



Buses:

From **Beckton /Rainham** -**287** or **173** stop either at the Leisure Centre on the A13 or the Chequers.

From **Romford** - **-174** or **175** to the Chequers and walk along Goresbrook Road (10min).

From **Barking** - **62** to Becontree Station (10-15 min walk)
287 to the Leisure Centre (then walk to Goresbrook Road via footpath to the left of Pizza Hut - 5min