








Ilex. Holly. Connaught water - November 2010. Typically grows through other foliage, can tolerate most conditions.



Muntjac Deer - Muntiacus reevesi or the 'barking deer' have a distinctive ginger tint to the forehead often found in pairs originally from China early 20th century.

-  Trail route
-  Car park/start point
-  Parking
-  The Gateway: Queen Elizabeth's Hunting Lodge and The View
-  Butler's Retreat café

Start Car park on Bury Road.

Terrain This circular route follows surfaced Forest paths with short sections across the open grassland of Chingford Plain. The route includes a gentle incline.

Time Approximately 1 hour.

Distance 2.5 miles/4 km.

Botanical illustrations by Katherine Poluck 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

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