

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Stanford-le-Hope to Pitsea	<b>Walk No.</b>	377
<b>Area</b>	Essex	<b>Type</b>	Linear
<b>Date</b>	Friday 2 <sup>nd</sup> September 2022		
<b>Distance</b>	10 miles (16 km) including to/ from stations.		
<b>Timing</b>	5½ hours walking time + travel + lunch stop. Allow 8 hours in total. Should be back in Islington by 5.00 pm.		
<b>Meeting up &amp; travel</b>	<p>Meet at Fenchurch Street station (Bank end) at 9.30 to get the 9.41 Shoeburyness train. Some might want to join at Upminster (9.57) or Barking. Please advise me if you are doing any of those options.</p> <p>It's Zone 6/ Freedom pass to Upminster so buy a cheap day, off peak return Upminster to/from Pitsea. With a rail card that should be £11.00. Or ask about a 'Rover' ticket.</p> <p>Frequent trains back from Pitsea (16.01, 16.28, 16.43, 16.51).</p>		
<b>Route</b>	<p>This is part of the Thames Estuary Path which runs from Tilbury to Leigh-on-Sea. We've previously done all of the sections. But it appears the last time we did this section was back in August 2017 – can it really be that long ago? See the "Links" for full details of the route. The highlights are:</p> <p>Leave Stanford-le-Hope station (0 mls, 10.30) and pick up the signs for the Path. We follow this until a junction – one branch to Tilbury, but we take the Pitsea branch. Soon we are in Stanford Wharf nature reserve. We zig zag through this countryside until we reach Corringham (5 mls, 12.30) and then soon we are at our lunchtime stop, a pub in Fobbing famous re the Peasants Revolt (5½ mls, 12.45).</p> <p>After lunch (1.45pm) and a quick look at the local church, we turn down Marsh Lane into our next nature reserve. We skirt the Wat Tyler Country Park then move on to RSPB Vange Marsh. After this we then reach Pitsea Station (10 mls, 4.00pm).</p> <p>For those not tired by then – there is an option to carry on to the next section, 3½ miles to Benfleet.</p>		
<b>Lunch</b>	The White Lion pub in Fobbing. Nice varied menu. Phone: 01375 673281		
<b>Dropping out</b>	None. Could call a taxi from Fobbing (lunchtime stop) to take you to Pitsea station.		
<b>Suitability</b>	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties.</p> <p>Terrain: flat all the way.</p> <p>Possible obstacles: three stiles.</p> <p>Weather: forecast to be hot. Bring water and sun shade.</p> <p>Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.</p>		
<b>Facilities</b>	There are toilets on the train. There are no toilets at Stanford-le-Hope. At the end, there are toilets at Pitsea station.		

<b>Walk source</b>	<a href="http://www.thamesestuarypath.co.uk/">http://www.thamesestuarypath.co.uk/</a>
<b>Map &amp; other references</b>	OS Explorer 175 Links: <a href="http://www.thamesestuarypath.co.uk/pdfs/TEP_Route3_Web.pdf">http://www.thamesestuarypath.co.uk/pdfs/TEP_Route3_Web.pdf</a> <a href="https://www.thamesestuarypath.co.uk/pdfs/TEP_Text_Guide.pdf">https://www.thamesestuarypath.co.uk/pdfs/TEP_Text_Guide.pdf</a>
<b>Leader &amp; contact details</b>	<u>Walk Leader</u> : Derek Harwood <u>Phone</u> : 077 5931 4096 <u>e-mail</u> : derek.harwood@live.co.uk
<b>Interesting facts</b>	Places we pass on route: <ul style="list-style-type: none"> <li>• <i>Thurrock Thameside Nature Park</i></li> <li>• <i>London Gateway Port</i></li> <li>• <i>Stanford Warren Nature Reserve</i></li> <li>• <i>Fobbing Village</i></li> <li>• <i>Corringham and Fobbing Marshes</i></li> <li>• <i>Corringham Village</i></li> <li>• <i>RSPB Vange Marshes</i></li> <li>• <i>Vange Wick</i></li> <li>• <i>Wat Tyler Country Park</i></li> <li>• <i>Pitsea Mount Church</i></li> </ul>