

# Useful Information

Do drive carefully along the roads through the Forest and watch out for other road users and wildlife.

There are numerous car parks around the Forest but the area is also well-served by public transport (see map) which is kinder to our environment. Please consider this when planning your visit.

We very much hope that you enjoy your visit and appreciate your thoughtfulness in helping us to take care of the Forest. Please take your litter home or put it in one of the bins provided.

Remember to keep your dog under control and do not allow it to chase people, horses, cattle or wildlife. Please clear up after your dog. Red dog-waste bins are now located in some areas.

Take care when using all paths in the Forest and remember that the Forest caters for a wide range of visitors. Please exercise caution and control your speed when on horseback or bike. Whilst in the Forest, do not hesitate to approach any of our staff who will be happy to help you.

Wherever you are going in the Forest, please consider the needs and enjoyment of others and, above all, have fun!

A mounted Forest Keeper on patrol



## EPPING FOREST

Epping Forest is one of a number of open spaces, parks and gardens around London owned and managed by the Corporation of London as part of its commitment to sustaining a world class city. Each open space is a unique resource managed for the use and enjoyment of the public and for the conservation of wildlife and historic landscape. A full list of sites and visitor information can be found on our website at [www.cityoflondon.gov.uk/openspaces](http://www.cityoflondon.gov.uk/openspaces) or by contacting the Open spaces Directorate on 020 7606 3030.

### SOME IMPORTANT CONTACTS

Emergency 24hr call out	020 8532 1010
Epping Forest Information Centre	020 8508 0028
Queen Elizabeth's Hunting Lodge	020 8529 6681
Chingford Golf Course	020 8529 5708
Wanstead Flats Playing Fields (football pitch hire)	020 8532 1010
Epping Forest Field Centre	020 8508 7714
Superintendent's Office	020 8532 1010
Website	<a href="http://www.cityoflondon.gov.uk/openspaces/eppingforest">www.cityoflondon.gov.uk/openspaces/eppingforest</a>
e-mail	<a href="mailto:epping.forest@corpoflondon.gov.uk">epping.forest@corpoflondon.gov.uk</a>

Picture credits: Corporation of London/David Woodfall;  
Field Studies Council; British Deer Society.

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# EPPING FOREST



Oak

# Welcome to Epping Forest

Stretching for over 12 miles from east London into south-west Essex, Epping Forest is London's largest public open space.

As a former Royal hunting forest it has played host to Kings and Queens of England. In the 19th century the Corporation of London fought to save it from destruction. Now it waits to welcome you.

With its thousands of magnificent ancient trees, historic parkland and flower-rich meadows the varied landscape provides the backdrop for an interesting and enjoyable day out. We hope that this leaflet helps you to find your way around and introduces you to some of the features that make Epping Forest so special.

A varied programme of events and activities, including guided walks, is arranged by the Information Service throughout the year. Please contact the Information Centre for details.

Cattle graze the Forest



Bluebells carpet parts of Wanstead Park in late spring

## Epping Forest for People

Millions of people visit Epping Forest each year. With its wooded areas, grassy plains and attractive ponds and lakes, the Forest provides something for everyone.



Queen Elizabeth's Hunting Lodge

Walkers can roam freely on winding footpaths whilst horseriders have over 50kms of surfaced and unsurfaced rides to enjoy. Cyclists can also enjoy the natural scenery whilst anglers are welcome at many of the larger ponds and lakes. Easy access paths can be found at High Beach, Connaught Water, Jubilee Pond and Knighton Wood.

Other recreational facilities include over 60 football pitches for hire on Wanstead Flats and an 18 hole public golf course at Chingford. Refreshment facilities, ranging from tea stalls and ice cream outlets to local pubs and cafés, are available throughout the Forest.

A visit to Queen Elizabeth's Hunting Lodge overlooking Chingford Plain will bring alive the Forest's royal past. This unique, three-storied hunt standing was built for Henry VIII and is open to the public every afternoon from Wednesday to Sunday.

To start your visit and find out more about the Forest why not visit the Information Centre at High Beach?



A great place to have fun!

## for Wildlife



Fallow Deer buck

Different plants and animals thrive in different habitats and there is no shortage of these in Epping Forest, where the Corporation of London works hard to improve these areas for wildlife.

Selective mowing and grazing by cattle is used to maintain the quality of the grassy plains where wild flowers, Skylarks and various butterflies can be found.

Traditional management techniques such as pollarding extend the lifespan of the ancient Oak, Beech and Hornbeam trees, providing nest sites for birds such as Starlings and Nuthatches. Dead wood is left to rot, providing food for wood-boring beetles and fungi. If you are lucky you may catch a glimpse of the shy dark-coloured Fallow Deer.

Ponds are managed to provide clean water areas for large numbers of wildfowl, aquatic plants and dragonflies.

Green woodpecker



Purple Hairstreak butterfly