



Epping Forest

Registered Charity



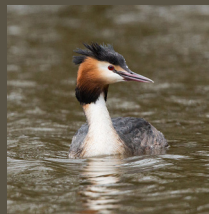
Willow Trail

Mostly easy walking over a range of surfaced tracks and grassland. There is one short, steep slope up to the lake from Chingford Plain.

Start point:
Connaught Water

Time:
Approximately 1 hour

Distance:
2.5 miles / 4km



Great crested grebes have an elaborate courtship display in which they rise out of the water and shake their heads. Very young grebes often ride on their parents' backs.



Grimston's Oak is an oak pollard estimated to be some 350 years old. Pollarding is when upper branches are harvested periodically to be used for fuel or building material.



Willow is dioecious. This means male and female flowers grow on separate trees. Male catkins are grey and furry first, turning yellow with pollen later. Female catkins are silvery green and more slender.

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|------------------------|---------------------------|----------------------|
| ●●●● Holly Trail | A Easy Access Trail Start | ■ Epping Forest Land |
| ●●●● Willow Trail | ▶ Trail entrance | ■ Buffer Land |
| — Path | P Parking | 🐟 Fishing |
| - - - Public bridleway | 🎡 Play area | 🎣 Fishing platform |
| — Easy Access Trail | 🚂 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)
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
- Rowan Trail, Knighton Wood
- Lime Trail, Wanstead Flats
- Gifford Trail, Gifford Wood