

1 Turn left from the main entrance of Upminster Station then cross Station Road at the pelican crossing opposite M&S Food. Walk up Branfil Road with Rooms on your left. At the end of the road turn left into Champion Road and walk to the end of the road. Note The War Memorial at St Joseph's church on your left. VP3.

2 At the Junction with St Mary's Lane a short detour to your right will take you to Upminster Windmill and the Old Chapel opposite. However, we cross St Mary's Lane at the pelican crossing and enter Upminster Park following cycle route and FP136.

3 Follow the footpath passed the tennis courts to your left and then take the path to your right into Brookside Close. This leads into Brookside Avenue and then meets Bridge Avenue. Cross Bridge Avenue and walk downhill to the entrance to Hornchurch Stadium. VP4.

4 Keep to the left of the Stadium car park where the path becomes Gaynes Parkway with the Ingrebourne River on your right. After around 10 minutes take the footbridge over the river then turn left to Hacton Lane at Hacton Bridge VP5.

5 Cross Hacton Lane at the pelican crossing and enter Hacton Parkway beside the small car park, playground and outdoor gym. The footpath now follows the Ingrebourne river on your left and is part of the London Loop and Sustrans cycle route FP136

6 After around half a mile FP215 crosses our footpath. The path to the left is part of the Thames Chase Berwick Glades circular walk No.5. The FP to the right is an alternative path to Squadrons Approach avoiding flooding to our route after prolonged wet weather. VP6 and 7.

7 After a further half mile the FP turns sharp right up hill to a playground with a model Spitfire as a reminder of this area's past as an RAF fighter station. The flood detour path rejoins the route here.

8 We pass the Hornchurch Country Park Visitor Centre keeping to the footpath on the left. After 400 yards on your left there is a small picnic area overlooking the river and marshes. VP 8

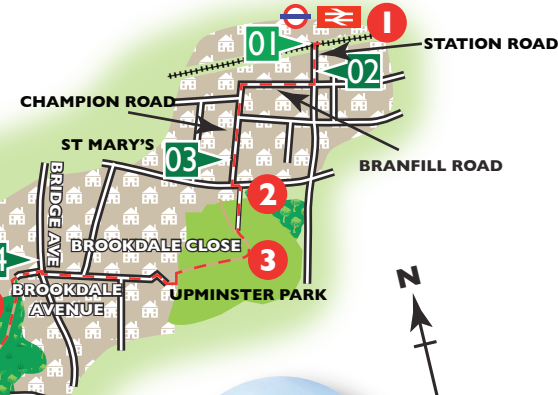
9 After a further 100 yards FP 216 to the left crosses the river to Berwick Glades (see TC Circular walk No.5) VP 9. However we continue on the tarmac path passing a Pill Box and some Tett Turrets. VP 11 & VP 12.

10 The path turns right then left before passing around Albyn's Lake on the right. The lake has many waterfowl, benches and picnic area. VP 14

11 Continue along the path ignoring the new cycle FP136 to your left until you reach Albyn's farm house on your right. This beautiful medieval manor house is surrounded by a high wall but a good view can be had through the iron gated entrance. VP 15



UPMINSTER STATION



06. INGREBOURNE VALLEY



07. SIGNPOST



11. PILL BOX



12. Tett Turrets



16. INGREBOURNE HILL



17. STILLWELL LAKE

12 Continue walking passed a small council depot on your left then a small car park until you reach the original London Loop path to your left. Take this path which leads to Ingrebourne Hill. As you enter Ingrebourne Hill take the path to the right. This former land fill site has 4k of pathways suitable for walking, mountain biking and horse riding. Our walk doesn't ascend the hill but skirts the western side. However if feeling energetic and time permits take the path to the left and you will be rewarded with splendid views from the top of the hill. VP 16

13 After a few hundred yards you will pass on your right an entrance to Ingrebourne Hill from the junction of Avalon Road and Grove Park Road. This is where the TC Dagenham East/Rainham Station walk meets this walk.

14 Continue walking until joining the new LL path 136 just before Lake Stillwell VP 17. The path continues with Lake Stillwell on your left until you reach the car park. Exit Ingrebourne Hill into Rainham Road opposite Travis Perkins. Turn left and follow the road passing a BT Depot and the Albion pub until you reach the Dovers Corner roundabout. Cross the A1306 at the pelican crossing and then go right then left at the roundabout into the B1335.

15 Follow the B1335 passed Tesco, cross Viking Road and then onto the War Memorial at Upminster Road South VP 18. Continue along the Broadway (B1335) and for a short distance to Rainham Hall VP 19.

16 Continue along the main road and at the mini roundabout turn right into Ferry Lane which leads to Rainham Station.

Note: After crossing the A1306 instead of turning right a more attractive route is followed by turning left and walking around 200 yards. Just passed the creek go through the gate and walk along the path with the creek on your right. After a short distance take the path to the left between the Tesco car park on your right and the school playing field on the left. Continue to Upminster Road South then turn right which takes you to the War Memorial VP 18.

	HOUSES & BUILDINGS
	TREES/HEDGES
	FARMLAND
	GRASSLAND
	MARSHLAND
	ROUTE
	RAILWAY



- 01** Introduction
This route is just over 5 miles, from Upminster Station to Rainham Station. The walk follows the Ingrebourne Valley, along cycle and foot path FPI 36. The walk is generally flat and on good tarmac paths.
- 02** District Line History
The District Line was extended to Upminster in 1902 (Wikipedia). It was then ceased in 1905 as electrification was proposed. It was then rebuilt and electrified and Upminster station was back in action on the District Line in 1932.
- 03** War Memorial St. Joseph's Church
This memorial at the St. Joseph's Church commemorates the Roman-Catholic residents of Upminster who were killed or missing in World War II.
- 04** Hornchurch Stadium
Hornchurch Stadium was built in 1953 on the eastern bank of the river Ingrebourne between St Marys Lane and Southview Drive in Upminster with its entrance and car park off Bridge Avenue opposite Brookdale Avenue.
- The stadium has a grass football pitch and a 6 lane all weather athletics track and is home to AFC Hornchurch 'The Urchins' and Hornchurch Athletic Club. It has a spectator capacity of 3500 of which there is covered seating for 300. The Riverside stand is just a few feet from the Ingrebourne river. Besides being the home of the football and athletic clubs it is also used for local school sports days and for Havering inter-school athletic competitions.
- 05** Hacton Bridge
At Hacton Bridge there is a car park, a playground and an outdoor gym, part of Hacton Parkway. Walk South along the tarmac path Ingrebourne Valley Greenway, which is also part of the London Loop (LL) and Footpath 136 (FPI 36). The Ingrebourne River is on your left.
- 06** Ingrebourne Valley
The site is home to water voles and a fantastic diversity of birds including waders such as redshank and lapwing. You might be lucky enough to catch a glimpse of a hobby flying high above with the swifts in summer; a water rail skulking in the reed beds or even the vivid blue flash of a kingfisher. In spring and summer listen out for the manic warbles of a sedge warbler or the explosive sound of the Cetti's warbler. Throughout the winter ducks such as gadwall, teal and pochard are in residence at the marshes, escaping the colder winters of the far north.
- 07** Flooding (Alternative Route)
At this point, close to the river, the path is prone to flooding following prolonged heavy rain.
- 08** EWT Visitor Centre
The new, Essex Wildlife Trust Visitor Centre.
- Essex Wildlife Trust, in partnership with the London Borough of

Thames Chase - Community Forest

Environmental improvements within the borders of Thames Chase Community Forest are all around you in the many green spaces that are enjoyed through its 40 sq miles of countryside. This landscape regeneration project is now being managed by the Thames Chase Trust.

The Forest Centre provides information about the Community Forest and a focus for community activities. There is a wide range of events to interest all ages -

Opening Hours

10am - 5pm every day; (Late March to October)
10am - 4pm each day; (November to Late March)

Car parking

A fixed daily donation to Thames Chase Trust payable at the ticket machine.

Thames Chase Walks are sponsored by

Veolia North Thames Trust

Thames Chase

For more information and to make bookings please ring 01708 642970 or call at The Thames Chase Forest Centre, Pike Lane, Upminster RM14 3NS
E-mail: enquiries@thameschase.org.uk
Web site: www.thameschase.org.uk
Charity no. 1115627. Company No. 5687558

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Upminster District Line
Upminster is served by London Underground services on the District Line through Central London and by C2C trains between London Fenchurch Street and Shoeburyness, via Tilbury and Southend. The London, Tilbury & Southend railway first opened in 1885 with electrification introduced in 1932.

Upminster Windmill
The Mill was built in 1803 by James Nokes, along with ancillary buildings, a bakery and cottages and operated until approximately 1927. Essex County Council bought the mill in 1937 and started restoration work. It passed to the London Borough of Havering who, with the help of community groups, continued the restoration work and the mill opened to the public in 1967.

Upminster Park
The Park was the Rectory Meadow for St. Lawrence's Church. Upminster is thought to be one of five mission centres set up throughout Essex by St. Cedd in the middle of the seventh century.

Hornchurch Stadium
It was built in 1953 on the eastern bank of the river Ingrebourne. The stadium has a grass football pitch and a 6 lane all weather athletics track and is home to AFC Hornchurch 'The Urchins' and Hornchurch Athletic Club. It has a spectator capacity of 3500 of which there is covered seating for 300. The stadium is also used for local school sports days and for Havering inter-school athletic competitions.

Hornchurch Country Park
The country Park is a large area of glades, mature woodland and meadows, with a wide variety of flora and fauna. The area was previously used for gravel extraction where relics of the Stone, Bronze and Iron ages as well as Roman artefacts were discovered. Squadrons Approach is part of the adjacent Airfield Estate, so named because it was built on the site of the former RAF Hornchurch airfield.

RAF Hornchurch
During WWI RAF Hornchurch was first created on Suttons Farm to protect London from airship attacks. In WW2 it became one of the many fighter bases in Essex and around London, with Spitfires based here that played an important part in the Battle of Britain. After WW2 the airfield was used mainly for pilot training. RAF Hornchurch closed in 1962 but some of the administration buildings remain, while air raid shelters, gun placements and pillboxes are still in evidence.

Berwick Glades
Formally farmland, Berwick Glades with its planted glades and wildflower meadows, is a real vista to recharge the batteries! It is a well-connected site with public footpaths linking it via a footbridge over the river Ingrebourne linking it with Hornchurch Country Park and the Ingrebourne Marshes.

Stillwell Lake
Named after Squadron Leader Stillwell, Spitfire pilot in WW2, who was based at RAF Hornchurch and won the Distinguished Flying Cross for destroying several German aircraft during the Battle of Britain.

Ingrebourne Hill
Ingrebourne Hill is a man-made hill, which gives 360-degree views: to the south over Rainham Village, across the Thames to Kent, to the City of London in the west, Havering-atte-Bower and the green steeples of St Andrew's church, Hornchurch to the north and across Berwick Glades in the east, almost as far as Rainham Marshes.

Rainham Hall
Rainham Hall is a fine Queen Anne house, built in 1729 by an enterprising merchant and ship's captain, John Harle whose trading activities were a factor in the development of Rainham Village in the 18th century. It is a rare surviving witness of the river trade which forms an important part of local and regional history.

- 14** Albyn's Lake
You are now passing Albyn's Lake on the right. The lake has an abundance of species of waterfowl, including Canada geese, coot, mallard and swans as well as a pair of heron. There is a picnic area with wooden tables and benches around the lake.
- 15** Albyn's Farm House
You have now reached Albyn's Farm house - a beautifully maintained medieval manor now privately owned.
- 16** Ingrebourne Hill
As with many areas of land in east London, this site was used for gravel extraction in the 1950s, then filled with landfill in the 60s. After being capped, the land stood empty for many years. In the early 2000s, Ingrebourne Valley Limited began restoring the site, and created the 'Hill' you see today. The top of the hill is the highest point in the area, and from here you can see all the way to London. In 2007 the Forestry Commission took on management of Ingrebourne Hill, offering the local community a public green space with new trees, benches, paths and a dedicated mountain bike track.
- 17** Stillwell Lake
The lake is named after Squadron Leader Stillwell, Spitfire pilot in WW2, who was based at RAF Hornchurch and won the Distinguished Flying Cross for destroying several German aircraft during the Battle of Britain.
- 18** War Memorial Rainham
This memorial commemorates the residents of Rainham who were killed or missing in World War I (1159 names) and World War II (20 names).
- Many of these memorials were erected after the First World War. After the Second World War, the names of those who died in that war were also added to the memorial.
- 19** Rainham Hall Restoration
Rainham Hall is a charming and remarkably fine example of a Queen Anne house, built in 1729 by an enterprising merchant and ship's captain, John Harle. It is now owned by the National Trust.
- The hall and its cluster of associated buildings were a focal point for his trading activities, which were a factor in the development of Rainham Village in the 18th century. It is a rare surviving witness of the river trade which forms an important part of local and regional history.
- The hall is nestled in the heart of Rainham village on the far eastern fringes of London. Surrounded by a contrasting landscape of big skies, wild marshland and thriving industry, Rainham Hall has been quietly biding its time. Now, with the generous support of the Heritage Lottery Fund and grant funders, the National Trust are working on an exciting project to restore and open up this hidden piece of London's history.
- 20** Rainham Station. Finish