

Freedom Pass circuit

Section 39: Rainham to Barking Riverside

Distance: 5.76 mi, 9.22 km

Introduction

This section is of moderate length. It follows quite a roundabout route, because much of the area is industrial and therefore impassable. There is a stretch towards the end along a road which has a lot of lorries

There is a pub in Dagenham.

Directions

Leave Rainham Station on the west side, by platform 1, and take the footbridge over the Channel Tunnel Rail Link.

On the other side, take the ramp straight ahead, which leads down into the marshes.

Near the bottom, turn right and go down two flights of steps.

Carry straight on along Lamson Road.

Cross over to the left-hand pavement.

Just before the rail bridge, take Creekside and carry on under the bridge.

Then keep going, alongside the main road.

Just before the road goes over the Ingebourne, bear left alongside a housing estate.

On a left bend, go straight on and cross a footbridge.

Turn left along the main road.

Turn right at the first pedestrian crossing, then keep straight ahead along Gisborne Gardens.

Carry on straight ahead into Burwood Gardens.

At the end, turn left.

At the end, turn right then left into Stanley Road South.

Turn sharp left into Philip Road.

Take the first right into Frederick Road.

Keep going along this road. **[Investigate possible right turn.]**

On a left bend (followed by a right bend), turn right into Roman Close, follow it round to the left.

Take the first turning right.

Go through a kissing gate, and carry on along a rough path.

Shortly before the brow of the hill, turn left onto a fainter path.

Cross the bed of a stream, then bear left along a grass path.

Turn right onto a tarmac path.

Turn left at the T junction after the footbridge.

Turn right after the next footbridge.

Go up the steps on the left, and then turn right along the top of the embankment.

Just after the embankment bends right, go down the steps on the left, and carry straight on along the leftmost of two mown grass paths.

At the tarmac path, turn left and then immediately right.

Leave the park, and carry straight on.

Cross the main road at the pedestrian crossing and turn left along the pavement.

Take the second turning right, which is Orchard Road.

At the end, take the leftmost of the two roads ahead.

At the end, carry on onto the traffic island, then bear left and cross the dual carriageway.

Go straight ahead along Chequers Lane.

Keep straight ahead, over the railway and under the A13.

Turn right along Choats Road.

Go straight on at the roundabout.

Immediately after passing over a stream, take the footpath on the left.

Turn right alongside the Thames.

Pass an Event Area on the right, then turn right onto a road.

Keep straight ahead to Barking Riverside Station.