**Epping Forest, Tuesday 2nd August 2011**

15 walkers, 7 miles – leader Lonica Vanclay

15 of us gathered at Loughton underground station and set forth to walk through the 7 miles through Epping Forest – it is green, trees and more trees and very quiet and peaceful. The rain held off and we got back just as the sky got dark! Wetherspoons provided the post walk refreshments.