

**London Loop 17 Harold Wood to Rainham
on Saturday 24 September 2011**

This visit has been organised by David and Gillian Pick

The definitive guide is “The London Loop” written by David Sharp, list price £12.99. This guide contains maps, directions, detailed descriptions of the local scenery and facilities on the route. You can also find a detailed guide at <http://www.tfl.gov.uk/tfl/gettingaround/walkfinder/walkdetails.asp?id=95>. This section takes us from Harold Wood to Rainham and is about 13 km.(8 miles).

Aim to be at Harold Wood Station by 11.00. On the last section we followed Carter’s Brook. We now follow it as the River Ingreborne. We pass through Pages Wood, a new community woodland of some 74 hectares with some splendid carved wooden seats.

Lunch is at “The Windmill” near Upminster Bridge Station. Just up the road is a smock windmill (see picture below). After lunch we go through the Ingrebourne Valley and the Hornchurch Country Park. Here there are a series of lakes and swamps with viewing points. This section then finishes at Rainham Station

Latecomers can contact me (David Pick) on my mobile number 07733555113 to find out where we are.



The Smock Windmill



Marshes in Ingrebourne Valley