



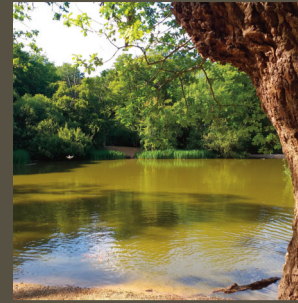
Epping Forest

Registered Charity



Ancient pollards

Pollarding is an ancient, cyclical woodland management procedure that involves cutting off the top branches of a tree to harvest for fuel and timber. The new growth which follows is therefore out of the reach of grazing animals.



The Lost Pond

The Lost Pond is a former gravel pit located on top of Blackweir Hill. Left behind by the ice sheet that surrounded the Epping Forest ridge during the Ice Age, the gravel here is known as glacial moraine.



Stag beetle

As dusk befalls the Forest on summer evenings, look and listen out for the Forest's most magnificent insect, the stag beetle. With an almost mechanical, clacking whir this rare and harmless beetle may be heard and seen clumsily flying around in search of a mate.



Golden Hill Trail

This trail covers some undulating and uneven ground with its winding route threading amongst the trees. Some magnificent ancient trees are passed along the way as well as the enchanting Lost Pond and at midway, the Trail tumbles into the deep of Bellringers Hollow.

Golding's Hill was formerly known as Golden Hill, the origins of this name are uncertain but possibly due to the amount of gorse that once grew here.

Start point:
Golding's Hill Pond

Time:
Approximately 30 minutes

Distance:
1.6 miles



- Golden Hill Trail
- Beech Trail
- Path

- Epping Forest
- Buffer Land
- Ponds / Rivers

- Parking
- Public House
- Viewpoint



The City of London provides 14 green spaces in and around London for the benefit of local communities. Most are registered charities operating at little cost to the general public.

Contact us (24 hours a day)
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Discover the other trails at www.cityoflondon.gov.uk/eppingforestwalking

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

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