



# Epping Forest

Registered Charity



## Lime Trail

Mostly level across grassland and through woodland.

**Start point:**  
Harrow Road Sports Pavilion

**Time:**  
Approximately 30-40 minutes

**Distance:**  
1.5 miles / 2.5km



Bush Wood is ancient woodland which was once part of the great Wanstead House Park. Some of the sweet chestnut trees, planted to create avenues, still stand now.



Common lime bark is pale grey-brown and irregularly ridged with characteristic large burs. Leaves are dark green, heart-shaped and have white-cream hairs on the underside.



Look and listen for the distinctive bouncy flight and repeated 'kek' call of the greater spotted woodpecker. In spring they drum on wood so quickly that the sounds are hard to separate.

- Lime Trail
- Path
- - - Track
- - - Easy Access Trail
- A Easy Access Trail Start
- ▶ Trail entrance
- P Parking
- 🚲 P Cycle parking
- 🟩 Epping Forest Land
- 🟨 Buffer Land
- 🚏 Bus stop
- 🎣 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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Discover our other waymarked trails at:  
[www.cityoflondon.gov.uk/eppingforesttrails](http://www.cityoflondon.gov.uk/eppingforesttrails)

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