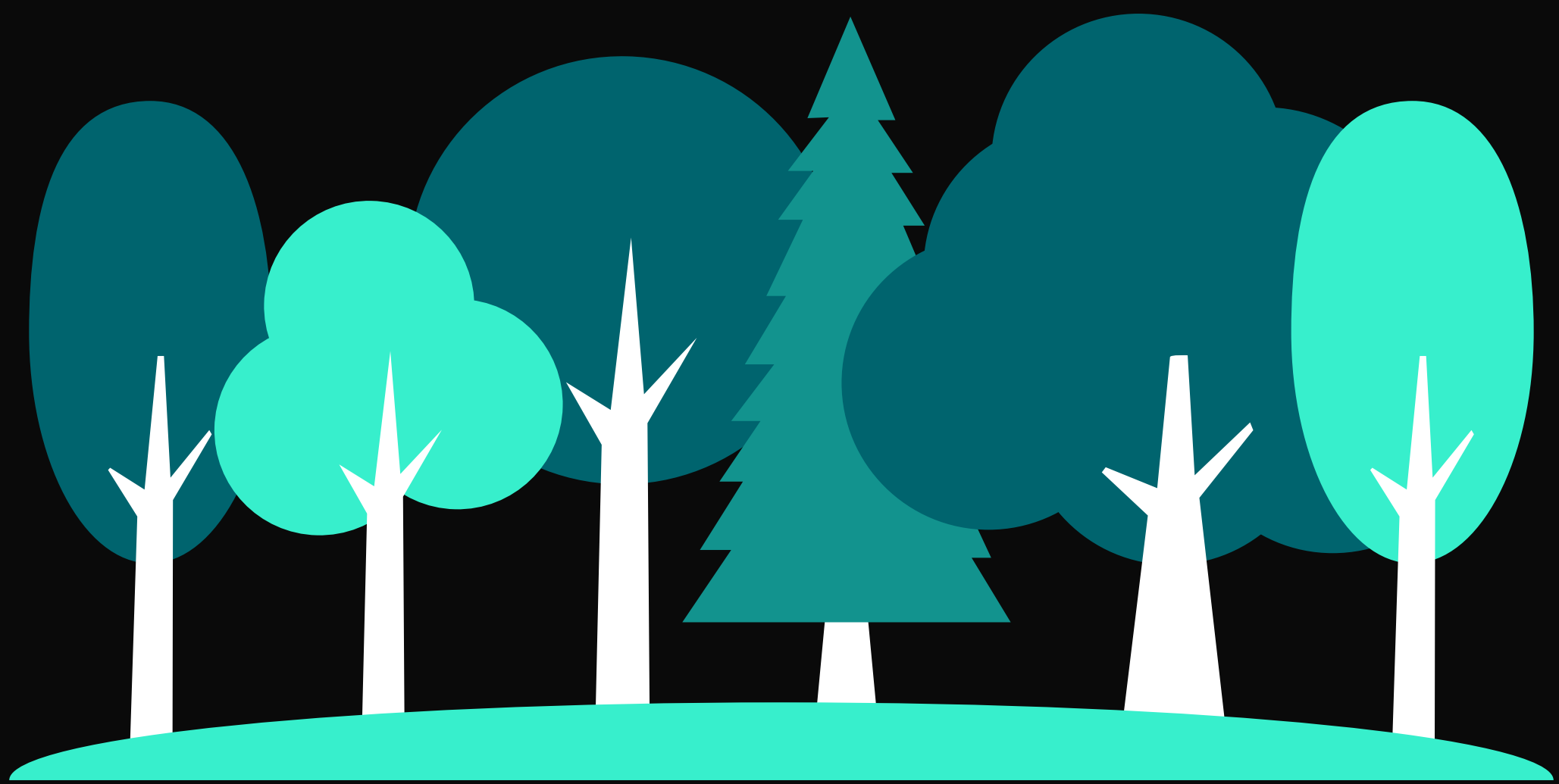


ONTO

cars & coffee

Epping Forest Trail Map



Start Chingford Plain Car Park

Duration ~ 2h from and back
to Chingford Plain Car Park

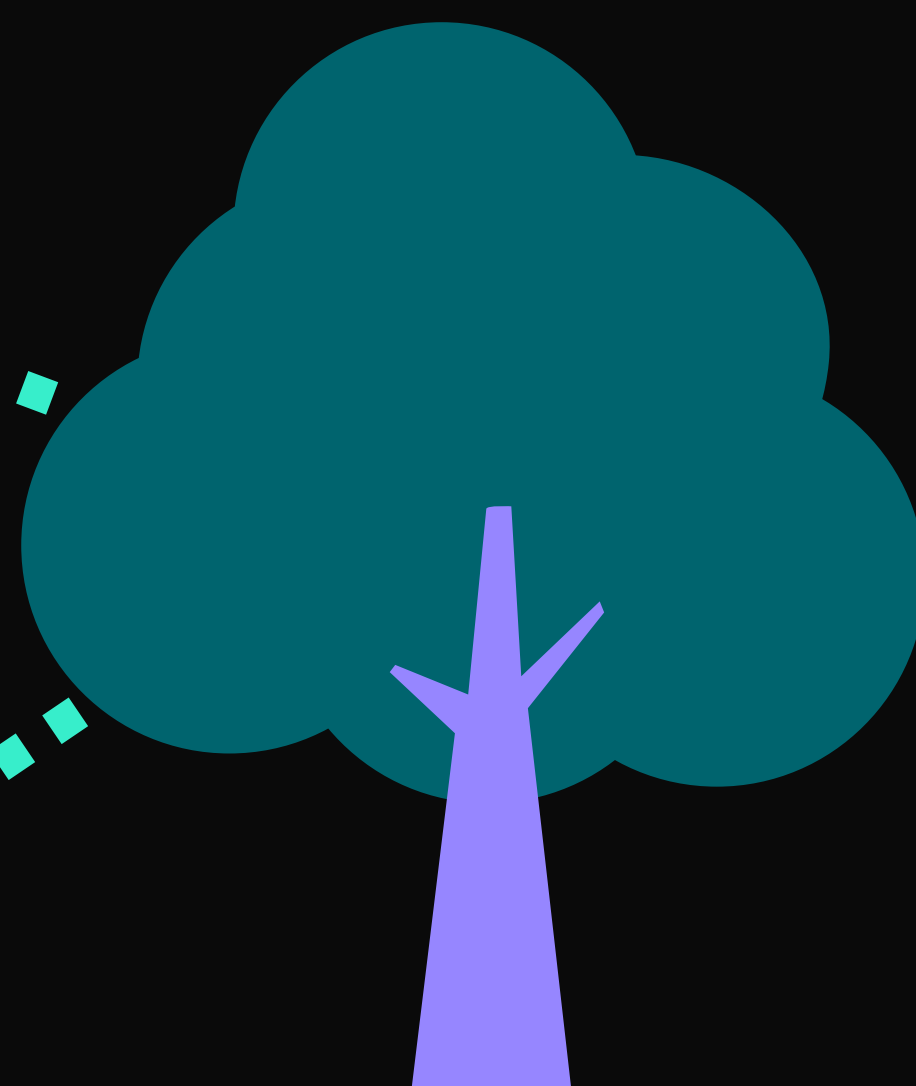
We're taking you on a journey through the amazing Epping Forest. The rules are simple, follow this map, take a picture of you at each checkpoint and send them to us at marketing@on.to to win Onto goodies!

Walking trail

Google maps link



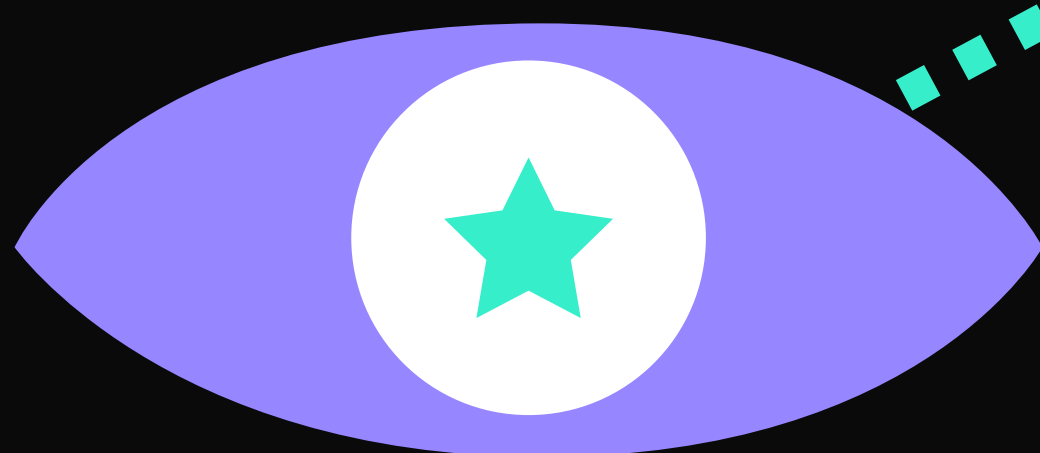
Car park



Grimston's Oak



Blackweir Pond



Go exploring

A bit about Epping Forest...

The area that became Epping Forest has been continuously wooded since Neolithic times. As one of the earliest publicly accessible landscapes in England, Epping Forest predates the UK's National Parks by nearly 80 years. Entrusted to the City of London as Conservators by the Epping Forest Act of 1878, to maintain its natural aspect, the Forest was dedicated by Queen Victoria 'for the enjoyment of my people forever.'

Epping Forest itself is home to **55,000 ancient trees**, more than any other single site in the country. They are centuries old and some of Epping Forest's beeches may have been growing there since Anglo-Saxon times, representing some of the oldest living plants in Europe, irreplaceable and rare.

This forest is an '**internationally important**' place because of its unique mix of habitats and species. It's one of very few large, ancient forests in this part of Britain, and it has lots of rare or important habitats like ancient semi-natural woodland, wood-pasture, old grassland plains, heathlands, and wetlands.

Grimston's Oak

Location: J2RH+V6, Waltham Abbey,
Loughton IG10 4AA

The ‘monarch of the Forest’. Estimated to be 350 years old.

Alternate names for this Quercus robur are Cuckoo Oak (it is near Cuckoo Pits) Bedford’s Oak and Grimston's Oak. The later is the one most frequently used. J. T. Bedford was involved in the battle to save Epping Forest from destruction in the 1870s. Robert Grimston was a 19th Century cricketer who died in 1884.



Loughton Camp

Iron Age (~500 BC) Hill fort. Built by Ancient Britons, the camp lies on one of the highest points in the surrounding area, on a ridge of high ground. Its elevation suggests that the camp was possibly once a lookout post, defensive position, livestock pens, or some combination of any or all of the aforementioned. A corresponding camp, Ambresbury Banks, exists closer to the town of Epping.

They remained in use at least until the Roman period. According to local legend, Ambresbury Banks was where the Iceni Queen Boudicca made her final stand against the Romans in 61AD.



Blackweir Pond

Beautiful pond encircled by some of the oldest beech pollards and coppards in the forest, possibly even in Europe. One of the Beeches is estimated to be 1,000 years old!

It was James Brimble who used the name ‘Lost Pond’ in his book London’s Epping Forest, published in 1950. He says how he stumbled across this beautiful pond by accident and afterwards couldn’t remember how he got there or where to find it again.



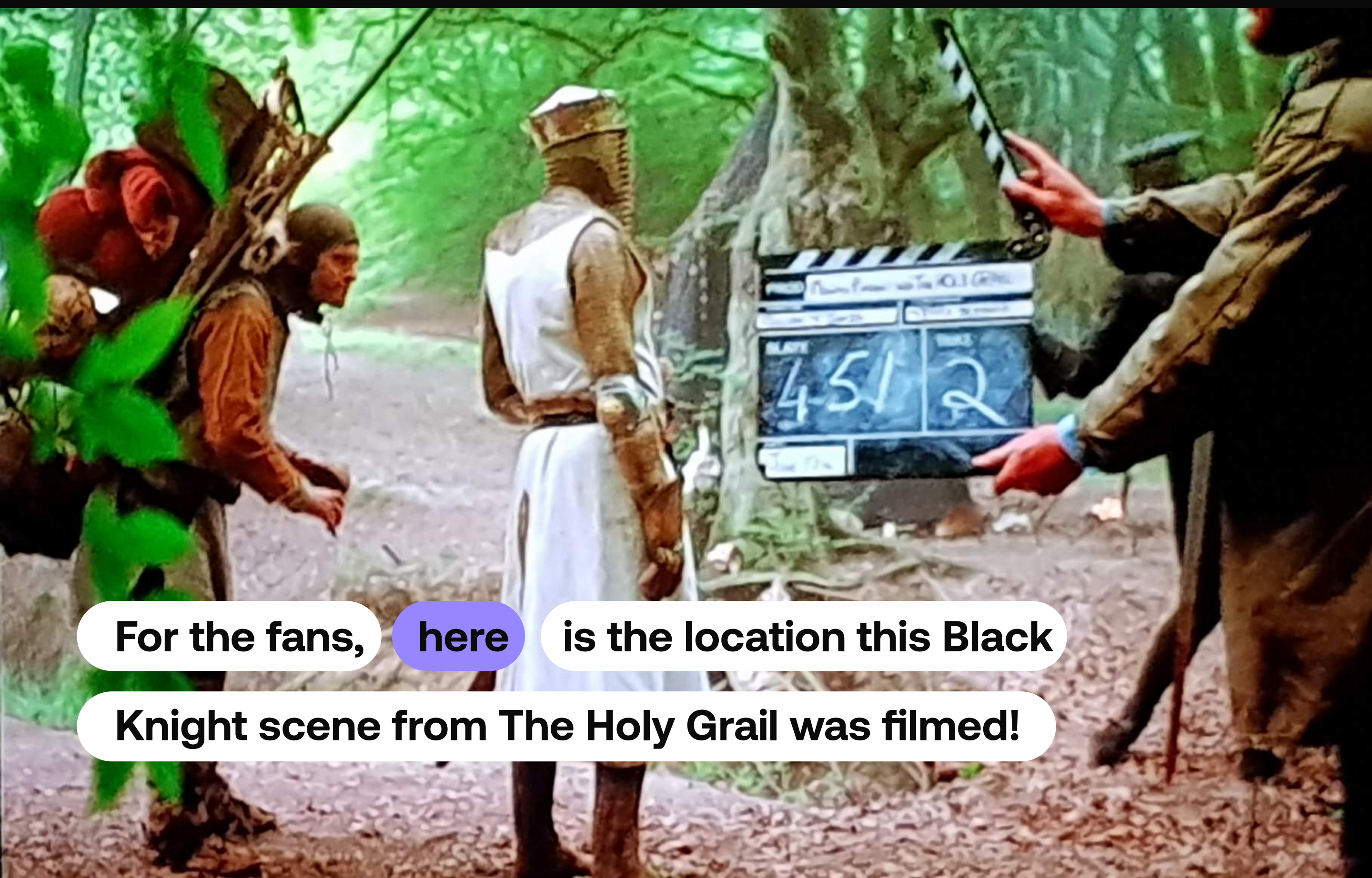
Something that catches your eye

The last step in our hunt is for yours to choose - take a picture of something that caught your eye, a nice tree, mushrooms, animal or insect and explain to us why in a few words.

Don't forget to take a picture of yourself at each checkpoint and send them to us at marketing@on.to to win Onto goodies!

Bonus **Monty Python - Holy Grail, 1975 - Black Knight Bridge** *"It's just a flesh wound"* (not included in the trail map duration)

Location: 51°39'16.0"N 0°03'13.2"E



For the fans, [here](#) is the location this Black

Knight scene from The Holy Grail was filmed!



Enjoy!