**Epping Forest, Tuesday 13th July 2010**

6 walkers, 8 miles – leader Lonica Vanclay

The rain held off – just the occasional drizzle to cool us. 6 of us stepped out from Loughton and wound our way through the seemingly endless and very green trees of Epping Forest – with a few viewpoints, a pond and golf courses to give some variety. Very calming … with a dramatic sunset through the clouds. The boys adjourned to Wetherspoons; despite Dave's tales of banana beer, we girls opted to head straight home, hoping to keep the peaceful green in our minds as long as possible.