

# Grays Athletic FC Reserves

## How to get to the ground



Grays Athletic FC Reserves play at The Academy at:

Langston Road  
Loughton  
Essex  
IG10 3TQ

### Driving Directions from M11 Junction 5:

J5 only has a NORTHBOUND exit.  
At the end of the slip road is a dual carriageway.  
Join the carriageway and change into the right-hand lane immediately.  
Turn right at the traffic lights into Langston Road. The Academy is around half-a-mile down Langston Road on the right

Southbound drivers may find it easier to go to the end of the M11 and rejoin the motorway northbound.

### Driving Directions from M25 Junction J26:

Take the A121 exit off the roundabout signposted Epping (B1393), Loughton (A121) & Epping Forest Visitor Centre  
At the large roundabout (Old Orleans restaurant) take the 3rd exit which is Golding's Hill (A121)  
You will come to a staggered junction which has two mini-roundabouts.  
On the second mini-roundabout take a left into Rectory Lane (signposted London M11, Chigwell & Debden Station).  
Continue down Rectory Lane past the Sainsburys (will be on the left) and continue under the railway bridge.  
At the traffic lights (there is a Higgins office block and a BMW care dealership) turn left into Langston Road  
The Academy is around half-a-mile down Langston Road on the right

### By Bus

Service 167 ([www.go-ahead-london.com](http://www.go-ahead-london.com)) operates between Ilford and Debden tube station. The bus also stops at Ilford railway station as well as the Gants Hill and Loughton tube stations on the Central Line of the London Underground. The Academy is around 5-10 minutes walk from the tube station via the footbridge which is immediately outside the station. There is also a cab office in the tube station.

### By Rail

The nearest tube station is Debden which is on the Central Line of the London Underground. The Academy is around 5-10 minutes walk from the station via the footbridge which is immediately outside the station. There is also a cab office in the station.

