

Round London cycle circuit

11: Barkingside to Rainham

Distance: 14.63 miles (8.68 miles to start, 12.48 miles from finish)

Introduction

This section joins Q6 to NCR13. The first two-thirds is mostly suburban eastwards. The remaining third is southwards following the Ingebourne Valley, which makes up the southern half of NCR136.

Directions

The section starts at the mini-roundabout at the north end of Crown Road.

Proceed along Carlton Drive eastwards, and then immediately bear right along Station Road.

Cross over the Central Line, and keep straight ahead along the bridleway.

At the first intersection turn right.

At the T junction turn right, and then carry straight on along the road.

Follow the road round to the left.

At the No Entry signs take the parallel path on the left, which eventually takes you back to the road.

Take the next right, which is Crownfield Avenue.

Cross the dual carriageway through the underpass on your right.

On the other side, go up the ramp on the right and then turn left into Stainforth Road.

Take the fifth turning left, which is St John's Road.

Keep straight ahead across a main road and a series of mini-roundabouts.

At the end turn left, and follow the road round to the right.

At the main road, turn left then right into Primrose Avenue.

At the end, turn left, then take the second right, which is Florence Gardens.

At the end, turn right.

At the main road, turn left then right into Station Road.

Cross the railway.

Turn left at the traffic lights.

At the main road turn right then left into Stanley Avenue.

At the left bend, turn right into Temple Avenue.

Take the first left, which is Fambridge Road, and carry straight on along the footpath at the left bend. It may be a little overgrown.

Just after a staggered barrier turn sharp left.

Keep going straight ahead, across a track, alongside a metal fence on your right. You will probably need to walk

The path eventually emerges along the edge of a golf course. Still keep alongside the metal fence.

Eventually follow the path round to the right.

Turn left along the residential road (Meadow Road). When it bends right, take the footpath on the left.

Follow this path to the end. Then turn right along the pavement beside the main road.

Turn right at the mini-roundabout, and then take the first left into a housing estate.

Keep straight ahead into the hospital ground, then immediately turn right.

Keep straight ahead on this path, as it bends round to the left, then runs alongside the hospital buildings up on your left.

At the end turn right along the pavement.

At the traffic lights, turn left through 180° into the road, and cross over to the right-hand lane. Almost immediately turn right at the next traffic lights.

After a left bend, turn right into Clydesdale Road.

Keep straight ahead along this road across several more major roads.

At the T junction turn right.

Take the footpath on the left, just after Elms Close.

Keep on this path, across several roads.

At the end turn left.

Take the footpath on the right, between Nos. 160 and 162.

At the end, carry straight on up the hill.

At the end turn left, then right through the petrol station.

On the other side, turn right, then take the first left, which is Burnway.

At the end, carry on straight ahead into St Andrew's Park.

Skirt round the park clockwise, and leave it on the opposite side.

At the T junction turn left.

At the next T junction turn right.

Go straight across the main road. Here we join the London Loop.

After a bend right, turn left onto the main road.

After going under the District Line, and over the Ingebourne, turn right into Bridge Avenue.

Turn right into Hornchurch Stadium, opposite Brookdale Avenue.

Go through the black metal gates and down the drive.

Enter the car park and turn left towards the tarmac path to the left of the wooden fence. Follow the path through the green open space of Gaynes Parkway alongside the Ingebourne on your right.

At the triangular crossing of paths (which is where we join NCR136) keep right, and continue close to the stream before crossing it via the footbridge.

Then immediately turn left.

Cross a road and carry on alongside the Ingebourne (on your left).

At an intersection (with a footbridge over the river on the left) turn right.

Keep left at the fork.

After a carpark, bear left and follow the path alongside the Ingebourne again (but now at a higher elevation) and pass the café.

At the fork bear right.

At the T junction turn right.

Just after Albyns Farm (on the right) turn left.

After turning right through a gap in the hedge, turn left.

After a climb and a descent, bear left.

Turn left in front of the carpark.

At the main road, turn left along the pavement.

At the roundabout, cross the road on the left by means of the crossing.

The roundabout is the end of this section. To carry on to the next section, go straight ahead.