




Using "Out and About in Thames Chase"

"Out and About" contains a wealth of information to enable you to get the most from the Community Forest.

Site Maps and Text Boxes

Each of the 7 area leaflets contains a map. These maps place the sites in their local setting and give detailed landscape and access information for each site. Keys for the landscape and access information are on the maps.

On the reverse of the maps there is a "Text Box" for each site. These give standard information from the following range of symbols:

-  Total length of paths for pedestrians
-  Total length of paths for cyclists
-  Total length of paths for horse riders
-  Car park present, plus opening times
-  Car park charges (only shown if charges made)
-  Nearest train or tube station
-  Nearest bus stop, operator and route number
-  Toilets present on site
-  Toilets include disabled facilities
-  Baby change facilities available
-  Visitor Centre present, plus opening times
-  Children's Play Area present
-  Site Leaflet available, plus some locations
-  Fishing available plus contact details

Restrictions Description of any site restrictions
Path Conditions Total lengths of paths in 4 access categories (see "Accessibility").

*Note: All lengths are given in metres or kilometres.
1,000m = 1km. 1km = 1,100 yards. 1mile = 1.6km.*

How To Get To Sites

It is so easy nowadays to jump in the car and drive to where we want to go. However, the car is not the only way to get to sites. You can walk, cycle, ride, catch a bus, or even take a train or tube. Many sites have entry points in addition to those for cars, so you can make use of these and leave the car at home.

Public Transport Information

Contact details for the public transport operators named in the Text Boxes are given below. Contact the operators about service times and frequencies.

Train Operators:

C2C: Barking, Upminster, Dagenham Dock, Rainham, Purfleet, Grays, South Ockendon and Chafford Hundred stations.

Tel: 0845 601 4873, www.c2c-online.co.uk

First Great Eastern: Romford, Emerson Park and Upminster stations

Tel: 08459 505000, www.ger.co.uk

General Train Information:

National Rail Enquiries

Tel: 08457 484950, www.nationalrail.co.uk

Also: www.thetrainline.com www.railtrack.co.uk

Tube:

District Line: Dagenham East, Elm Park, Hornchurch, Upminster Bridge and Upminster stations.

Tel: 0845 330 9880, www.thetube.com

Bus Operators:

Arriva: Tel: 0870 728 8188, www.arriva.co.uk

London Buses: Tel: 020 7918 4300,
www.londontransport.co.uk

First: Tel: 020 7298 7300, www.firstgroup.com

Thamesway Buses: Tel: 01268 525251
www.carlberr.co.uk

Site Leaflets

Several of the sites in this Pack have their own, more detailed Site Leaflet. The Text Box gives some locations where these may be obtained. Additionally, Thames Chase holds stocks of most leaflets, so please contact us at the Thames Chase Forest Centre if you wish to obtain a particular leaflet.

Information also on the Web:

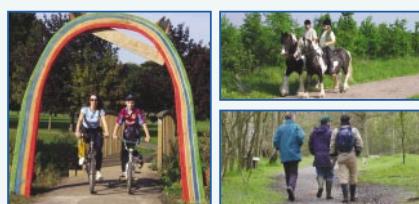
All of the sites information contained in "Out and About in Thames Chase" will also be available for you to access on the Web. Log onto:

www.thameschase.org.uk





to access this wealth of information about your local Community Forest.

Who Can Use Which Sites

Many sites allow walkers, cyclists and horse riders to all use the facilities. Others may restrict access to only one or two of these user groups, because of factors such as unsuitable paths.




The site maps use path colours to identify users:


-  pedestrians only
-  pedestrians and cyclists
-  horses and cyclists
-  all users (horses, pedestrians and cyclists)


The Text Boxes also show who can use which sites.

Accessibility

The surface of a path makes a huge difference to how easy it is to use. "Out and About" classifies all paths shown on site maps into four levels of "accessibility":



 **"Fully Accessible"** - The path surface should be compact, firm, stable, non-slip and should not retain standing water. There will be very little loose material on the path, and where present should not exceed 5mm in size. Maximum gradient present of 1:20. Minimum path width of 1.2m. No stiles, gates or barriers inaccessible to wheelchairs present, or pinch points less than 815mm wide.

 **"Accessible"** - Most, but not all, of the "fully accessible" criteria are met, e.g. gradients may exceed 1:20 in some locations. Stiles and steps will be absent.

 **"Rough Surfaced Paths"** - Some form of surfacing should be present, but it might be poorly drained, loose, uneven or eroded.

 **"Unsurfaced Paths"** - Mown grass or worn earth paths.

These levels of accessibility appear on top of the path colour on the site maps, as these 2 examples show:

-  pedestrian, unsurfaced
-  all users, accessible



Path quality can vary with the weather and level of maintenance. The assessments given in this Pack were correct at the time the Pack was produced.