



Epping Forest

Registered Charity



Holly Trail

This circular route follows surfaced Forest paths with short sections across the open grassland of Chingford Plain. The route includes a gentle incline.

Start point:
Chingford Plain

Time:
Approximately 1 hour

Distance:
2.5 miles / 4 km



Muntjac deer are slightly darker and smaller than fallow deer, about the size of a labrador. They have a distinctive ginger tint to the forehead and are known for their grunting bark.



There are many veteran trees in Bury Wood, some of them over 400 years old. Characterised by their partly dead wood, hollowing, loose bark and holes, these trees provide important habitats for a variety of wildlife.



Holly is a resilient species which can typically out-compete and grow through other foliage. It is common in the Forest. Its red berries are a food source for birds but toxic to humans.

- Holly Trail
- Willow Trail
- Path
- - - Public bridleway
- Easy Access Trail
- A Easy Access Trail Start
- ▶ Trail entrance
- P Parking
- Golf course
- Play area
- Epping Forest Land
- Buffer Land
- Fishing
- Fishing platform
- Heritage sites
- Railway Station



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/eppingforestwalking

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