



The walk takes you through the largest area of high woodland, dominated by beech with some oak, with occasional heathy areas, occasional ponds and where you pass one of the two Iron Age Camps in the Forest, Ambresbury Banks. As the Forest is a long ridge, you cross several deep valleys where streams drain off to the River Rodling to the east. At Bell Common, you are walking above the M25 before reaching Epping.

Local stations: Loughton, Epping

2 hours walk of Forest paths plus 45 minutes walk up from Loughton at the start.

SECTION 5: High Beach to Epping

From Chingford, you drop downhill to Chingford Plain. The climb from here towards the High Beach viewpoint, through thousands of ancient oak pollards rising to mainly beech as you come up to High Beach, an historic recreation destination.

Local stations: Chingford, Loughton

1 hour walking on wide Forest paths, plus 45 minutes down through the Forest to Loughton station.

SECTION 4: Chingford to High Beach

The River Ching takes you through oak and hornbeam woodland to pass the very ancient trees of Barn Hoplit and reach the Queen Elizabeth's Hunting Lodge.

Local stations: Highams Park, Chingford

1 hour 15 minutes. Moderately uphill in places.

SECTION 3: Highams Park to Chingford

From the Green Man Roundabout, you enter Walthamstow Forest and the 'Sale' to reach the ornamental Highams Park Lake, and the adjacent Highams Park, formerly part of the 'Highams' estate which extended up to Woodford New Road.

Local stations: Leytonstone, Highams Park

1 hour 30 minutes. Mostly flat walking.

SECTION 2: Leytonstone to Highams Park

As you travel north, past Hollow Pond, you will soon come to Gilberts Slade and the beginning of the high Forest. Here hornbeam dominates the woodland. The streaky bark is a good clue and many of them have been pollarded in the past for firewood.

Enjoy the open landscape of Wanstead Flats, where you will pass Bandstand and Jubilee Ponds with their rich duck populations and have a glimpse across to the newly created wildflower meadows. You may see cattle grazing here, helping to improve the diversity of the grassland.

Local stations: Manor Park, Leytonstone, Wanstead

1 hour flat walking.

SECTION 1: Manor Park to Leytonstone

The map shows relevant public transport stations and some waymarked walking routes from those stations to the Forest. walk parts of the route using public transport.

On the map overleaf, you will find the route and potential shorter sections we have identified to enable people to

How to walk the Big Walk in smaller sections

We encourage people to visit the Forest using public transport, by bike or on foot, to help reduce the impact of car traffic on the Forest. A number of London Overground and Underground stations and bus services provide good access to the Forest.

- 1 Join other participants on our annual, guided Big Walk event, usually in September each year.
- 2 Walk the whole route in a day yourself or with friends.
- 3 Walk it separately in the 5 sections we suggest, marked on the map overleaf.

Thinking about walking the Big Walk?

Originally called the Epping Forest Centenary Walk, it was established in 1978 to celebrate the 100th anniversary of the Epping Forest Act 1878. The route of the walk was devised by Fred Matthews from the West Essex Ramblers and Harry Bitten from the Friends of Epping Forest to whom we owe our great thanks.

Since that date we have walked the 14.1-mile (22.7 km) route from Manor Park in East London to the town of Epping in Essex.

The Epping Forest Big Walk

About Epping Forest

Epping Forest, stretching some 19 km (12 miles) from Forest Gate and Manor Park in east London to agricultural Essex covering over 2,400 hectares (6,000 acres), is London's largest open space. As a former Royal Forest, it has played host to kings and queens of England.

In the 19th century the City of London and local people fought to save the Forest from destruction. Owned and managed by the City of London Corporation and protected in perpetuity by the Epping Forest Act 1878, this ancient woodland contains over 50,000 ancient trees and more than 100 lakes and ponds.

A precious habitat

The Forest is designated as of national and international nature conservation importance and contains a diverse mosaic of habitats including historic wood pasture, green lanes, Europe's largest single population of ancient beech pollarded trees, heathlands and grassy plains, many of which have been grazed for centuries.

In addition, a further 737 hectares of Buffer Land has been acquired to further protect the boundaries of the Forest, some of which is being made available for public access.

A place for people to enjoy

It's valuable for people too: a breath of fresh air, a place to take a stroll, spend time with friends and family or enjoy the Forest on your own.

Find out more about Epping Forest

To find out more about the Forest, visit our website www.efht.org.uk

Join us in protecting and preserving Epping Forest

Epping Forest Heritage Trust is a charity and membership organisation dedicated to protecting and preserving this wonderful ancient Forest, its biodiversity, heritage and culture, to be enjoyed now and for generations to come.

With our members and supporters we stand up for the Forest and aim to inspire everyone to do the same. We run the Visitor Centre at High Beach and lead regular guided walks and events to help people get to know the Forest. We help to increase biodiversity in the Forest through hands-on conservation work, run campaigns to raise awareness of the Forest and advocate on its behalf to ensure it is not adversely affected by adjacent development, traffic, and pollution.

It is only through the help of our members, supporter and partners that we are able to produce maps like these and undertake our work to protect and preserve the Forest.

For more information about our work please visit our website www.efht.org.uk or email us at admin@efht.org.uk

Share your experience of the Big Walk on Twitter, Instagram or Facebook @EppingForestHT #LoveEppingForest

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Epping Forest Heritage Trust is a registered charity in England and Wales 275076 and a company limited by guarantee registered in England and Wales 1339783.

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Epping Forest Map

For a lifetime of exploration purchase both the Epping Forest Official Map and the book Short Walks in Epping Forest which are available at all Epping Forest Visitor Centres (see map overleaf).



Epping Forest
Heritage Trust

Epping Forest Big Walk





Epping Forest Big Walk

BIG WALK

A full day's walk through a mixed terrain of well-trodden paths, uneven surface, grassland and ancient woodland

Start/End:
Manor Park TFL Elizabeth Line
Epping TFL Central Line
Distance: 14.1 miles / 22.7 km
Time: 1 day

- ● ● The Big Walk
- ● ● Waymarked walk to forest from

SECTION START/ END POINTS

- | | |
|----------------|--------------|
| 1 Manor Park | 4 Chingford |
| 2 Leytonstone | 5 High Beach |
| 3 Highams Park | 6 Epping |

CIRCULAR WAYMARKED FOREST TRAILS

- | | |
|--------------------------|----------------------|
| ● ● ● Willow Trail | ● ● ● Holly Trail |
| ● ● ● Oak Trail | ● ● ● Rowan Trail |
| ● ● ● Gifford Wood Trail | ● ● ● Hornbeam Trail |
| ● ● ● Golden Hill Trail | ● ● ● Chestnut Trail |
| ● ● ● Beech Trail | ● ● ● Lime Trail |

- | | |
|--------------------|--------------------|
| Ponds / Rivers | Parking |
| Woodland | Visitor Centre |
| Buffer Land | Train Station |
| Other Green Spaces | London Underground |
| Viewpoint | Cafe |
| Ancient Hill Fort | Golf Course |

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Stay safe in the Forest

- Always let others know where you intend going.
- Wear the right clothes and footwear for the weather.
- Allow plenty of daylight time for your walk.
- Remember many Forest paths are shared use with cyclists and horses.
- Always carry water and enough food for your walk.