

Zone 6 inner

Section 30: Romford to Elm Park

Distance: 2.98 mi, 4.77 km

Introduction

This is a short section, which follows the River Rom. Although it is nearly all in close proximity to built-up areas, much of it is surprisingly rural.

There are places to eat at the start, and a poor selection of places to eat at the end.

Directions

Leave Romford Station by the left-hand entrance, signed “The Battis”, and turn left.

Follow the path alongside the railway.

At the traffic lights, go through the tunnel on the left.

Carry on along the main road, crossing at the pedestrian crossing.

At Union Road, take the cycle track that runs parallel to the main road.

At the next road, turn right.

At the traffic lights, turn left into Oldchurch Rise.

Keep straight on past the hospital and round a left bend.

Just before the roundabout, turn right.

Pass a carpark on the right.

Cross a road and carry on along the footpath opposite, followed by a residential road.

At the T junction turn right.

Cross the main road, and turn left along the pavement.

Cross the River Rom, and turn right alongside it.

Carry on along a tarmac path.

Just before the houses, turn right over the grass.

Follow the path alongside the Rom (taking either branch at the first fork).

Go over a small footbridge.

Keep on the path, with the Rom on your right and, for some of the way, a minor road on your left.

When the path emerges onto a minor road, turn left.

At the end, turn right along the main road, then left after the last house.

Keep straight ahead along the edge of the grass, then bear left and keep going alongside a row of garages and back gardens on the left.

Turn right onto a tarmac path.

Pass a lake on the left and cross the park.

At the next intersection, turn right along the edge of the park.

Take the second turning left, and leave the park.

Keep straight ahead across several residential roads.

At the end, turn left.

Turn right at the roundabout.

Elm Park Station is on your right.