



7TH - 22ND JULY

THURROCK 100 RECIPES 2018



14 walks ranging from 2 miles to 5 miles

Join Kinetika this year to discover tastes and flavours from around the globe and add your own special ingredients.

www.thurrock100.com/2018-walks

FREE – Book Now!



2018 WALK DATES

Saturday 7th July - 10am
Benfleet to Leigh, via Hadleigh Park
Tea, Cake and Cockles

Sunday 8th July - 11am
Southend Pier to Shoeburyness
Bollywood Music and Food

Tuesday 10th July - 4.30pm
Ice cream walk - Southend Pier
Rossis and Tomassis

Thursday 12th July - 10.30am
Around Canvey Island
Pub Grub

Saturday 14th July - 12.30pm
Intu Lakeside to Davy Down
Noodles and Ramen

Sunday 15th July - 11am
Rainham Hall to Rainham Marshes
Mix and Match Picnic

Sunday 15th July - 11am
Purfleet Village to Rainham Marshes
Mix and Match Picnic

Monday 16th July - 6pm
Dartford Walk - TBC

Tuesday 17th July - 6pm
Orsett Fen Fields Walk
Jam Sandwich

Wednesday 18th July - 11am
Gravesend Town Centre
Traditional English & World Cuisine

Thursday 19th July - 5.30pm
Grays Town Centre
A World Taste Trail

Friday 20th July - 6pm
East Tilbury
Fish and Chips

Saturday 21th July - 10.30am
Tilbury Station to Tilbury Port
Teatro Container's la Cocina Publica

Sunday 22th July - 11am
West Thurrock to Grays Beach
Eastern European &
South African Favourites



T100 Recipes takes for its theme the huge range of foods that communities, when settling here, have brought to the Lower Thames Estuary.

The specially curated walks, led by volunteers well-versed in the geography and history of the routes, offer opportunities to share foods from a rich diversity of peoples from around the world as well as local delicacies.

