

Follow the arrows, discover Epping Forest



Common Rowan - *Sorbus aucuparia*. Prefers sheltered conditions and slightly drier soil near base of oak trees, fruits in July and August.



Native bluebell *Hyacinthoides non-scripta*. A member of the lily family found in woods and hedgerbanks in April.



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

▶▶▶▶ Trail route **P** Car park/start point

Start Knighton Lane car park.

Terrain Mainly flat route with a gentle slope through woodland areas over some uneven ground.

Time 45 min - 1 hr.

Distance 1.5 miles/2.4 km.

Botanical illustrations by Katherine Poluck katherinep.art@hotmail.co.uk

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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

The Gifford Trail, Gifford Wood

Download the maps:

www.cityoflondon.gov.uk/eppingforestwalking