed in the past 2,000 years. Join Verderer Peter Adams for some interesting discoveries. Meet in the Forest car park on Snaresbrook Rd. London E18. Grid ref: TQ395890

14 Sunday 10 December 2017 10:30 am – 12:30 pm
A Christmas Trail through the Forest

Join Judy Adams for a walk around High Beach, visiting High Beach Church for Christmas cake, Yule log, mince pies and hot chocolate, before returning. Families welcome. Meet at the Forest car park, Manor Road, High Beach at the Pillow Mounds. Grid ref: TQ411982

