

# Ingrebourne Hill Accessibility Guide

Updated: 18th September 2026



## Welcome to Ingrebourne Hill

Welcome to Ingrebourne Hill. This guide has been created to help you plan your visit and find a route suitable for you and others to engage with nature, focus on wellbeing and enjoy the great outdoors.

Ingrebourne Hill is a managed woodland site, whilst there are surfaced trails with compact stones, the ground surface across the site may be challenging for some visitors with access requirements.

This access guide and accompanying access video has been created by and with the support of access consultants with lived experience of disability, who have experienced the trails described in this guide.

If there is any information you can't find in this guide, please contact Forestry England:

**Telephone:** 01708 642964

**Email:** [thameschase@forestryengland.uk](mailto:thameschase@forestryengland.uk)

We hope you enjoy your visit to Ingrebourne Hill.

## Overview

The following pages provide an overview of accessibility at Ingrebourne Hill. Detailed access information can be found from page 4 onwards.

## Opening hours

Ingrebourne Hill is open daily from dawn until dusk. The car park opening times are seasonal. Please check signage on arrival for up-to-date opening and closing times.

## How to get to Ingrebourne Hill

**Sat Nav post code:** RM13 8ST

**Address:** Rainham Road, Essex

**What3words location:** ///insect.chips.plus

## Staff availability

There are no staff at this site.

## Toilet facilities

There are no toilet facilities on site. The nearest toilet facilities and accessible toilets can be found in the following locations:

- Hornchurch Country Park Visitor Centre, 1.8miles/2.9km from the car park.
- Tesco Extra, 0.7miles/1.12 km from the car park.

## Car parking

Ingrebourne Hill has a small sized car park which is located via the main vehicle entrance on Rainham Road. Three accessible parking bays are provided.

## Facilities

The following facilities are available on site:

- Multi-use trails
- Picnic areas
- Cycling and Mountain biking trails

## Trails

There are three waymarked trails at Ingrebourne Hill, these are:

- Pyramid Loop (1km/0.62 miles)
- Bramble Loop (1.8km/1.11 miles)
- Conifer Loop (2.7km/1.67 miles)

The trails are made up of surfaced and unsurfaced compact stone paths, with some loose stones. The Bramble Loop passes across a section of grass after the Viewpoint. There are waymarker posts along the trails with coloured directional arrows.

The trails are multi-use paths for pedestrians and cyclists. In addition, there is a dedicated mountain bike trail and a separate horse-riding trail:

- Spitfire trail (2km/1.24 miles)
- Horse riding trail (2.1km/1.3 miles)

The mountain bike trail (Spitfire trail) is narrow and steep in sections.

## Detailed Accessibility Guide

### Arrival and parking

#### Location

**Sat Nav post code:** RM13 8ST

**Address:** Rainham Road, Essex

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#### Car and cycle parking

There is one small car park located at the vehicle entrance off Rainham Road.

- The car park is accessed from Rainham Road.
- The car park has a 2m height restriction.
- The car park provides 2 accessible bays which are situated close to the entrance path to the woodland.
- Accessible bays have a 1.2m or wider access zone marked out on both sides and the rear.
- The accessible parking bays are located on a firm, level surface.
- Cycle parking stands are located towards the entrance information point. There are no cycle parking bays designed for larger adapted cycles.

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- There is no lighting in the car park.
- There are no parking charges at Ingrebourne Hill.

Images of the car park and cycle parking are shown below:



The main vehicle entrance on Rainham Road has a 2m high vehicle barrier.



An accessible car parking space on firm, level surfaced ground with access zones marked out to the side and rear.



Cycle parking stands on grass near to the main entrance, car park and information board.

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## Public transport

There is a bus stop immediately adjacent to the main entrance, and a second bus stop on the opposite side of the road. Both bus stops serve the 103 bus route. The nearest station is Rainham station, which is 0.8miles/1.28km away.



Bus stop shelter on Rainham Road.



There is a road crossing between one of the bus stops and the pedestrian entrance.



The route from the bus stop leads to the pedestrian entrance signposted with a blue sign.

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## Pedestrian access points

### Main entrance from Rainham Road

The main pedestrian and cycle entrance is located on Rainham Road, please note this can be a busy road. This entrance is directly opposite the pedestrian crossing on Rainham Road. There is a pavement along the road to the entrance.

There is a shared pedestrian and cycle path that follows a short upward slope towards the information point and start of the trails. Images of this access route are provided below:



The pedestrian and cycle path entrance from Rainham Road via a pedestrian crossing.



The pedestrian and cycle path entrance from Rainham Road is signposted with a blue directional sign on a wooden post.



Access gap into Ingrebourne Hill from Rainham road which is more than 1m wide.

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## Additional access points

There are three other pedestrian access points across the site. These are all located on the Conifer Loop and can be accessed from both Avelon Road or South End Road.

Visitors can also access Ingrebourne Hill from Hornchurch Country Park, that connects to the Conifer Loop.

There are two entrances fitted with barriers, which limits access for wheelchair users. One entrance has a kissing gate designed to be wheelchair accessible. To avoid using all these gates, visitors should use the pedestrian entrance nearest to the car park.



Example of barriers, which are not wheelchair accessible. Alternative accessible routes are available in and out of the site and to the park.



Wheelchair accessible kissing gate provided on the Conifer Loop pedestrian entrance via South End Road. This may not be large enough for some mobility scooters to turn.



Path leading from the Conifer trail to a secondary access route.

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## Arrival by cycle

All pedestrian entrances to Ingrebourne Hill are shared-use access points for pedestrians and cyclists.

## Information Boards and Picnic Areas

### Information boards

The main information board is located near the pedestrian entrance and car park. After this point there is additional signage on posts directing visitors along the trails.



Information board located near the main entrance from Rainham Road.



Signs indicating the start of the trails after the information board.



Example of directional signs for the trails on a wooden post.

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Information boards can be found at pedestrian site entrances across the site. Directional signage is provided along all trails.

## Picnic areas

Picnic areas are located near to the welcome information board at the Rainham Road entrances and at the Pyramid Loop viewpoint. Images are provided below.



Accessible picnic bench located at the Pyramid Loop viewpoint.



Accessible picnic bench with space for wheelchair user to pull up underneath.

## Pyramid Loop

### Description

This trail follows a surfaced path with a moderate to steep incline. The route leads up a hill to the Pyramid viewpoint, which offers panoramic views across London.

Benches are provided every 50-100m along the route, and picnic benches are provided at the top and bottom of the hill.

### Distance

1km/0.62 miles

### Gradients and terrain

The surfaced track provides a generally suitable surface for wheelchair users, mobility scooters and pushchairs with off-road wheels. However, please note that this route includes a moderate to steep uphill and downhill incline which may be challenging for some users.

### Seating

Bench seating is provided at regular intervals along this path, giving opportunities for rest. The wooden benches are located at the side of the path and provide arm rest and backrest support. These benches are provided roughly every 50-100m. Images of the Pyramid Loop trail are provided on the next page.

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Wide open path at the start of the Pyramid Loop trail, the path is surfaced with some loose stones.



An example of bench seating to the side of the path with space for a wheelchair user to sit alongside.



A sloped section of the route with a path width of approximately 1.8m wide with some loose stones along the path. The path winds up the hill towards the viewpoint and then slopes back down the hill on a surfaced path like the one shown.

## Bramble Loop

### Description

The Bramble Loop passes through areas of bramble thickets and open grassland. The trail has a combination of surfaced and grass unsurfaced sections which may become muddy. This route follows the Pyramid Loop and then passes through a grass area on an unsurfaced path from the viewpoint before joining back onto the Conifer Loop.

### Distance

1.8km/1.11 miles

### Gradients and terrain

This loop provides mixed terrain and may be more challenging for some users. Parts of this route follow the pyramid trail and has some moderate to steep inclines. Some paths are surfaced with loose stones.

### Seating

Seating is provided every 50-100m along this route. Wooden benches and perch seating is provided along the section of the Pyramid Loop and Bramble Loop.

For images of this trail, please refer to the Pyramid Loop and Conifer Loop sections of this accessibility guide.

## Conifer Loop

### Description

The Conifer Loop is the longest of the trails. It is possible to take this trail as an extension of the Pyramid Loop, or as a trail that avoids the hill and viewpoint. The route provides direct access to Hornchurch Country Park, with additional access points along Avelon Road and South End Road. The trail passes mixed woodland, pine forest and open grassland.

Images of this trail are provided below:



Directional signage can be found along the route. Conifer Loop can be accessed to the left to avoid steeper slopes along the Pyramid Loop.



Example of a surfaced path section with loose stones and a more uneven terrain.



Directional signs are provided at path intersections some of these have maps.

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## Gradients and terrain

The route option to avoid the steeper pyramid loop is mostly flat with some gentle slopes. This provides a good wheeling and walking environment for a range of users. Some areas may become muddy or waterlogged during wetter weather. The surfaced path is firm with some loose stones.

## Seating

Wooden benches and perch benches are provided at regular intervals every 50-100m, offering opportunities for visitors to stop and rest at various points throughout the trail. Images of benches are provided below:



Example of perch seating at the side of the path.



The benches have arm rests and backrests and provide space for wheelchair users to pull up alongside.



Example of perch seating along Conifer Loop.

## Sensory Guide

### Different forest users

All paths are shared-use paths. At certain points you may encounter faster cyclists crossing the main path where it intersects with the Spitfire mountain bike trail. Cycles may use the trails if they wish to.

### Sensory experiences along the trails

#### Textures

In autumn, fallen leaves may cover the path in the woodland areas to create different ground textures. In wetter weather some areas may become muddy, especially on unsurfaced paths and grass. A section of the Conifer Loop includes surfaces with larger stones which will feel rougher under foot or wheel.

#### Sounds

Expect to hear a variety of different natural sounds along the trails, including birdsong. Road traffic can be heard along some sections of the trails, including sections of the Conifer Loop.

You may hear woodland maintenance work happening including the sounds of chainsaws and other types of machinery.

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## Light

The woodland areas across different sections of the trails provide areas of natural shade beneath the tree canopy, with natural light filtering through on brighter days. There is no artificial lighting across this site, including the car park.

Larger open areas are present along the trails and provide less shade, particularly around the site entrance, car park and at the Pyramid viewpoint. The viewpoint offers panoramic views across London and the surrounding countryside but can be windy at times. Images are provided below:



Example of a more open, exposed area at the viewpoint along the Pyramid Loop.



Example of a more sheltered, shaded area along the Conifer Loop.

## Activities

A number of different activities operate across Thames Chase Community Woodlands. In addition to self-led trails, there are led activities on site. Some are provided by Forestry England and others by independent providers - including Ingrebourne parkrun that takes place each Saturday between 9am-10am.

Forestry England's Feel Good in the Forest programme offers activities to support people with their mental and physical health to Feel Good in the Forest. These activities are free to take part in and include optional time at the end for refreshments and socialising. You must book in advance to take part in these sessions.

Please note that the activities listed are provided by multiple activity providers. Information about each activity and how to book can be found on the following webpage [forestryengland.uk/thames-chase/feel-good](https://forestryengland.uk/thames-chase/feel-good)