

Zone 5 outer

Section 34: Chadwell Heath to Dagenham East

Distance: 4.07 mi, 6.51 km

Introduction

This section, of moderate length, is much more pleasant than one might expect of such an unpromising area of London's eastern suburbs. After an initial stretch of featureless suburban streets, the rest is footpaths, municipal park and nature reserve.

There are places to eat at the end.

Directions

Turn left out of Chadwell Heath station.

At the mini-roundabout, turn right into Broomfield Road.

At the end, turn right then left into Heath Road.

At the end, turn right and cross over the railway.

Turn left along Selinas Lane (rather a vile road).

At the traffic lights turn right.

Take the next path on the left, then turn right along Limbourne Avenue.

At the end, turn left then right along Grosvenor Road.

Take the third left, which is Gray Avenue.

At the left bend, take the footpath straight ahead.

Follow the path round the perimeter of a large sports field, then keep straight on.

Cross the main road, and go through the gates opposite. [There may be a simpler route across the park now.]

Cross the grass in the same general direction and head towards the fire station.

Cross a path and bear left alongside a brick wall.

Follow the path through the trees.

Cross a tarmac path, and carry on over the grass towards a pavillion.

Turn right onto another tarmac path.

Turn left past the pavilion.

At the T junction keep straight ahead over the grass, up a mound and down the other side.

Enter Eastbrookend Country Park ahead.

Keep straight ahead at the first fork, and thereafter keep straight ahead on the main path, which gradually bends round to the right.

Eventually you reach a T junction with a bus stop ahead.

Turn left, and leave the north part of the park.

Cross the road and enter the south part of the park.

At the T junction turn right.

At the next junction turn left.

Keep straight ahead on the main path, in due course leaving the park, and eventually reaching a T junction.

Turn right.

Follow the track all the way to the end.

At the main road turn left.

Carry straight on at the traffic lights.

Dagenham East station is on the right.