



Beam Parklands, Dagenham

Award winning wetland and slice of countryside in the city



1.1mile/1.8km

Approximately ½ hour at a leisurely pace.
2,300 steps



Opening hours: All year round



FREE entrance



Car parking: No



Toilets: No



Café: No, but perfect for picnics



Dogs: Yes – to be kept under close control please



Accessibility: Walking trails part surfaced with most routes suitable for wheel chairs

Step by step walking route

1. Starting at the entrance to Beam Parklands that connects Rainham Road South and the Bull roundabout, follow the main pathway past the outdoor play area and wildflower meadows on your right hand side, keeping the housing development on your left.
2. At the first turning on your right, take the path towards the Wantz Stream, turn left on reaching the riverside and continue to follow the path for a short distance, keeping an eye out for the Little Egret and Grey Heron that can be spotted here.
3. On reaching the bridge, cross and admire the snake sculpture further up the path. When you're ready to continue your walk, turn back on yourself, cross the bridge and continue straight to return to the main pathway.

The countryside code

Respect - Protect - Enjoy

Respect other people:

- consider the local community and other people enjoying the outdoors
- leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment:

- leave no trace of your visit and take your litter home
- keep dogs under effective control

Enjoy the outdoors:

- plan ahead and be prepared
- follow advice and local signs

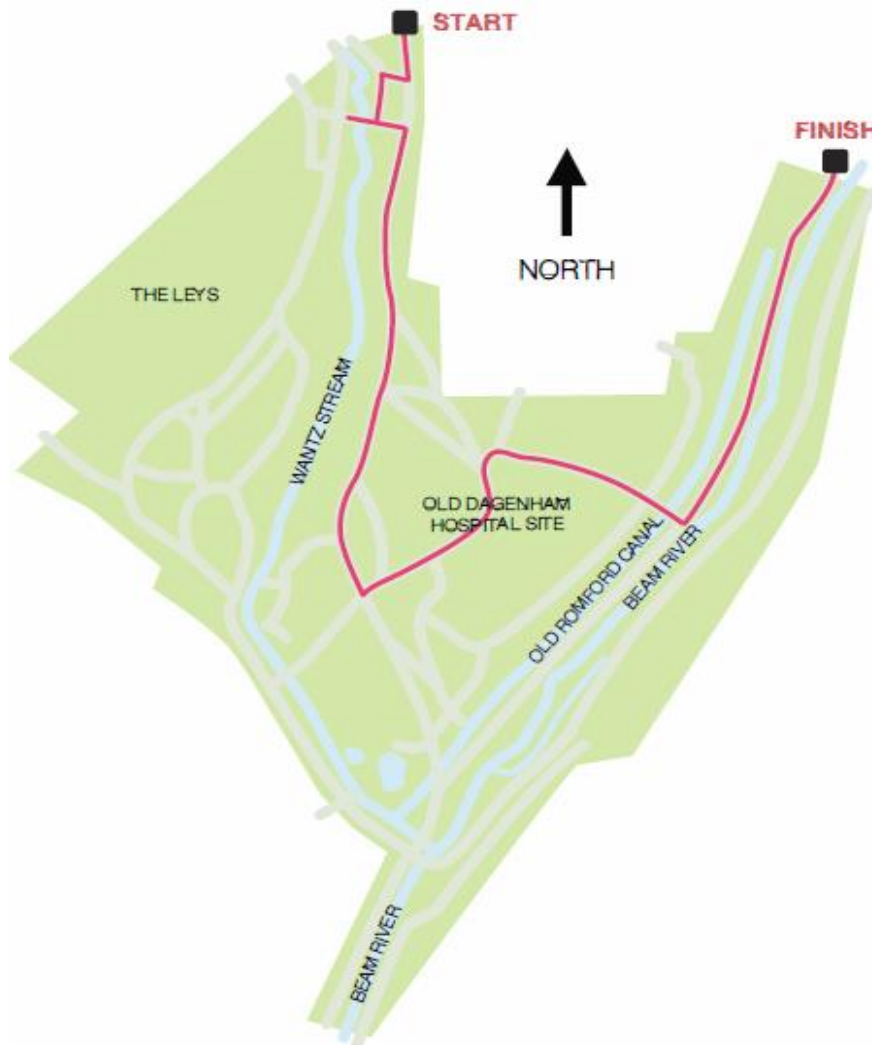


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Beam Parklands
managed by:



4. On reaching the main path, turn right and continue straight, again, keeping the housing development on your left. Continue to walk straight past the next two turnings (both turnings will branch to the left – ignore both and carry on walking straight) until you reach a fork in the path where there will also be a bench to sit and appreciate the views towards the river. Take the right path of the fork and continue to the next intersection with the river on your right in the distance.
5. On reaching the next intersection in the path, take the left hand path towards a sculpture of a water vole. Continue past the sculpture and head straight until you come to another intersection. Turn left and look for the Heron cube sculpture to the left of the path.
6. Continue straight along the path where you will see a sculpture of a female great crested newt and a sculpture of a male great crested newt. The path will come to another intersection. Bear to the right and walk straight until you come to the bridge over the Wantz Stream.
7. Cross the bridge and turn left along the path. You will now have the River Beam on your left and your right, where Kingfishers can be seen during the year. Continue to follow the path straight to exit the park on Dagenham Road South.



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