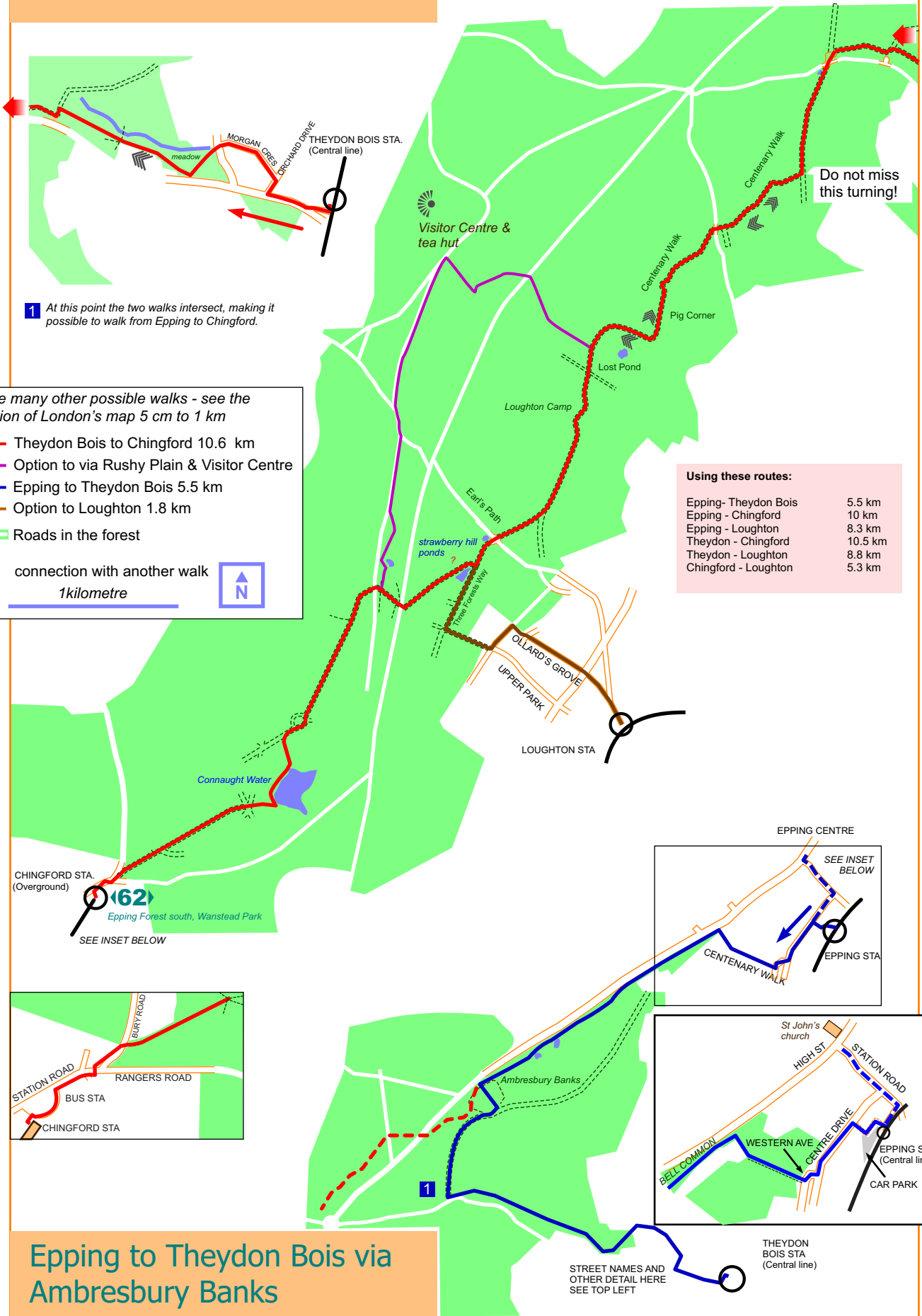


Theydon Bois to Chingford



1 At this point the two walks intersect, making it possible to walk from Epping to Chingford.

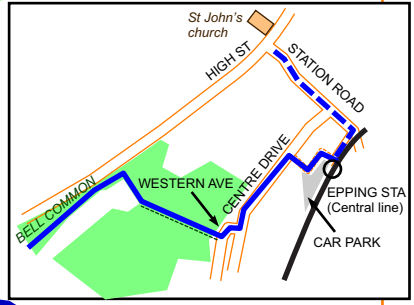
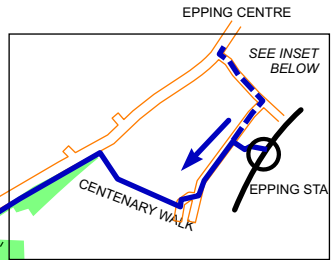
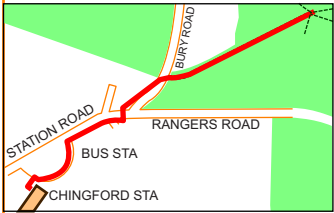
There are many other possible walks - see the Corporation of London's map 5 cm to 1 km

- Theydon Bois to Chingford 10.6 km
- Option to via Rushy Plain & Visitor Centre
- Epping to Theydon Bois 5.5 km
- Option to Loughton 1.8 km
- Roads in the forest

62 connection with another walk
1 kilometre

Using these routes:

Epping - Theydon Bois	5.5 km
Epping - Chingford	10 km
Epping - Loughton	8.3 km
Theydon - Chingford	10.5 km
Theydon - Loughton	8.8 km
Chingford - Loughton	5.3 km



Epping to Theydon Bois via Ambresbury Banks

walk notes

Epping Forest (north)

There are many walks possible in this forest but I have recorded simply two in this main part of the forest. Both routes have stretches which can be muddy and it is easy to get lost even with a map.

Walking the length of the forest

It is possible to walk the length of the forest, a distance of about 23 km. Start at Epping and join the other walk at the intersect point indicated by note 1 on the map. At Chingford follow walk map 62.

The Forest

The forest of ancient woodland covers about 2,400 hectares and stretches from Epping in the north to Wanstead Flats in the south. There are over 80 lakes and ponds. A royal forest since the time of Henry II, it was saved from enclosure in 1878 and is now managed by the City of London. There are three isolated areas: An area to the north of Epping, Lord's Bushes at Buckhurst Hill and Wanstead Park.

The Forest has never been enclosed and cultivated, but managed by man throughout its written history. It has not, since then, been an entirely natural landscape. From Norman times, Epping Forest was a wood pasture; (in the early centuries, a royal forest, where other activity was subordinated to the preservation of game for the royal enjoyment). The area was essentially maintained for the twin purposes of providing timber and grazing, a mixture of grassland and treed areas. It was in the defence of these rights to graze animals and supply fuel that Thomas Willingale, with the support given him by many others, managed to get a stay of execution for Epping Forest when commons all over the country were being enclosed for private profit.

The Forest was formerly very much more open grass than now. As a result of the great decline of grazing over the last 100 years, and of the cessation of pollarding the forest canopy has become much

more dense, cutting off the light below the trees that enabled the growth of many species, particularly of wild flowers, that the Victorians saw as common, but which are now rare or extinct.

Amresbury and Loughton Camps

Amresbury Banks and Loughton Camp were iron-age hill-forts, originally both about 4 hectares in size. The banks have become eroded over the centuries. Both are scheduled ancient monuments; Amresbury has been examined archaeologically 9 times but Loughton Camp has never been properly investigated.

Connaught Water

Connaught Water covers about 10 acres and was named after the Duke of Connaught, who was the first Ranger of the forest. It is popular with people, their dogs and water fowl. Originally the site of a marshy pool, it was decided to convert to an ornamental lake in order to help drain areas of forest and improve it for commoners' cattle. In the 1880s, a paddle steamer plied on the lake but mostly rowing boats and canoes held their own, until the hirer ceased business in the early 1990s.

Flora and Fauna

Fauna include all three species of Woodpecker, Skylarks, Tree Creepers and Nuthatches, Swans, Great Crested Grebes, Herons, Gadwall, Goosander and Wigeon Grey Squirrels, Rabbits, Muntjac Deer and Fallow Deer, Adders, grass snakes, newts, toads and frogs. Butterflies include red admiral, peacock, orange tip, clouded yellow, dingy skipper and purple hairstreak.

Its flora is diverse, with over 650 plant species recorded. Visit

http://www.plantlife.org.uk/wild_plants/important_plant_areas/epping_forest

For more information on the forest and walks visit

<http://www.theydon.org.uk/lhs/lhs%20pages/Walks.htm>