

Woodland Trust Healthy Walk 1 - General introduction

Friday 19th September 11.00am - 12.30pm

A guided healthy walk of approximately 2 miles lasting between 1 to 1½ hours, giving walkers a general introduction to the forest.

MEETING POINT: Angel car park ①

LEADER: Janet Watt, Woodland Trust

Booking required at
www.treeforall.org.uk/essex/hainault/



FESTIVAL LAUNCH DAY

Woodland crafts

Sunday 21st September 10.30am - 4.00pm

The fun launch event for the Festival with a range of activities including den building, fire lighting, how to cook on an open fire, woodland skills, etc.

MEETING POINT: Angel car park ①

LEADER: Tony Chadwick, Woodland Trust

Booking required at
www.treeforall.org.uk/essex/hainault/



Discover Practical Conservation in Hainault Forest

Thursday 25th September 10.00am - 3.00pm

A chance to learn through hands - on experience all about woodland management of this lovely site.

MEETING POINT: Chigwell Row LNR, car park opposite All Saints Church, Romford Road ②

LEADER: Epping Forest Countrycare

[Booking and additional details at www.treeforall.org.uk/essex/hainault/](http://www.treeforall.org.uk/essex/hainault/)

NB: Tea and coffee provided.



Woodland Trust Healthy Walk 2 - Wildlife of the woods

Friday 26th September 11.00am - 12.30pm (approx)

A guided healthy walk of approximately 2 miles lasting between 1 to 1½ hours, giving walkers an insight into the wildlife that can be found in the forest.

MEETING POINT: Angel car park ①

LEADER: Janet Watt, Woodland Trust

[Booking required at www.treeforall.org.uk/essex/hainault/](http://www.treeforall.org.uk/essex/hainault/)



Bat Walk with support from BBC Breathing Spaces

Friday 26th September 6.30pm - 8.00pm (approx)

Discover the bat species that flutter in the darkness, learn new facts and dispel some myths. All participants get a free BBC Breathing Spaces goody bag.

MEETING POINT: To be confirmed at the time of booking.

NB: The Hainault Forest Country Park car parks are closed over the duration of the walk so please park outside the Country Park and walk in.

LEADER: Redbridge Nature Conservation Rangers

[Limited places so booking is essential. Book with the Redbridge Nature Conservation Rangers by phone on 020 850 11 426.](http://www.treeforall.org.uk/essex/hainault/)



Woodland Trust Healthy Walk 3 - History of the forest

Friday 3rd October 11.00am - 12.30pm (approx)

A guided healthy walk of approximately 2 miles lasting between 1 to 1½ hours, giving walkers an insight into the fascinating history connected with the forest.

MEETING POINT: Angel car park ①

LEADER: Janet Watt, Woodland Trust

[Booking required at www.treeforall.org.uk/essex/hainault/](http://www.treeforall.org.uk/essex/hainault/)



West Essex Ramblers - Circular walk

Wednesday 8th October 10.30am - 12.30pm (approx)

A 4-5 mile morning ramble through some fantastic local woods and nature reserves.

MEETING POINT: Car park opposite All Saints Church, Romford Road ③

LEADER: West Essex Ramblers

No booking required, just turn up and enjoy.



Woodland Trust Healthy Walk 4 - Discover what's new

Friday 10th October 11.00am - 12.30pm (approx)

A guided healthy walk of approximately 2 miles lasting between 1 to 1½ hours, giving walkers a tour of what's new and in the pipeline for the forest.

MEETING POINT: Angel car park ①

LEADER: Janet Watt, Woodland Trust

Booking required at
www.treeforall.org.uk/essex/hainault/



Practical Conservation - Public Right of Way management

Thursday 16th October 10.00am - 3.00pm

A chance to get some hands on experience of footpath management.

MEETING POINT: Lambourne End Outdoor Centre ④

LEADER: Epping Forest Countrycare

Booking not essential. Additional details at
www.treeforall.org.uk/essex/hainault/

NB: Tea and coffee provided.



Woodland Trust Healthy Walk 5 - Habitats in the Forest

Friday 17th October 11.00am - 12.30pm (approx)

A guided healthy walk of approximately 2 miles lasting between 1 to 1½ hours, giving walkers a tour of the wide range of habitats in Hainault Forest.... it's not all trees!

MEETING POINT: Angel car park ①

LEADER: Janet Watt, Woodland Trust

Booking required at
www.treeforall.org.uk/essex/hainault/



Fungi foray with support from BBC Breathing Spaces

Saturday 18th October 10.30am - 12.30pm (approx)

Discover some of the hundreds of different types of fungi that can be found in Hainault Forest, their links with different trees and the vast array of shapes they come in. All participants get a free BBC Breathing Spaces goody bag.

MEETING POINT: Hainault Forest Country Park Visitor Centre ⑤

LEADER: Peter Comber, Hainault Forest Country Park

[No booking required. For more information please call the Country Park office on 020 8500 7353](#)



West Essex Ramblers - Longer circular walk

Wednesday 22nd October 10.30am - 3.30pm (approx)

An all day circular walk of approximately 10 miles through woods, forests, fields and parks. The walk will head out from Hainault to Abridge and stop at a local pub for refreshments along the way.

MEETING POINT: Car park opposite All Saints Church, Romford Road ③

LEADER: West Essex Ramblers

[No booking required, just turn up and enjoy](#)

