








*Beech.*  
Found in woodland doing well in wet areas. The leaves flush bronze in autumn and turn pale yellow/gold with some red.

-  Trail route
-  Car park/start point
-  Parking
-  Epping Forest Visitor Centre
-  Refreshments

**Start** Pillow Mounds car park.  
**Terrain** Uneven over various terrains, including steep inclines and surfaced Forest tracks.  
**Time** 1½ - 2 hours.  
**Distance** 2.5 miles/4 km.



*Speckledwood Butterfly, - Pararge aegeria. The female is larger than the male, found in hedgerows and shaded positions. Prefers dappled shade or overcast conditions.*

Botanical illustrations by Katherine Poluck [katherinep.art@hotmail.co.uk](mailto:katherinep.art@hotmail.co.uk)

## Enjoyed this one? Discover the others

The Lime Trail, Wanstead Flats  
 The Chestnut Trail, Wanstead Park  
 The Hornbeam Trail, Leyton Flats  
 The Holly Trail, Chingford Plain

The Willow Trail, Connaught Water  
 The Beech Trail, High Beach  
 The Oak Trail, Theydon Bois

**Download the maps:**

[www.cityoflondon.gov.uk/eppingforestwalking](http://www.cityoflondon.gov.uk/eppingforestwalking)