

16.7km/10½ miles

4½ hrs

moderate

## EPPING FOREST

A walk to introduce you to the majesty of the Royal Forest of Epping. This lovely walk will take you on a roller-coaster ride through ancient woodland. By Len Banister.

### The walk

- Leave back of car park going R of notice board on main path along meadow into trees, keeping forward to reach T-junction. Turn R along surfaced ride with pond, L. Cross road by second pond, and continue along another ride. After 1.5km, keep ahead at junction and go on to A121.
  - Cross into Broadstrod car park to ride and later keep L when another comes in from R. At Jack's Hill car park, cross road to second pond and keep forward. Continue forward at fork after 300m. Keep L at next junction and later, at top of hill, take L fork and after 15m go R through trees on to a cricket pitch. Go straight across to gravel path and L to follow it on to road.
  - Cross over and go L. After 50m turn R on tree-sheltered footpath. Go L between stiles alongside M25 to cross ladder-stile and walk up L edge of meadow. Go L through metal squeeze-stile in far corner and go R along another long meadow to continue through gap and reach another stile on R into a drive.
  - Go L. After passing pond go L along track which passes Copped Hall, and goes over M25. Just before reaching white gates, go R
- between rhododendrons. At bottom of hill, at waymarker, ignore arrow and go L through trees to join narrow cross-track and go L. Follow horseshoe marker posts up to road.
- Cross to drive going L of Poacher's Meet and continue just inside woodland edge for about 1.5km, ignoring all paths to L. Eventually join path coming in from L and swing R to walk parallel with road. Bear L at fork to reach road.
  - Cross over to join another ride. Cross road to walk through car park on to a ride to emerge on road just short of tea hut (toilets and pub 300m further on). Cross, and just before road forks, go L on ride and go ahead to triangular junction where you go R. Continue to road.
  - Go straight across to join ride and go L. Go L on narrower path with horseshoe markers. Follow these to reach car park, then lane. Go R, and almost immediately L to walk to R of pond and continue via markers to reach gate and then road.
  - Cross, go through car park and take wide surfaced ride, L. At cross-track, continue on through narrow gap, turning L on path through meadow. This swings to R to head for gap into second meadow. Go diagonally R, through gap between trees, to swing R and return to starting point.

### DETAILS

**Country Walking ID**  
2692  
**Mag** Route 1,  
November 2006  
**Region** South East  
**Area** Essex  
**Length of walk**  
16.7km/10½ miles  
**Time needed** 4½hrs  
**Difficulty** Moderate

### IS THIS WALK FOR YOU?

**Terrain** Mainly semi-surfaced 'rides' prepared for horse riders  
**Suitable for** children

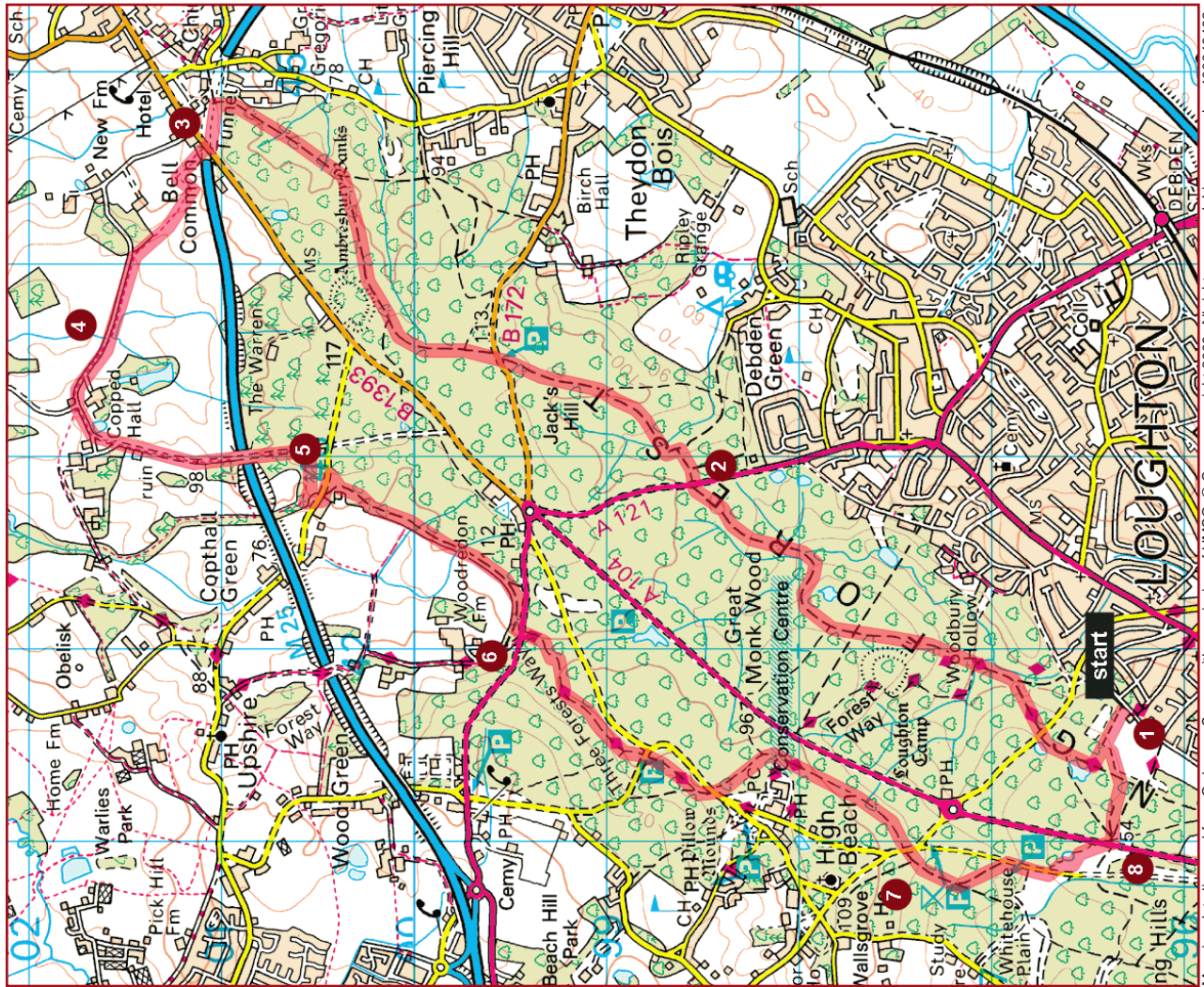
### PLANNING

**Parking** From Loughton Station go north-west up Old Station Road to cross High Road and continue up Connaught Avenue. Nursery Road car park is at the top, grid ref GR417963  
**Start grid ref** TQ417963  
**Nearest town** Loughton  
**Refreshments** The route passes near two tea huts and a pub  
**Public toilets** High Beach  
**Public transport** Loughton is on the Central (underground) line

### MAPS

Explorer 174 or, better still, the OS Corporation of London 1:20,000 scale Epping Forest map

LEN BANISTER



Mapping data licensed from Ordnance Survey with permission of HMSO. © Crown copyright 2008. All rights reserved. License number 100048462.