

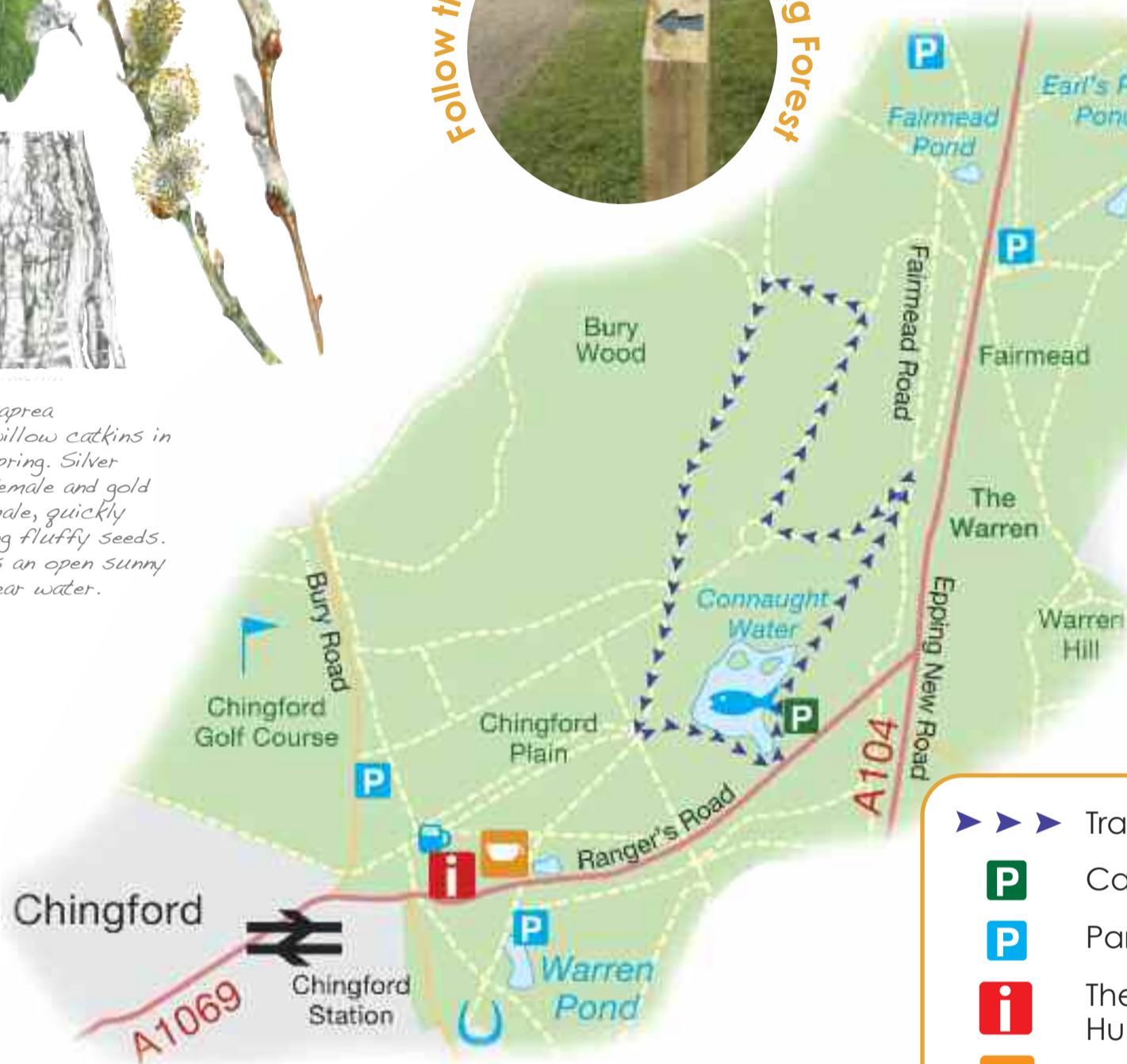
Follow the arrows, discover Epping Forest








Iris pseudacorus grows on the waters edge, and in the mud of the lake.
March 2011 watercolour.



Salix caprea
Goat willow catkins in early spring. Silver buds female and gold buds male, quickly shedding fluffy seeds. Prefers an open sunny spot near water.



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

Start Connaught Water car park
Terrain Mostly easy walking over a range of surfaced tracks and grassland. There is one short steep slope up to the lake from Chingford Plain.
Time Approximately 1 hour.
Distance 2.5 miles/4 km.



Podiceps cristatus - great crested grebe. Distinctive orange plumage around head and characteristic orange tint to eye and beak.

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