

Colchester Ramblers' Association Group. Rambles available for leading as culled from Jessie's Escort Series by Mapjog. Contact Ramble Sec. for date and do one in 2009

East Mersea, Stone carpark found at the extremity of the spinal road across the island. The Cudmore cliff's beach section is dangerous for two hours before and after High Tide. If those hours have just gone, or will not apply in the next two; play on.

Probe eastwards to the seawall and turn right. The wall dissipates as the Country Park's cliff begins. If sure of the tide situation, join the beach here and strut the stones all the way to Cooper's Beach Park. The erosion is leaving the Cafe protruding out to mudflat, but the southside path is uncovered at low tide. Immediately beyond the projection, turn inland on a lane separated from the caravans by a hedge. At the Church level it is co-linear with the Park's road until beyond St Edmund's. Twist right to have hedge on right around the field to the spine road. Head east again to turn left after the pub, to find a path extending the terminus of Shop Lane for pedestrians. Stiles lead over a wooded shelter and to a midfield path chamfering to a gated bridge of the borrow dyke beneath the seawall. Go right to complete the circuit. **TM 066 153**



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