

Freedom Pass circuit

Section 37: Shenfield to Upminster

Distance: 10.63 mi, 17.01 km (southerly route), 10.72 mi, 17.15 km (northerly route)

Introduction

This section goes generally southwest. The start and end are largely suburban, and the middle part is through Thorndon Park.

There are two alternatives for the second half. Towards the end of the first (northerly) one there is an unmaintained public footpath part of which is very difficult to negotiate. There are also problems with two other sections of public footpath. The second (southerly) alternative includes a section in close proximity to a noisy motorway junction.

There are places to eat in Shenfield and Upminster, but nothing in-between.

Directions

Turn right out of Shenfield Station, and go under the railway lines.

Take the first right into Mount Avenue, pass the entrance to the carpark and then turn right into Herington Grove.

After a bend left, turn right into Roundwood Avenue.

After another bend left, keep straight on past the church, then bear right along Heronway.

Keep straight on to the end, and then carry on along the footpath.

At the end of the footpath turn left.

When the road bends left, turn right into Brindles Close, and then immediately take the footpath on the right.

Keep straight ahead on this path, and cross several fields.

Carry straight on when you reach a road.

Keep straight on along Middle Road, as it bends right.

At the end, turn left along the main road, and then turn right into Thorndon Gate.

Carry on along the footpath between the entrance to Thorndon Hall on the right and the golf course on the left.

Enter the woods, and keep on the main path as it goes gently downhill.

Eventually you reach a wider track. Turn right onto it.

More southerly route:

Go straight across a minor road, bearing left.

More northerly route:

Go straight across a minor road and through the gate opposite.

Bear left at the next significant junction.

After a left and right bend, take a turning to the right, downhill.

At the next junction bear left (do not cross the stream) and continue downhill.

At the bottom, bear right and cross the stream. Go a short way into the field, then bear left parallel to the stream.

Keep straight ahead through the trees. Keep right shortly after the lake on the left.

Carry on along the road.

At the end, cross the main road and carry on along the footpath opposite.

At the end, turn left along the road.

At the mini-roundabout turn right in front of a green cabinet.

Go over the grass, passing a long low brick building on the left.

Turn left in front of a large blue warehouse and then right onto a track, and keep straight ahead when it turns to grass.

Keep going along the right-hand edge of a field.

As the path bends left, turn right onto the road.

Opposite the first house on the right, take the footpath on the left.

Cross the field diagonally, aiming to the left of a grey-green farm building.

After a stile, bear right.

Go over another stile and carry on along the track between hedges, and then along the left-hand edge of another field.

Cross a driveway.

Follow the left-hand edge of the next field, turning left round the corner and descending.

At the bottom, carry straight on through the trees, over a footbridge and up the other side.

Immediately bear left onto a minor path.

Keep going in the same general direction on the path, in due course joining a more important track.

At the end of a long straight section, go straight on past a small gate.

Bear left then right.

Then keep straight ahead on the main path.

After passing a depressed area on the left, take a left fork downhill.

After a footbridge, turn right and climb up to the road.

Bear left, cross the road, and go through the entrance opposite.

Pass the tennis courts on the left, and follow the path into the woods.

Keep on the path, in due course it bends right.

At the main road, turn left.

Turn left into the entrance of a large apartment block, and then turn right across the forecourt.

At the end, turn left and pass the church.

At the next junction turn left.

Then take the first footpath on the right.

Follow the path downhill through the wood, to reach a road junction.

Cross the road in front, and carry on along the one opposite.

Turn left down Bird Lane, then go over the stile on the right.

If this path is blocked, go back up Bird Lane. At the next right junction, take the footpath on the left. Descend, cross a stream and climb along the edge of a field. Take the first exit on the left and carry on along the right-hand edge of a field. About

At the top, carry straight on along the driveway.

Turn right along the main road, then left along Codham Hall Lane.

When the road bends left, go straight on past a green gate, and turn right along the edge of the field.

The path leads you right round the edge of the fields. Eventually, after going through 180°, exit on a footpath through the trees on the right. (As a short-cut, after crossing the boundary of the first field, you could turn left alongside it, and on the far side turn right to reach the exit.)

When you reach another field, turn left along its edge.

Keep straight ahead, passing over a footbridge shortly after entering the woods.

Keep on the main path, with a stream on your right.

Turn left along a service road. Follow it alongside and then over a dual carriageway.

On the other side, keep right, alongside the dual carriageway.

Take the turning on the left, before the traffic lights.

Follow the road round to the right, then turn left past a green barrier.

Follow the road alongside and then under the M25.

Follow the path alongside the railway line.

Keep straight on when you reach the trees.

On the other side of the wood, keep straight on over the short grass. The route is starting to diverge a little from the railway.

Keep straight ahead past a wooden fence, along the path through an area of wilder vegetation.

Eventually you come alongside a

three-quarters of the way along, turn right when you meet the footpath. Resume the itinerary at point A below.

Go over three more stiles in quick succession, and then follow the path straight ahead, eventually, after another three stiles, (point A) reaching a main road.

Turn left down the main road, then right after the Hermitage onto a dilapidated tarmac track.

After a descent, when the track bends right, carry straight on towards the corner of a field.

Then carry on round the right-hand edge, turning first left and then right.

When you reach a farm track, turn right through a green gate onto it, then carry straight on uphill, past the farmhouse on the right.

When the track bends right, turn left.

At the second field, turn right then left round the edge, and so the same thing at the third field.

Leave the field at the next corner, and turn left down Berendens Lane.

Carry straight on until the path takes you over the motorway.

Then immediately turn right, uphill.

Just before the top, turn left.

When the track bends left, go over the stile straight ahead and then through the small gate on the right.

Keep straight on along this path. After going through trees, it joins a track.

When the track bends left towards farm buildings, keep straight on.

When you reach a road, turn left along it.

At the left bend, carry straight on ahead.

The path here is almost obliterated, but there are still a few waymarkers and

wooden fence on your right.

Go straight ahead along Nightingale Avenue.

At the end, bear left.

At the end, turn right then left into Ingebourne Gardens.

Bear left along Eversleigh Gardens.

stiles. If you keep going in the same direction, eventually you will find yourself going along the left edge of a field.

At the far corner, carry straight on into more trees. Negotiate a lot of piles of builder's rubble, until eventually you reach a dual carriageway.

Cross the dual carriageway, and carry on along the footpath opposite.

Go through the trees and then along to left-hand edge of a field.

Halfway along, bear left into the trees.

Keep going in the same general direction, until you reach a road, which is Bird Lane (again).

Turn left along it.

As it starts to bend left, take the footpath on the right.

If it is not possible to cross the next field, instead turn right along the edge. After two corners, just after a pylon, turn right. Turn left when you come out of the trees. Carry on along a residential road. At the end, turn right. Resume the itinerary at point B below.

Cross a field diagonally and enter Pot Kiln Wood. Take the first path on the right. This takes you out of the wood. At the end of Tamar Close, turn left. Turn right along Isis Drive.

Point B. Turn left along Severn Drive.

Carry on straight ahead into Marlborough Gardens.

Keep on this road as it bends first right and then left.

At the end, turn left, and then right into Eversleigh Gardens.

Keep on this road as it bends first left and then right.

At the end turn left along Hall Lane.

Upminster Station is on the left.