



Epping Forest

Registered Charity



Great crested grebes have an elaborate courtship display in which they rise out of the water and shake their heads. Very young grebes often ride on their parents' backs.



Grimston's Oak is an oak pollard estimated to be some 350 years old. Pollarding is when upper branches are harvested periodically to be used for fuel or building material.



Willow is dioecious. This means male and female flowers grow on separate trees. Male catkins are grey and furry first, turning yellow with pollen later. Female catkins are silvery green and more slender.



Willow Trail

Mostly easy walking over a range of surfaced tracks and grassland. There is one short, steep slope up to the lake from Chingford Plain.

Start point:
Connaught Water

Time:
Approximately 1 hour

Distance:
2.5 miles / 4km



- Holly Trail
- Willow Trail
- Path
- - - Public bridleway
- Easy Access Trail
- A Easy Access Trail Start
- ▶ Trail entrance
- P Parking
- ⚽ Play area
- 🚂 Railway station
- Epping Forest Land
- Buffer Land
- 🎣 Fishing
- 🎣 Fishing platform



This is one of 14 green spaces managed by the City of London at little cost to the general public.

Contact us (24 hours a day)
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www.cityoflondon.gov.uk/eppingforest

Discover our other waymarked trails at:
www.cityoflondon.gov.uk/eppingforest

- Chestnut Trail, Wanstead Park
- Beech Trail, High Beach
- Hornbeam Trail, Leyton Flats
- Holly Trail, Chingford Plain
- Oak Trail, Theydon Bois
- Rowan Trail, Knighton Wood
- Lime Trail, Wanstead Flats
- Gifford Trail, Gifford Wood