

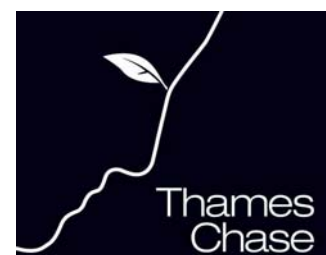
Location Map for the Thames Chase Forest Centre, Broadfields, Pike Lane, Cranham, Upminster.



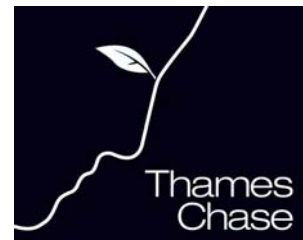
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Forest Enterprise

An agency of the Forestry Commission



Directions to the Thames Chase Forest Centre



By Road

From the M25

Come off the M25 at **Junction 29**. Take **A127** towards **Southend**.

You will only be on the A127 for a few metres before taking **the first slip road**.

Turn **right** onto the **B186**, towards **Ockendon**. Follow road around bend and go straight over mini roundabout, towards Cranham and Upminster. **Pike Lane** is next **left** (approximately half a mile after going under the motorway, just before the Thatched House pub). Turn into Pike Lane and after a third of a mile turn into entrance on **left**, (next to wooden "**Thames Chase Forest Centre**" sign).

Continue until you reach a collection of buildings. Car Parking is available on the left or right. The Forest Centre is the timber A-frame, the Thames Chase office is the last building you come to and the Education Room is the glass-fronted building just before the office.

From Central London on the A13

Follow signs from Tower of London to A13. **Go along A13** until you get to Rainham Marshes, take exit signed "**Wennington, Aveley, West Thurrock**". At **roundabout** turn **left**. Go immediate **right**, signed Aveley. At end of road is a **roundabout**, turn **left** signed "Belhus Woods Country Park". Go past Belhus Woods CP, **turn next right** into Bramble Lane. After left bend & right bend turn **left** into Stubbers Lane. At **end of road** turn **right**, pass Stubbers on your right and **turn next left** into **Pike Lane**. Entrance to the Forest Centre is on the right after half a mile. Follow advice for Forest Centre buildings as above in M25 directions.

By Public Transport

By Bus

There is a limited bus service along St Mary's Lane. The **347** leaves from Romford Station for Ockendon Station at **10.00, Noon, 14.00 and 16.00**, Alight at the Jobbers Rest pub on St Mary's Lane. From here it is about a 10-15 minute walk to the Forest Centre: follow the Walking Directions, below to walk to the Forest Centre.

The Bus leaves Ockendon Station at **9.00, 11.00, 13.00 and 15.00**.

For more information on footpaths and bus services contact Thames Chase on 01708 641880.

By Train

Upminster station is 2 miles from the Forest Centre.

Trains from **London Fenchurch Street** (just round the corner from Tower Hill Tube) are frequent to Upminster. Bikes are allowed on off-peak trains.

Alternatively, trains from Liverpool Street go to Romford, then take branch line to Upminster.

There is a **taxi** rank outside the station. To **walk**, (up to 30 mins) follow walking directions from Station as described below.

By Tube

District Line to Upminster. **Not recommended** from central London, as it takes ages.

Walking Directions to the Thames Chase Forest Centre from Upminster Station

Walk to front entrance of the Station, on main road, and turn left towards the town centre. Cross service road for station and turn next left down Howard Road. Walk to end of road and turn left down St Mary's Lane. Walk under Railway Bridge and over mini roundabout. Cross road at Pedestrian Crossing and continue along St Mary's Lane. You are actually walking along a parallel road called Westbury Terrace. Go past Jobbers Rest pub and Thatched House pub and Pike Lane is on right after a row of cottages. Cross Pike Lane and climb over the stile on the opposite corner. Turn right and walk down the mown grass path down the side of the Golf Course inside the hedge. When you come to a gravel track, which leads diagonally over the Golf Course, take this track to the Forest Centre. Go through the wooden gate and the Thames Chase office is the last building you come to. The Forest Centre is the timber A-frame building and the Education Room is the glass-fronted building just before the office.

The walk is about 1.8 mile and takes between 20 and 30 mins. Because you are walking on grass for a short section, stout shoes are recommended in rain or snow.

Finally, this walk is excellent aerobic exercise of a length recommended to combat cardiovascular problems!

