



Essex Activate Winter programme at Suntrap Forest Centre Monday 20—Thursday 23 December

10am –3pm

Suntrap Forest Centre, Church Road, High Beach, Loughton, Essex, IG10 4AJ

Four days of fun activities in Epping Forest

Discovering Animals

Hands on activities in forest habitats and meeting the Suntrap animals including giant train millipedes, fire salamanders and corn snake

Bushcraft

Have you got what it takes to survive in the forest, including shelter building and making campfires

Map skills and tracking

Learn the art of map reading so you can navigate your way round the forest

Festive themed celebration day

Make your own festive lantern and enjoy some and campfire cooking

