

Zone 5 inner

Section 37 : Chadwell Heath to Becontree

Distance: 2.54 mi, 4.06 km

Introduction

This section is short and depressing. Much of it is along very straight suburban streets of soul-destroying dullness. It does include a couple of municipal parks, but these too seem to be infected by the aridity that characterizes the surrounding area.

There is a pub near the start.

Directions

Turn right out of Chadwell Heath Station.

Turn left at the traffic lights.

Take the second right, Lymington Road.

At the end, turn right then left into Bonham Road.

Ideally you should carry on to the traffic lights, turn left, then turn right into the grounds of Valence House. But on my last visit that was closed. So instead take the first left, Warrington Road.

At the end, carry on into Valence Park.

Bear left through the carpark, then take the middle of the three paths at the far end.

Bear right at the roundabout and leave the park.

Keep straight ahead.

At the main road, turn right then left into Verney Road.

Follow the road all the way to the end. Part of the way is a cycle track.

At the T junction bear right.

Carry straight on into Parsloe Park.

Keep straight ahead at the fork (not right).

In due course, you will have a lake on the left. Follow the path round it anti-clockwise.

When you reach a small roundabout, turn right and head out of the park.

Bear left onto Gale Street.

You will shortly reach Becontree Station on the right.