

Crouch End & District U3A Middle Way Walkers Group

Walk number/title	MW 18 : Epping Forest Circular
Date	Monday , 2 August 2021 and Wednesday 11 August 2021
Distance	8 miles / 13 km
Timings	Walk 4 to 4.5 hours including lunch stop
Travel	<ul style="list-style-type: none"> • Walk starts and ends at Chingford Station
Route	<ul style="list-style-type: none"> • Turn right out of Station and turn left at path off Warren Park Road • Follow main path for half a mile • Cross Road, and follow overgrown path to reach open field • Join Manor Road, and follow path up Warren Hill • Continue on path to reach two ponds • Cross Road and ascend short, steep hill • Cross field and follow Centenary walk to reach car park • Cross open meadow and walk Fairmead Road for one km • Reach Connaght Lake and circle until you reach signs to Butlers Retreat • Walk down through field and return to the Station
Lunch	<ul style="list-style-type: none"> • Packed lunch required • Possible refreshments at end of walk
Dropping out	No obvious spot
Facilities	<ul style="list-style-type: none"> • Toilets at station • Toilets possibly open at Ranger Station
Suitability	<ul style="list-style-type: none"> • Suitable for any reasonably fit walker. • Variety of paths and some could be muddy • Undulation, three hills, one steep, some overgrowth • No styles and no gates • Several road crossings which could be busy • Walking shoes and appropriate rainwear if needed • Check weather forecast for likely weather condition
Leader/contact	<ul style="list-style-type: none"> • Alex Newby on the day • Jane Saunders