



# Epping Forest

Registered Charity



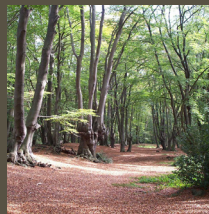
## Beech Trail

Uneven over various terrains, including steep inclines and surfaced Forest tracks.

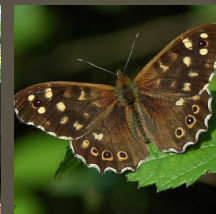
**Start point:**  
High Beach car park

**Time:**  
Approximately 1.5 - 2 hours

**Distance:**  
2.5 miles / 4km



A Scheduled Ancient Monument, Loughton Camp is an Iron Age earthwork built in around 500BC. Walk around the ancient mounds and admire the trees as you pass by.

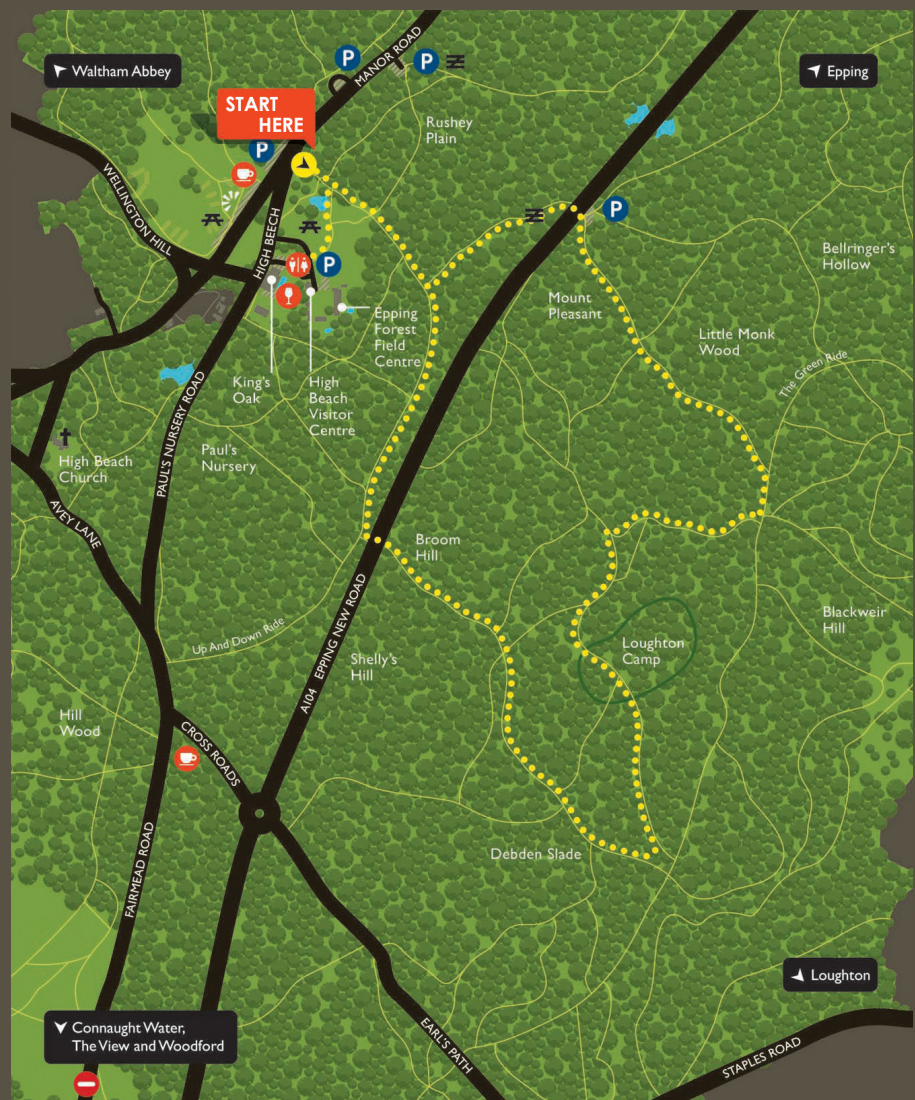


The speckled wood is a common butterfly most often found in woodland. You can see eight 'eyespot' on its brown wings along with pretty speckles of yellow and ochre.



Young beech leaves are a vibrant lime green in spring but gradually darken to blazing golds and reds by autumn. The stalked leaves are oval with wavy edges and pointed tips. In autumn, beech nuts form in prickly seed cases.

- Beech Trail
- Path
- Epping Forest Land
- Buffer Land
- ▶ Trail entrance
- P Parking
- ! Public house
- 🚻 Public toilets
- ☕ Café/refreshments
- 🚫 No vehicle
- 👁 Viewpoint
- ⚡ Gate
- 🌳 Picnic area



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)  
**020 8532 1010**  
@ColEppingForest  
Epping Forest City of London  
coleppingforest  
epping.forest@cityoflondon.gov.uk  
www.cityoflondon.gov.uk/eppingforest

Discover our other waymarked trails at:  
[www.cityoflondon.gov.uk/eppingforesttrails](http://www.cityoflondon.gov.uk/eppingforesttrails)

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