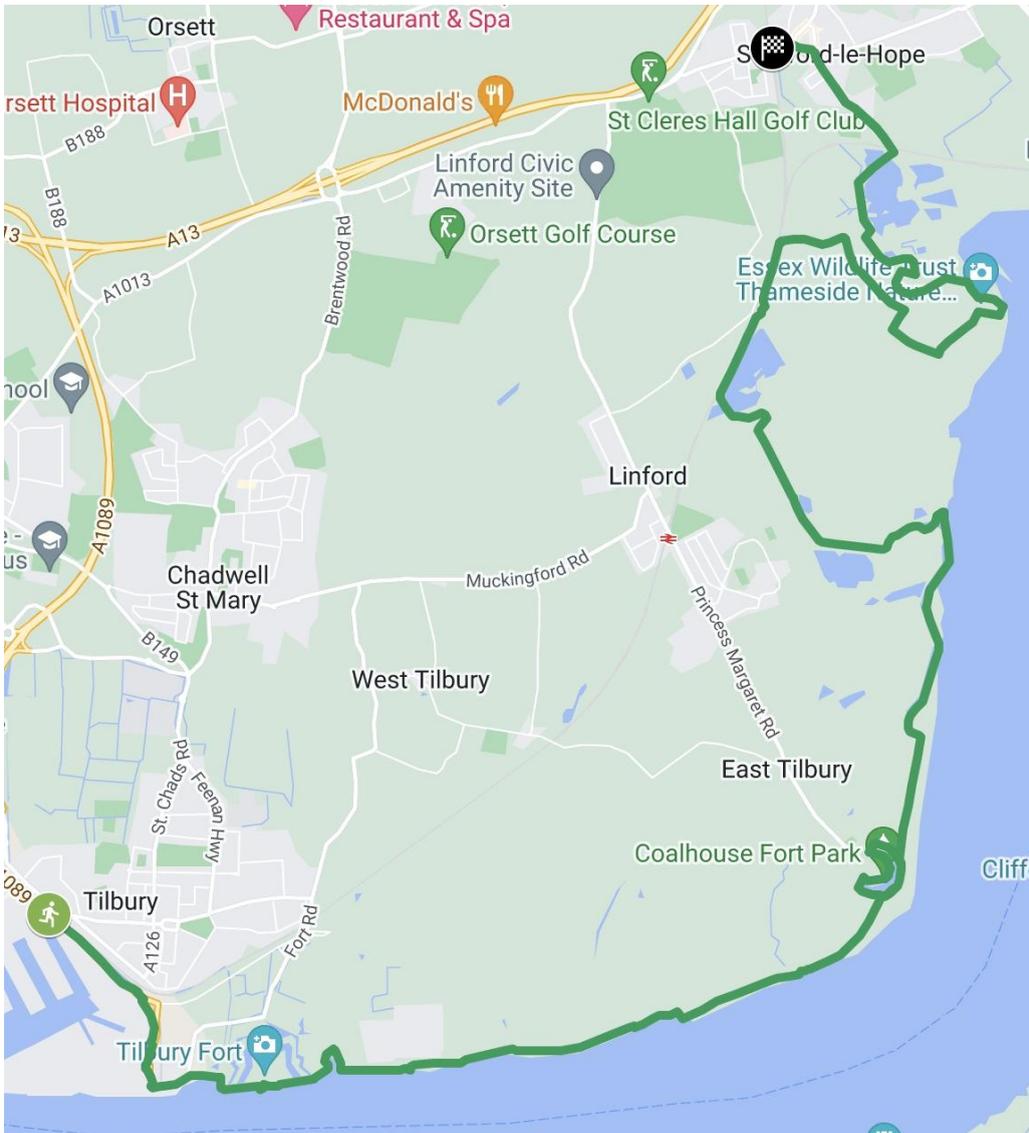




London Greenways Challenge 2022

Route #8 August - Thames Estuary Path



Route Description:

Our “half-marathon” 12.6 mile (20.20km) version of the full Thames Estuary Path starts from Tilbury Town and finishes in Stanford-le-Hope.

There is even a shorter 7.5 miles option from Coalhouse Fort Park (1.5 mile from East Tilbury Station) to Stanford-Le-Hope.

The full Thames Estuary Path runs through the fascinating South Essex Marshes, from Tilbury Town all the way to Leigh-on-Sea. Passing through an industrial and settled beautiful landscape with a wealth of Green Heritage - history and biodiversity.

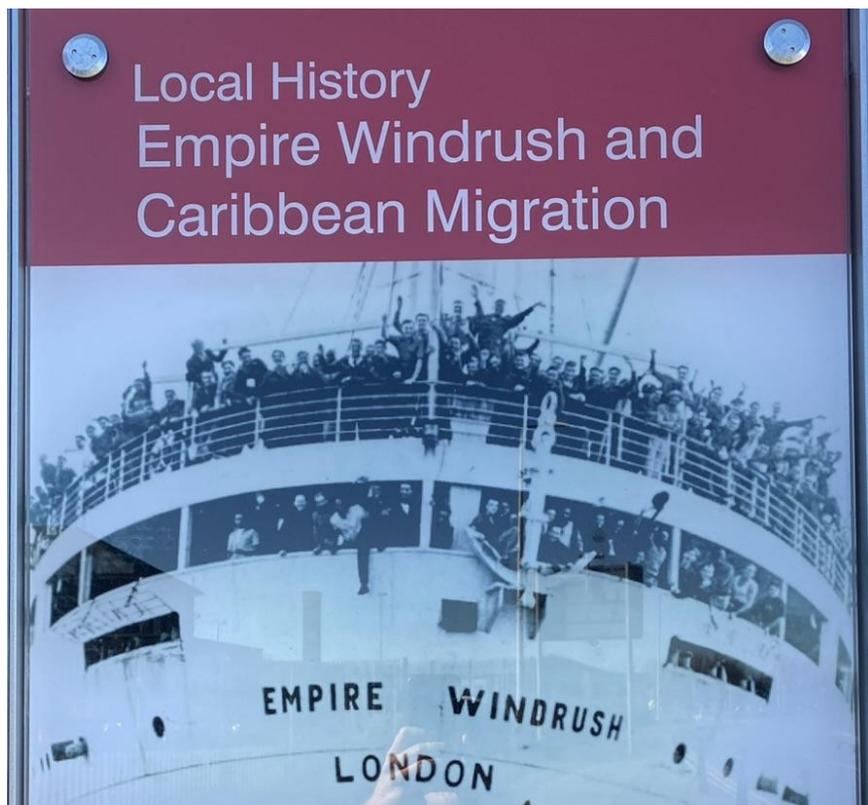


The South Essex Marshes bordered to the north by settlement and the south by the shore of the Thames. It is a flat, low-lying landscape, dominated by creeks, marshes and mudflats.





A visit of the free [Tilbury Bridge Walkway of Memories](#) exhibition is a must do at the start of the route.



[Further reading](#)



PLEASE REMEMBER that the No.1 rule of the Greenways Challenge is to enjoy yourself. You will not be penalized for making any errors on any of the routes.

Route Distance:	Greenways Challenge Medal Route: 20 km / 13 miles
Curated By:	Camino Ultra
GPX File:	https://www.strava.com/routes/2833418975741612626 https://www.komoot.com/tour/866696938?share_token=aZCk0UnrXGJ10uhIJh7mTI7bn9swlJqbsi48Na3evYi7RS6c6W&ref=wtd
Public Transport:	<p>To Tilbury Town: C2C trains from Fenchurch Street station or Limehouse, West Ham or Barking to Tilbury Town.</p> <p>From Stanford-le-Hope: Same C2C train line back to London.</p>
Start Point:	<p>Tilbury Town Station (west side exit) with a first stop after 1 mile at the Tilbury walk of memories.</p> <p>https://w3w.co/alien.times.notion</p>

DIVERSION	No Current diversion identified
End Point:	Stanford-le-Hope train station https://w3w.co/equal.sooner.draw
Cafe & WC Stop:	There are two places to get refreshment and with toilets on the route: - Coal House Fort after 5 mile - Thameside Nature Discovery Park after 10.5 mile
Medal Preview:	 The logo for the Thames Estuary Path is circular. It features a stylized human figure with arms raised, set against a background of green and blue wavy lines representing water. The text 'THAMES ESTUARY PATH' is written in a semi-circle at the bottom of the logo.
Overall Puzzle Medal:	Medals will be sent out from w/c 8th - depending on when you complete the challenge. It will be the 8th piece in the 2022 puzzle!!
Social & Prizes	Please do follow us on Instagram - https://www.instagram.com/camino_ultra/ We will be looking out for your posts and stories so please do use the hashtags listed above Keep an eye for Greenways Challenge events listed exclusively on our Strava Group: https://www.strava.com/clubs/camino-ultra Social Run on Sunday the 21st of August, 11:00am see Strava for details