

Zone 6 outer

Section 30: Harold Wood to Upminster

Distance: 4.23 mi, 6.77 km

Introduction

This is a fairly short section, which follows the River Ingebourne southwards. Much of this route is shared with the London Loop. The London Loop includes a long and tedious section along a busy road, which this route avoids by going across country. However, far from saving time, this diversion greatly increases the time required, because it includes a short stretch of public footpath which at the time of writing is completely overgrown with brambles. Secateurs are unlikely to be adequate; you will probably require garden shears. There is also a section across pathless fields.

There is nowhere to eat except at the two ends.

Directions

Leave Harold Wood station by the exit on the footbridge, and turn left over the railway line.

Turn left along Oak Road.

Just before the end, turn right along Archibald Road.

At the end, turn right.

Take the first left, Brinsmead Road, and enter Harold Wood Park.

Turn right, then left in front of the tennis courts.

At the T junction turn left.

Go over a footbridge, then turn right.

Keep straight ahead, past several junctions on the left.

Shortly after a crossroads, followed by a footbridge, the path starts to climb.

Halfway up, turn sharp right, leaving the London Loop.

Cross a footbridge, then keep going in the same general direction. You will find yourself going parallel to a main road on your left, towards a white chimney on the skyline.

When you see a stile on your left, go over it, climb the embankment, and go over another stile.

Turn right alongside the dual carriageway, then cross it, then take the footpath just before the blue barrier.

In a clearing, turn left, then follow the path round to the right until you see a fence ahead. Do not follow the path further round to the right, but keep straight ahead and pass through a narrow gate.

Keep straight ahead, and go through another gate.

Turn left along the track, then immediately take the footpath on the right.

Go along the right-hand edge of a field.

The next 10 yards or so will probably be very overgrown. Keep straight ahead over a ditch and through the nettles and brambles. Aim just to the left of a small oak sapling, then keep going. You should come out at the left-hand corner of a field.

Keep going in the same general direction along the left-hand edge of the field. You will join a perimeter path.

At the next corner of the field, turn left into a small wood, and make your way through it, tending to the right. Pass to the right of a stagnant pond. If you are lucky you may be able to discern a path.

You should come out into another field. Turn left along its edge, and proceed downhill.

At the bottom of a second field, you should reach the River Ingebourne. Turn right alongside it.

Keep following the river, climbing over any intervening fences. In due course, the London Loop joins from across the river.

Keep on the path beside the river. Eventually the path bends right, away from the river, and then left towards a row of houses.

Turn left down a track when you reach the back of the row of houses, leaving the London Loop.

Then turn right, and carry on along Benet Road.

After a right bend, turn left into Berkeley Drive.

At the end, turn right into Berkeley Close.

At the end, carry on along the footpath.

At the end, you will see Upminster station on your right.