**Epping Forest Linear, Tuesday 25th June 2013**

10 walkers, 7.5 miles – leader Lonica Vanclay

It was a lovely warm summer evening and 10 of us strolled through the green leafy trees of Epping Forest – 7.5 miles from Epping to Loughton. We shuffled through the leaves off piste for a while but mostly followed the paths; we admired Amesbury Bank, an Iron Age fort, which according to legend, is the site of the last stand by Boudica against the Romans in the year 61 and we learned about the enclosures which helped preserve this magnificent forest for use by all.