

# The Oak Trail



*Quercus robur*  
English Oak  
Abundant except on marshy, chalky or very light soils.






*Cardamine pratensis* - Cuckoo flower or lady's smock, common in damp places and meadows and also by streams.



The Oak has leaves that are almost stalkless, with deep irregular lobes, the fruit or acorns are supported on long stalks, the flowers are delicate curtains of yellow/green male catkins. New shoots have clustered buds.



-  Trail route
-  Station/start point
-  Parking
- Terrain** Undulating, uneven and challenging. Some road walking along pavements.
- Time** 3 – 4 hours.
- Distance** 6.6 miles / 10.6 km.

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- The Oak Trail, Theydon Bois

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