

# Zone 6 outer

## Section 31: Upminster to Rainham

Distance: 4.92 mi, 7.87 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. It is identical to Section 38 of the Freedom Pass circuit.

There are pubs at the beginning and end, and at Hacton near the beginning.

### 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.

Bear right, then turn right, 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.

When you pass Albyns Lake on the right, the path bends right twice in quick succession. On the second bend, turn off to the left and carry on along the left-hand edge of a field.

Carry on into a second field.

At a fork, bear left up a slope. Gradually Kent comes into view across the Thames Valley.

When you reach a monument, bear left.

Pass a lake on the left.

At the crossroads go straight on, 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.