









Follow the arrows, discover Epping Forest



*Carpinus betulus*  
European Hornbeam, this tree has catkins in the spring and later in the year the fruit/nuts develop surrounded by a three-pointed leaf. The winged fruit hang in clusters and mature in Autumn.



*Lotus Corniculatus*  
Bird's-foot trefoil prefers open grassy places. Yellow flower, often tinged with red or orange.

-  Trail route
-  Car park/start point
-  Parking
-  Refreshments
-  Hospital
-  Rowing boats

**Start** Snaresbrook Road car park

**Terrain** Mainly flat along Forest tracks across open grassland and wooded areas. There is a short steep incline between Canada Plain and Waterworks Wood.

**Time** Approximately 1½ hours.

**Distance** 3.5 miles/5.75 km.

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## 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:**