



ISLINGTON u3a AMBLERS GROUP

WALK 36 DETAILS: EPPING FOREST - CHINGFORD CIRCULAR

Date: Thursday 20th August 2026

Length: 5 miles / 8 km

Meet: 10:00 at Walthamstow Central station (Victoria Line), Weaver Line platform, direction Chingford.

Timing: About 3 hours walk including coffee break, so back to Highbury about 2:30pm.

Getting there: From Walthamstow Central we will catch the 10:16am Weaver Line train to Chingford, arriving 10:27am. Free with Freedom/over 60s pass.

Route: We cross meadows and pass Queen Elizabeth's hunting lodge and visitor centre, to enter Epping Forest, to Connaught Water, then north through the woods to High Beech church then a cafe break at Kings Oak (3 miles). From here we continue east, past Loughton Camp Iron Age fort, then leave the forest and continue to Loughton station.

Toilets: At Chingford station, visitor centre (0.5 miles), Kings Oak (3 miles), Loughton station (5 miles).

Hazards: Suitable for any reasonably fit regular walker. Some areas very hard and rutted in places so wear comfortable walking shoes/ boots with good grip and bring poles if used. Members should advise the walk leader of their 'ICE' (in case of emergency) if they have any health concerns.

Breaking the journey: Not very convenient. Possible to get a taxi from Kings Oak.

Getting back: From Loughton, Central Line to Stratford then Weaver Line to Highbury, about 45 minutes. Also free with FP/60+.

Map: You can see the route right and on OS maps [\(link\)](#).

Leader: Keith Mason
amblers.iu3a@gmail.com
079 199 2523

