

Colchester Ramblers' Association Group. Rambles available for leading as culled from Jessie's Escort Series by Mapjog. Contact Ramble Sec. for date to do one please 9

Lawford, Foxash Cross A137 layby SE sector. Cross road carefully W and enter Bargate Lane. A hundred yards in, fork right on brideway double hedged by Humberlands, then by Essex Way with single hedgerow bending left at third path junction to join Dedham Road at crest of Mill Hill. Continue E on permissive side of hedgerow to next road bend. Enter Lawford Hall and fork on grassy path after a furlong to approach church. Leave Essex Way by passing N side of St Mary's in churchyard and extend E on path bending downhill to Manningtree Station (in Lawford). Exit on A137. Thread through rail tunnel and join footway N to Lawford Sluices.

Take Constable Beat E path, dip under another railarch on seawall for 2 furlongs. Leave C. Beat by descending steps S through Riverside industrial estate to B1352. Head W on footway under rail arch. Immediately cross to climb residential tarmac path to grassland at level. Twist right to diverge from housing fences rejoining Essex Way going E to dip into Owls' Dell, screwing left and up to a level crossing of A137. Zig S a hundred yards to a rugged drive by sub-station. Zag W on drive, descend through k-gate on grass by tree-edge bending left to bridge over stream at path junction. Select NW midmeadow climb to churchyard wall and pass S of St Mary's to cross Church Hill, forsaking Essex Way through carparking plot to path SW by edge of trees. Join Dedham Road going carefully right (no footway) and look for double footpath markers off left. Neither path is visible. Take permissive edge instead with fence on left W to field corner. Surmount stile to resume fence on left going S to A137, bending right to reach Humberlands Drive exit. Successfully cross road to footway and conclude 5.8 mile circuit going W to layby. **TM 072 308**

