



# Big Walk - 21 May 2016, 10:00am

## Section 1 of 3

**Section start:** Harold Wood  
**Nearest station to start:** Harold Wood   
**Section finish:** Upminster Bridge  
**Nearest station to finish:** Upminster Bridge   
**Section distance:** 4 miles (6.9 kilometres)



### Introduction



This fairly short section goes through Pages Wood - a superb new community woodland of 74 hectares, as well as other woods, the riverside of the Ingrebourne and expansive pasture. The highlights include Upminster Windmill and the wooden artworks in Pages Wood.

The terrain is almost completely level with one or two short gentle slopes. It's mostly on footpaths, tracks and grass, often with rough surfaces. There is a more accessible section from Harold Wood to Hall Lane. There are pubs and cafes at Harold Wood and Upminster Bridge.

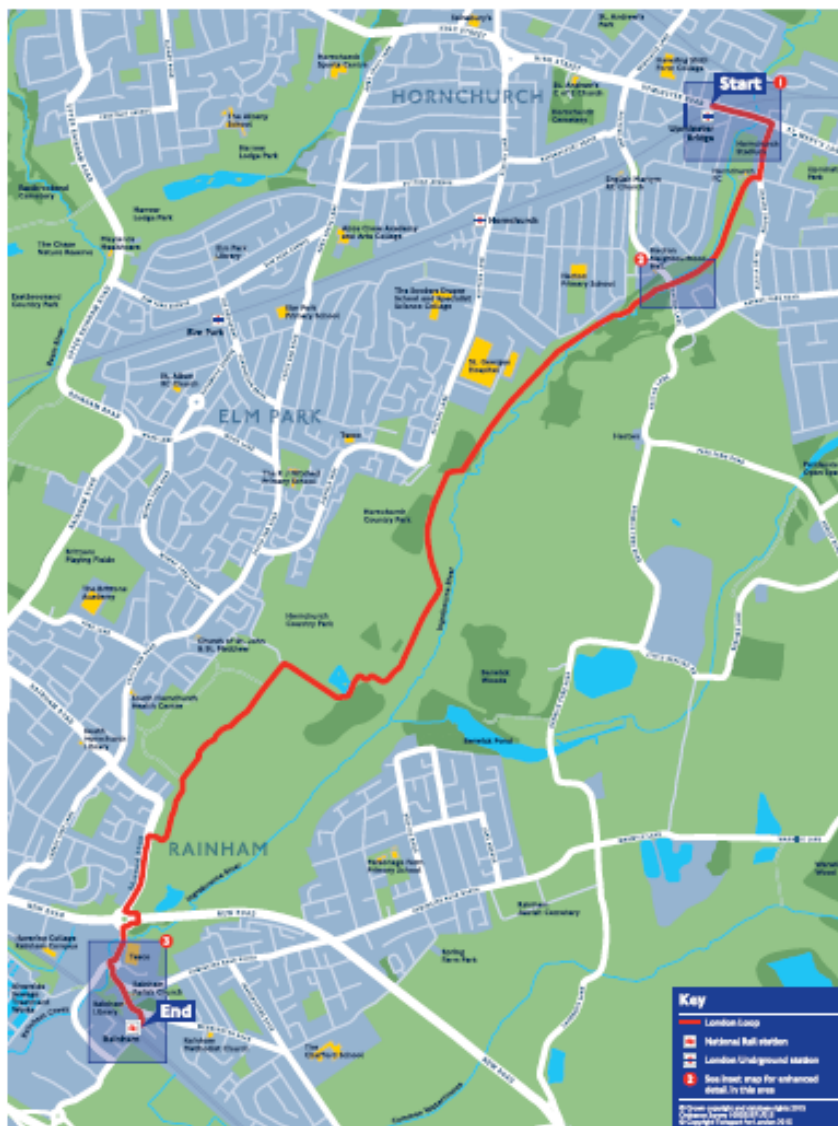
There are buses at Southend Arterial Road, Hall Lane and Wingletye Lane if needed.

## Section 2 of 3

**Section start:** Upminster Bridge  
**Nearest station to start:** Upminster Bridge   
**Section finish:** Rainham  
**Nearest station to finish:** Rainham   
**Section distance:** 4 miles (6.4 kilometres)



### Introduction



This section starts with the fascinating Upminster Windmill and generally follows the River Ingrebourne.

You walk through Hornchurch Country Park which has gone through several phases as a farm, military airfield, gravel quarry and rubbish tip, until its acquisition in 1980 by the local authority.

The terrain is almost completely level with tarmac or firm gravel paths and there are no stiles, so all this section is very accessible.

There are pubs at Upminster Bridge, Hacton Lane, Rainham Road, Rainham village, and cafes and toilets at Rainham.

There is also a toilet next to Upminster Bridge station.

## Section 3 of 3

<b>Section start:</b>	Rainham
<b>Nearest station to start:</b>	Rainham 
<b>Section finish:</b>	Purfleet
<b>Nearest station to finish:</b>	Purfleet 
<b>Section distance:</b>	5 miles (9 kilometres)



### Introduction

This final section of the LOOP starts at Rainham station and continues to the end of the LOOP at Purfleet.

The first part is mainly on roads, but soon meets the Thames with views across the river to Erith, where Section 1 of the London LOOP begins.

Points of interest are the ancient river ferry crossing point, Rainham, Wennington and Aveley Marshes, the Second World War concrete barges and the RSPB visitor's centre.



The walk is almost entirely level, with one or two short gentle slopes, on mostly hard surface with some grass. There are no stiles but there are some high steps. There is access for wheelchairs and pushchairs from the Coldharbour Riverside car park to the RSPB visitor's centre.

There is a cafe with toilets at the RSPB site, and pubs and cafes at Rainham and Purfleet, but no public toilets. Public transport is only available at Rainham and Purfleet, so be prepared to do the full five miles of this section.