



# Epping Forest

Registered Charity



## Hornbeam Trail

Mainly flat along Forest tracks across open grassland and wooded areas. There is a steep incline between Canada Plain and Waterworks Wood.

**Start point:**  
Snaresbrook Road

**Time:**  
Approximately 1.5 hours

**Distance:**  
3.5 miles / 5.75 km



Loved by bees, bird's-foot trefoil is mainly found in open grassy areas. This long-lived perennial produces clusters of vivid yellow flowers often tinged with orange or red.



Hornbeam is one of Epping Forest's most predominant tree species. Oval with serrated edges, the leaves are a similar shape to beech leaves but smaller and more deeply furrowed.



Hollow Pond is a legacy of gravel extraction, with gravel being in high demand to build roads in the 1800s. Popular with visitors during the summer months, rowing boats are often available for hire.

- Hornbeam Trail
- Path
- Epping Forest Land
- Buffer Land
- ▶ Trail entrance
- P Parking
- ☕ Café / refreshments
- 🎮 Play area
- H Hospital
- 🍷 Public house
- 🚇 Underground Station
- 🚉 Railway Station
- 🚣 Boating
- 🐟 Fishing



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

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