

Freedom Pass circuit

Section 38: Upminster to Rainham

Distance: 4.96 mi, 7.94 km

Introduction

This section takes us southwest. It is almost entirely along the route of Section 23 of the London Loop, and follows the course of the River Ingrebourne.

There are pubs at the beginning and end, and a café in the middle.

Directions

Turn left out of Upminster Station, and then right along Branfill Road.

Follow the road round to the left.

At the end, carry on straight ahead into Upminster Park.

Turn right twice, the second time away from the tennis courts, and follow the path out of the park.

After leaving the park, turn right and follow the road round to the left.

At the end of Brookdale Avenue, carry straight on into Hornchurch Stadium. We are now on the London Loop.

Bear left into the carpark, and left again to the exit.

Follow the tarmac path alongside the Ingrebourne on your right.

Keep right at the first intersection.

At the next intersection, turn right over the river, and then immediately left.

Cross the main road, and carry straight on along the path alongside the river (on your left).

For the next several miles we just follow the course of the Ingrebourne. The principle is very simple: at every intersection choose the left-most path, provided it is tarmac (of whatever quality) and does not cross the river. Towards the end, the path takes you past Albyns Lake and Albyns Farm, both on the right

Immediately after the farm, turn left.

At the end of the tarmac, go through the gap in the hedge on the right, and then turn immediately left.

Keep on the main path as it ascends and then descends.

Keep left when the carpark comes into view.

Turn right just before the carpark, and follow the path to the main road.

Carry on along the pavement (do not cross the road).

At the roundabout, go straight ahead, crossing the A1306 on the left, and continuing

along Bridge Road.

At the next roundabout, carry straight on again along Bridge Road, crossing Viking Way on the left.

When the road bends left past Rainham Hall, carry straight on along Celtic Farm Road.

Rainham Station is on the right.