



### Practical Conservation - Pollarding (Hainault Forest)

**Thursday 23rd October** 10.00am - 3.00pm

A chance to learn about this traditional form of harvesting wood - pollarding. Then help out as we create new pollards for the future.

MEETING POINT: Camelot car park ⑦

LEADER: Epping Forest Countrycare

[Booking not essential. 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 6 - Quiz the walk leader

**Friday 24th 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/](http://www.treeforall.org.uk/essex/hainault/)



### Community tree planting at Theydon Bois

**Saturday 25th October** 10.00am - 3.00pm

Your chance to plant some trees and help create a new woodland bordering an existing ancient woodland.

MEETING POINT: Theydon Bois ⑧

LEADER: John Brown, Woodland Trust

[Booking not essential. Additional details and directions are available from www.treeforall.org.uk/essex/hainault/](http://www.treeforall.org.uk/essex/hainault/)



## Family orienteering taster session

**Saturday 25th October** 10.00am - 12.00pm

Learn a new skill as a family group and discover where you can hone your orienteering skills locally.

MEETING POINT: LB of Redbridge car park 2 (9)

LEADER: Chigwell & Epping Orienteering Club

Booking not essential. Additional details from [www.treeforall.org.uk/essex/hainault/](http://www.treeforall.org.uk/essex/hainault/)



## Family Treasure Hunt with BBC Breathing Spaces

**Saturday 25th October** 11.00am - 1.00pm (approx)

Fun for all the family. Follow the clues and discover the treasure trove within Hainault Forest. Turn up any time between 11.00am and 1.00pm. Take part in fun family nature activities from BBC Breathing Spaces.

MEETING POINT: LB of Redbridge car park 2 (9)

LEADER: Woodland Trust officer

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



## History of Hainault Forest

**Saturday 25th October** 11.00am - 1.00pm (approx)

A chance to learn the fascinating history of the forest from the last ice age. What Geoff (Hainault Forest site manager) doesn't know about the forest ... well it just doesn't exist! You might even get to play a few games along the way.

MEETING POINT: LB of Redbridge car park 2 (9)

LEADER: Geoff Sinclair, Woodland Trust

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



## Speed dating walk (end at pub)

**Saturday 25th October** 3.00pm - 4.30pm

An hour or so of fun speed dating with a walk thrown in for good measure... what could be more romantic than possibly meeting your next life partner in an ancient woodland? We'll even stop for a drink at the pub at the end of the walk and get some fun facts about the forest on the way.

MEETING POINT: Camelot car park with overflow in the Miller & Carter pub car park (7)

LEADER: Tony Chadwick, Woodland Trust

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



## Cycle the 1851 footprint of Hainault Forest

**Sunday 26th October**      10.00am - 2.00pm (approx)

A gentle tour of the 1851 footprint of Hainault Forest by bike with a number of stops for drinks and to discover interesting facts and points of particular interest. The tour will include a lunchtime stop.

MEETING POINT: LB of Redbridge car park 2 (9)

LEADER: Geoff Sinclair, Woodland Trust

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

NB: Please bring your own bike and make sure it's up to the approximately 25 mile ride, including some off-road.



## Family Woodland Photography Event

**Sunday 26th October**      10.00am - 1.00pm (approx)

A fun session lasting a couple of hours looking at improving your photographic skills and how to photograph nature to the best effect.

MEETING POINT: Lambourne End Outdoor Centre (4)

LEADER: John Price, Epcot Images

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

NB: Bring your own digital camera if you have one.



## Bugs and mini beast discovery walk

**Sunday 26th October** 11.00am - 12.30pm (approx)

A 1½ to 2 hour walk to discover some of the bugs and mini beasts (insects and other invertebrates) that live in the Forest... the walk will be a discovery activity as you never know what's lurking beneath a stone, log or old bit of bark.

MEETING POINT: Camelot car park ⑦

LEADER: Peter Kirby

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



## Silent walk with BBC Breathing Spaces

**Sunday 26th October** 2.00pm - 3.30pm (approx)

Spend some quality time appreciating the sounds of nature. With chances to discuss what you heard or find out what was making a particular noise. The walk will last 1-1½ hours and cover approximately 2 miles. All participants get a free BBC Breathing Spaces goody bag.

MEETING POINT: LB of Redbridge car park 2 ⑨

LEADER: Woodland Trust officer

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



## Family Treasure Hunt with BBC Breathing Spaces

**Monday 27th October** 11.00am - 1.00pm

Fun for all the family. Follow the clues and discover the treasure trove within Hainault Forest. Turn up any time between 11.00am and 1.00pm. Take part in fun family nature activities from BBC Breathing Spaces.

MEETING POINT: Angel car park ①

LEADER: Tony Chadwick, Woodland Trust

Booking not essential but available from  
<http://www.treeforall.org.uk/essex/hainault/>



## Family Orienteering

**Monday 27th October** 10.00am - 4 30pm

Learn a new skill as a family group and discover where you can hone your orienteering skills locally.

MEETING POINT: Lambourne End Outdoor Centre ④

LEADER: Lambourne End Outdoor Centre

Advance booking essential from the  
Lambourne End Outdoor Centre – 020 8500 3047.  
£5 per person or £15 per family

