



# A Day in Epping Forest

2,400 acre ancient woodland



Walk 3.5hrs (13km)



Total Ascent 219 m



Highest Point 113 m

In association with



VESPUCCI®  
QUICK ESCAPES



# Welcome

Thank you for downloading your Vespucci walk.

If you missed the Kit list [here's what to bring](#).



## Download this guide on your device

This contains all the handy information: how to get there, points of interest and pubs, stations etc. Make sure you have plenty of battery!



## A DAY IN EPPING FOREST

Tap here to access your digital OS Map

Tap here!

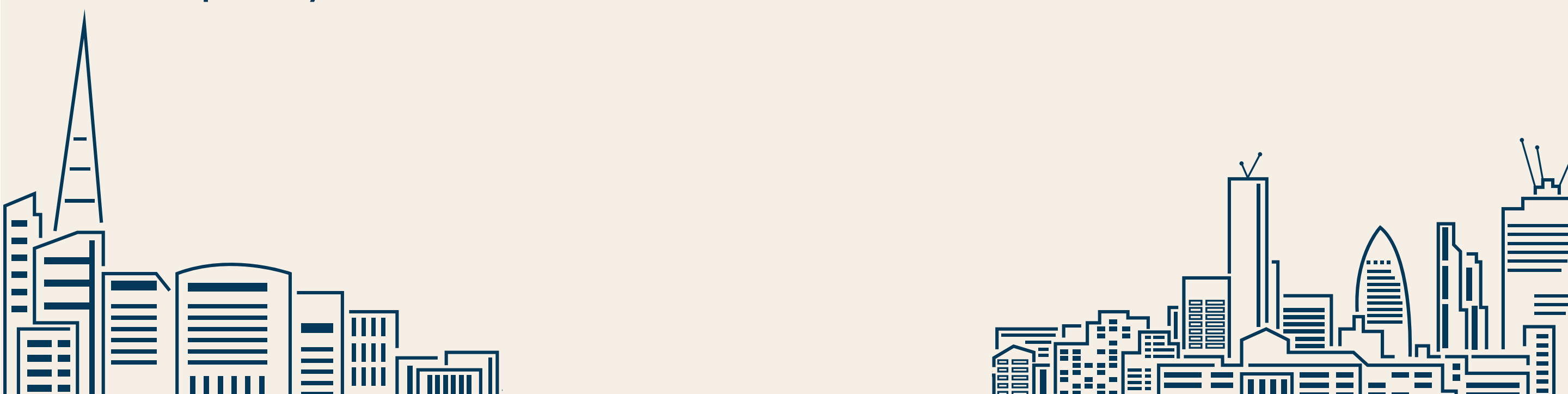
(Make sure you have OS Map App downloaded)

# Getting There



## London Overground

Start at Chingford station, the station is served by the London overground. We recommend using Citymapper to plan your route to the station.





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# Hike Summary

Leave the city life behind and spend the next few hours wandering through the glories of Epping Forest: 2,400 acres of ancient woodland.

This Escape can be done on the shortest day of the year. But, if we had to choose, then the spectacular autumnal colours are not to be missed! Our recommended spot for lunch is the Oyster Shack and Seafood bar. The hot and cold seafood “tapas” platters are a hit, along with the renowned curried mango prawns. If city life has taken over and you are in need of a top-up of nature, this escape really is for you.



## Points of interest

To learn more about each of these points, [tap here](#) and find the relevant waypoint in the OS map app.



### CHINGFORD STATION

In 1882, Queen Victoria came by train to Chingford and declared Epping Forest open to the public forever.



### POLE HILL OBELISK

This pillar was erected in 1824 on the Greenwich Meridian line. The Royal Observatory used it to find the direction of true north from Greenwich.





## VIEW FROM POLE HILL

NB the plaque to T E Lawrence (of Arabia), who built a small hut nearby in which he lived for several years.



## QUEEN ELIZABETH'S HUNTING LODGE

In 1542 Henry VIII built this lodge to view the deer chase at Chingford.



## CONNAUGHT WATER

Named after the Duke of Connaught, the first ranger of Epping Forest.



## EPPING FOREST

Epping Forest has a rich recorded history spanning from 700B to present day. [Tap here](#) to learn more.



## OYSTER SHACK & SEAFOOD BAR

A walk in the forest isn't complete without a freshly made bacon and scallop roll!



## LOUGHTON CAMP

The remains of an Iron Age Hill fort. The camp's earthworks are visible today as a low bank and ditch.



## THE GARDENERS ARMS

Sitting at one of the highest point in Loughton, enjoy a well earned pint and take in the stunning views of London.



## LOUGHTON STATION

This station is served regularly by the Central line.

# TAKING IT ALL IN

Sometimes, we can get so caught up in reaching our destination that we forget to take in our surroundings. When in fact, some of the best moments on a walk are the ones spent not walking. It is not until you stop and look a little closer, that you truly see the magic of where you are.

Our hikes are not about how fast you walk, but about how much you take in. We share these beautiful trails with an abundance of wildlife and there's always something to marvel at – so long as you take the time to look around.

Here are a few of our favourite bits of wildlife to look out for on this walk:



## **Great Spotted Woodpecker**

Very likely to hear them, lucky if you can spot them!

## **Black Fallow Deer**

Historically native to Turkey and parts of Southern Europe.



## **Purple Emperor Butterfly**

Extremely elusive and beautiful butterfly. Spot in July-August.



# Plan B

## CALLING IT A DAY?

If you've decided that's quite enough for you, there's absolutely no shame in calling it a day.

Your never too far from a car park in Epping Forest, from there you can order a taxi home. If it's more urgent you can walk to the nearest road which wont be far and order a taxi from there.



# Thank you

**WE HOPE YOU'VE ENJOYED YOUR WALK.  
CREATED BY OUR LOCAL CURATOR, ALEX.**





# What's next?

We hope you enjoyed your walk as much as we've enjoyed bringing it to you. And we've got plenty more where that came from!

Check out the full range of walk available to you on:  
[link to their portal](#)

## STAY IN TOUCH

We love hearing about your adventures, so please do get in touch with any feedback you have from your walk.

[Leave feedback](#)

