



The Lime Trail

Epping Forest's Green to Gold Campaign



Tilia x vulgaris
Common Lime, is a hybrid between native small-leaved and large-leaved limes.



Dendrocopos Major
Great Spotted Woodpecker.
It has a very distinctive bouncing flight and spends most of its time clinging to tree trunks and branches.

Why not join Parkrun?

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone and are safe and easy to take part in.

Parkrun takes place along this route every Saturday at 9am.

For further information:
www.parkrun.org.uk/wansteadflats

- Trail route
- Harrow Road Sports Pavillion
- Car park/start point
- Parking

Start Car park on Harrow Road.
Terrain Mostly level ground across grassland and through woodland.
Time 30 - 40 min.
Distance 1.5 miles/2.5km.

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

Download the maps:

www.cityoflondon.gov.uk/eppingforestwalking

