



Epping Forest

Registered Charity



Oak Trail

This trail is undulating, uneven and challenging. It uses tracks, pavements and well-trodden paths to guide you around ancient earthworks of Ambresbury Banks and past the Deer Sanctuary.

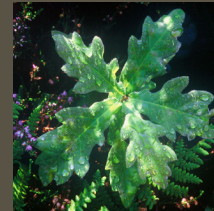
Start point:
Theydon Bois Underground Station

Time:
Approximately 3-4 hours

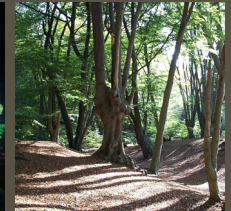
Distance:
6.6 miles / 10.6km



The Deer Sanctuary was established in 1959 by the Conservators to protect the special dark-coloured fallow deer that live in Epping Forest. It provides safe grazing for over 100 animals. There is no public access to the Sanctuary.



A Scheduled Ancient Monument, Ambresbury Banks is an Iron Age earthwork thought to have been built in the mid-1st millennium BC. Originally, the earthworks would have had timber walls on top of the banks around it.



The English oak has leaves with irregular lobes and short stalks. Its bark becomes rugged with age. Oak fruit, the acorn, is a favourite of squirrels.

- Oak trail
- Path
- Epping Forest Land
- Buffer Land
- P Parking
- ! Public house
- ⚡ Golf course
- ▶ Trail entrance
- ⊖ Tube station
- ⚶ Crossing point
- Gate

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/eppingforesttrails

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