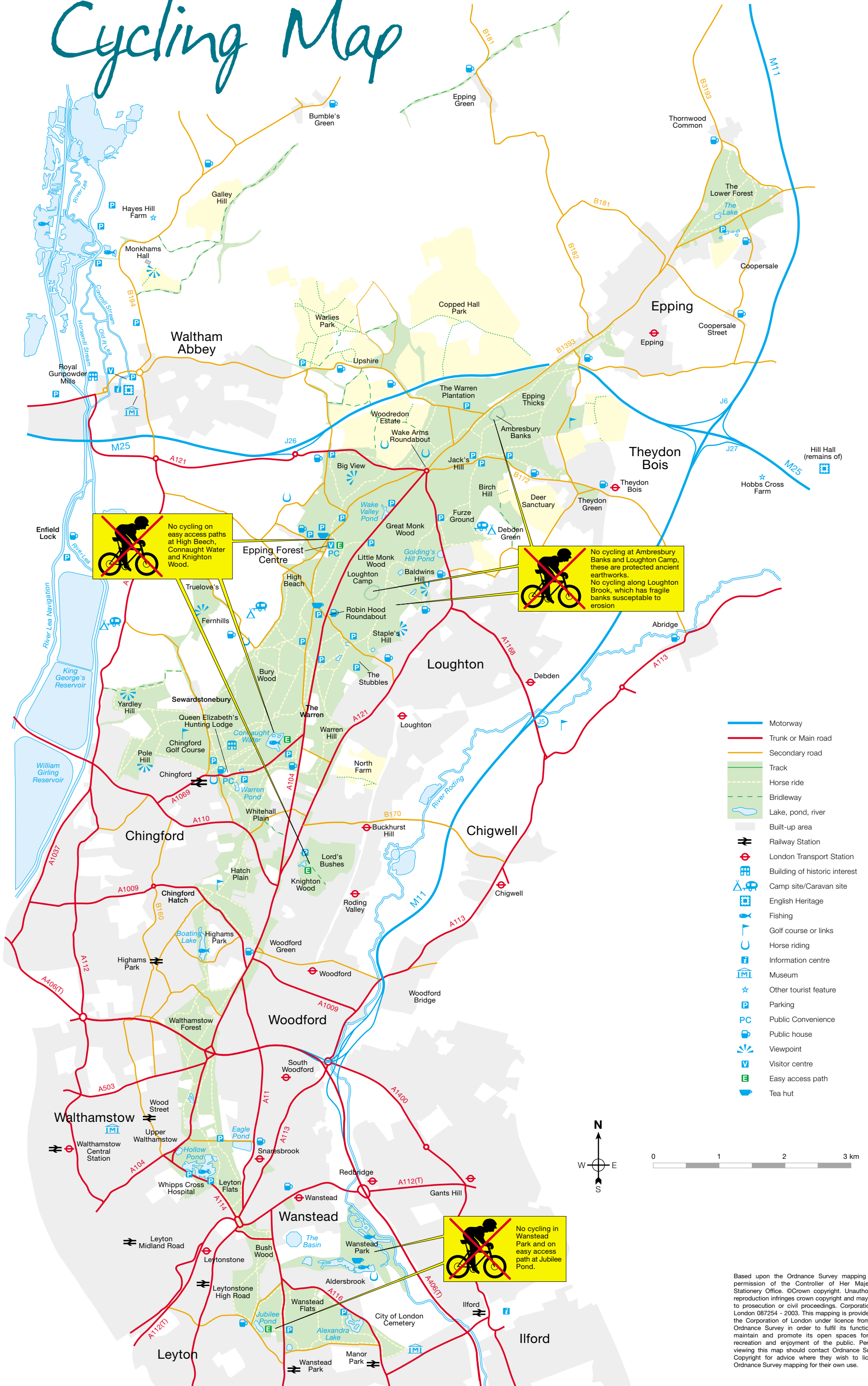



EPHING FOREST



























Cycling Map

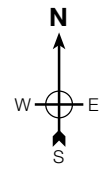


 No cycling on easy access paths at High Beech, Connaught Water and Knighton Wood.

 No cycling at Ambresbury Banks and Loughton Camp, these are protected ancient earthworks. No cycling along Loughton Brook, which has fragile banks susceptible to erosion

 No cycling in Wanstead Park and on easy access path at Jubilee Pond.

-  Motorway
-  Trunk or Main road
-  Secondary road
-  Track
-  Horse ride
-  Bridleway
-  Lake, pond, river
-  Built-up area
-  Railway Station
-  London Transport Station
-  Building of historic interest
-  Camp site/Caravan site
-  English Heritage
-  Fishing
-  Golf course or links
-  Horse riding
-  Information centre
-  Museum
-  Other tourist feature
-  Parking
-  Public Convenience
-  Public house
-  Viewpoint
-  Visitor centre
-  Easy access path
-  Tea hut



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