

Eastbrookend
Country Park

Ingrebourne Valley provides a wonderful spot for a bit of exploring and a picnic break. Full of wildlife and history, there's lots to see here. Squadrons of spitfires were based here during World War II playing a large role in the Battle of Britain. The park itself is home to a variety of wildlife from **common lizards** to **grey herons**.

A1112

Rainham Road

8

Ingrebourne River

Hacton Lane

9

P

10

Berwick Pond Rd

A125

7

Ingrebourne Hill
Country Park

6

11

5

4

Tesco's

Phoenix
pub

Rainham

Rainham
Station

Look out for **seals** resting on the southern bank of the Thames. You can see London in the distance. To your right, look out over Aveley Marsh and look for our breeding wading birds: **lapwings** and **redshanks**. Their cheerful songs and flying displays are best in spring, but **peregrine falcons** can be seen all year round. Autumn and winter are great times to look out for **wigeons**, **oystercatchers** and **short-eared owls**. The high-speed Eurostar line marks the reserve boundary.

B1

A13

Rainham Marshes
nature reserve

2

Key

 National cycle route 13

 National cycle route 136

 Cycle route

 Railway line

 RSPB Rainham Marshes visitor centre and toilets

 Directions

 Car park

River Thames

 

Purfleet