

## Easy-access Paths

### High Beach

High Beach has been a centre for public recreation for over 150 years. There are excellent views from some of its parking spots and the easy-access path starts near the Information Centre. This path is firm-surfaced and winds for half a mile through the trees. It has frequently placed seats. A descriptive leaflet gives features of interest to be seen from the path, and there is a 25-minute trail tape which is available for use on deposit from the nearby Information Centre. A wheelchair is also available. There is level ground suitable for picnicking nearby, and there are refreshment and toilet facilities (including a disabled toilet) in the area. From the car park, there is a small road to cross to reach the easy-access path.

### Connaught Water

This large lake was created as an amenity in 1881. The surrounding trees shelter the lake from cold winds, and large numbers of wildfowl winter here.

The lake is most easily accessed from a car park off Rangers Road (A1069). In dry weather it is possible to progress all around the Water, and fishing can be carried out from a wheelchair. A good level all-weather path has been constructed running from the car park towards Fairmead.

### Knighton Wood

This area was once part of the Buxton Estate and it is very apparent from the ornamental water areas, the variety of trees and a magnificent display of Rhododendrons and spring bulbs that it was once a formal garden. In 1996 an easy-access path was constructed which winds around the lake. There are seats at intervals and, although the total path takes in some inclines, shorter circuits on the flatter area can be chosen. The path can be most easily reached from the car park on Knighton Lane.

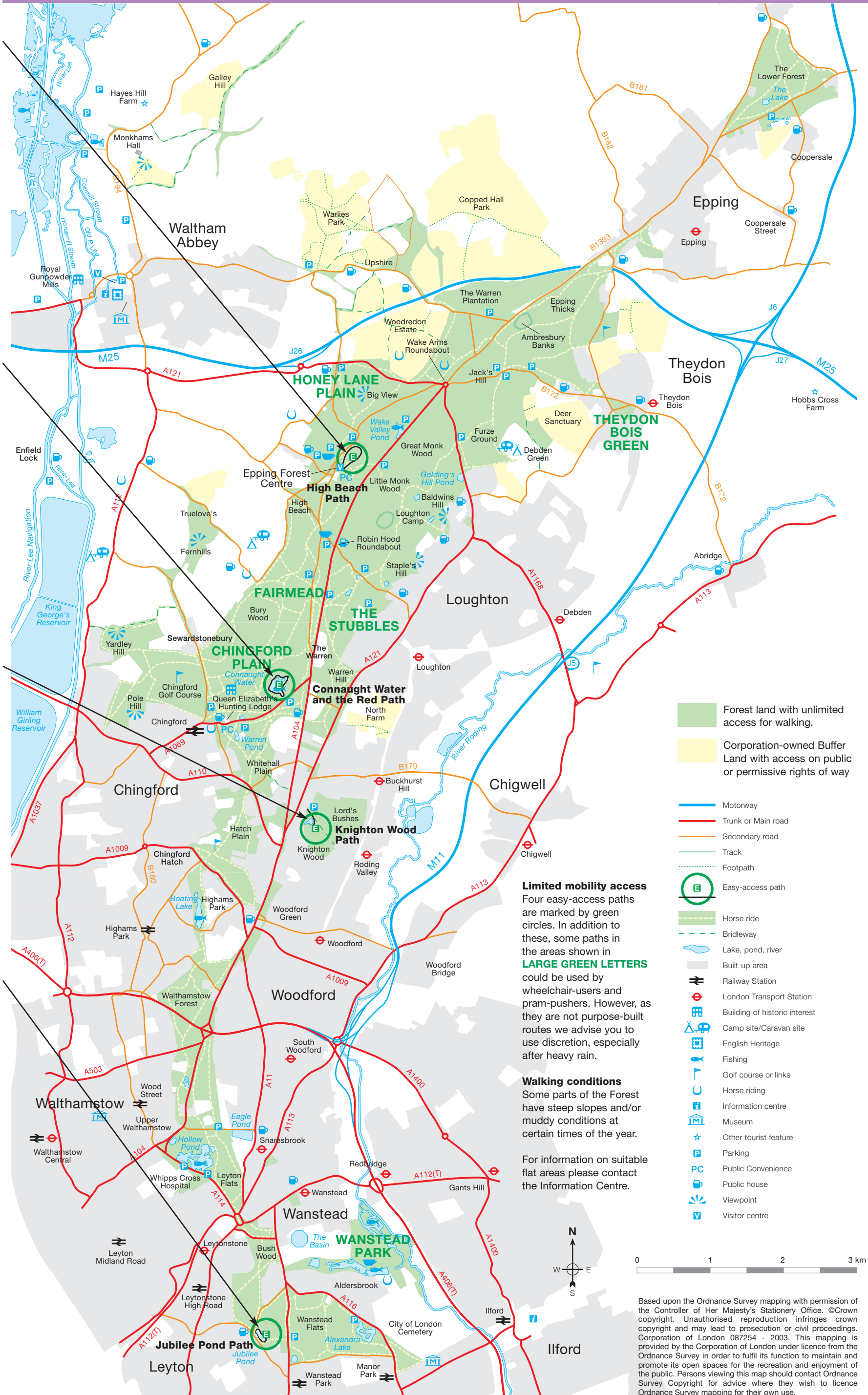
### Jubilee Pond

Jubilee Pond was constructed in the summer of 2002 on the site of the former Model Yacht Pond. It was renamed the Jubilee Pond to mark the Golden Jubilee of Queen Elizabeth II. An easy-access path circles the pond where various aquatic plants and wildfowl such as Coot, Mallard and Moorhen combine to make this an attractive feature in this part of Epping Forest.

#### Please Note

After prolonged periods of rain, the four easy-access paths and their adjoining car parks may become less firm and even. You are advised to use your discretion as to individual suitability. If in doubt, please do not hesitate to contact the Information Centre where staff will be happy to advise.

# EPPING FOREST Access for All



**Limited mobility access**  
Four easy-access paths are marked by green circles. In addition to these, some paths in the areas shown in **LARGE GREEN LETTERS** could be used by wheelchair-users and pram-pushers. However, as they are not purpose-built routes we advise you to use discretion, especially after heavy rain.

**Walking conditions**  
Some parts of the Forest have steep slopes and/or muddy conditions at certain times of the year.

For information on suitable flat areas please contact the Information Centre.

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