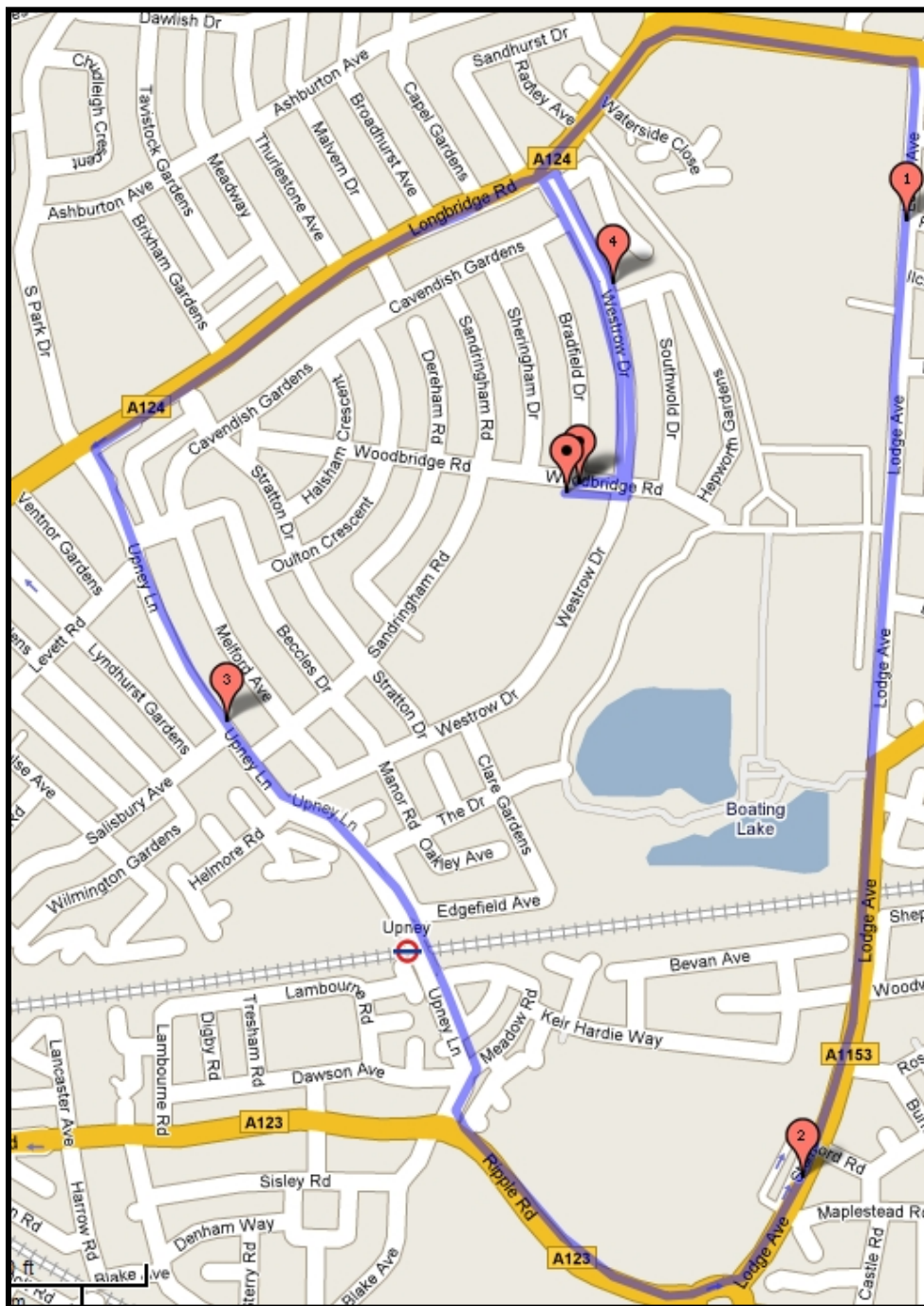


### The Lodge Avenue Loop (4.3 miles)



Turn right out of Barking Abbey Sports Centre and left into Westrow Drive. At end of Westrow Drive turn right into Longbridge Road. Follow Longbridge Road around to traffic light junction and turn right into Lodge Avenue. Continue along Lodge Avenue to end and bear right at roundabout into Ripple Road. At traffic lights turn right into Upney Lane and continue over station hill and on to Faircross Bus Garage junction. Turn right at Bus Garage into Longbridge Road and continue along, turning right into Westrow Drive. Continue along Westrow Drive turning right into Woodbridge Road leading you back to Barking Abbey Sports Centre.