



Epping Forest

Registered Charity



Knights Lake is one of the best features in this area. The reeds and water lilies provide the ideal habitat for amphibians, dragonflies and water fowl.



Common rowan trees can live for up to 200 years. Their bark is smooth, silvery grey and their leaves are comprised of five to eight pairs of long, oval and serrated leaflets. The fruit is a bright red berry.



Emperor dragonflies are brightly coloured. They all have a bright green thorax but it is the male's sky blue abdomen that really stands out against the natural environment.



Rowan Trail

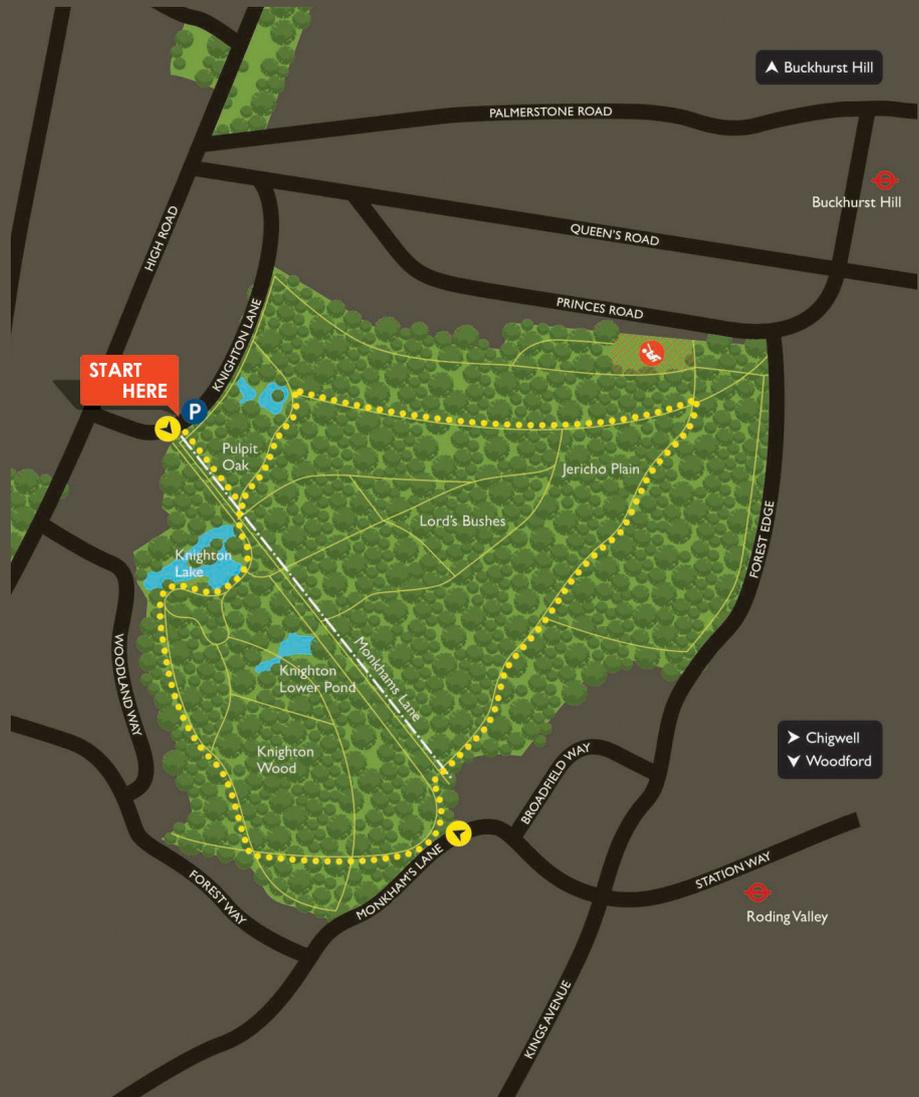
Mainly flat route with a gentle slope through woodland areas over some uneven ground.

Start point:
Knights Lane Car Park

Time:
Approximately 45-60 minutes

Distance:
1.5 miles / 2.4km

- Rowan Trail
- Path
- - - Public bridleway
- Epping Forest Land
- Buffer Land
- P Parking
- ⚽ Play area
- ▶ Trail entrance
- Ⓜ Underground 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)
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

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