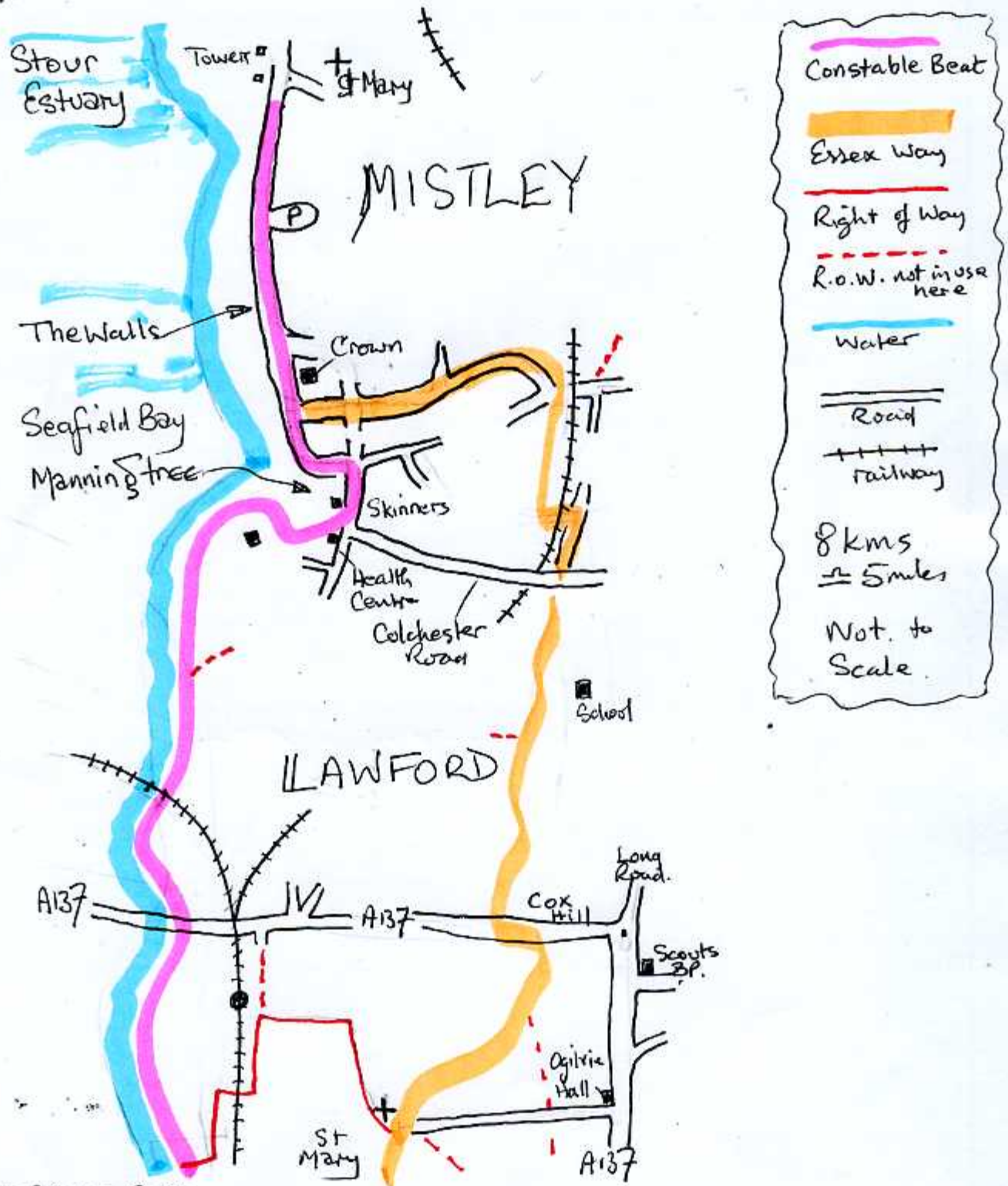


Colchester Ramblers' Association Group      Ramble Available for Leading culled from  
 Jessie's Escort Series by Mapjog.      Contact Ramble Sec. and do it: first come basis

Mistley, The Walls B1352, offers roadside parking and is on the route of Constable Beat. Head W to quickly thread through Manningtree and join the seawall behind the Skinners' Arms and Health Centre. Pursue seawall to Lawford and depart Constable Beat at a left path junction. Now on a Five Family Foray route follow the hedging to locate Manningtree Station carpark (in Lawford). Employ the uphill path right to find Lawford Church and from its NE corner find the Essex Way (poppy emblem) leading Mistleywards. Simply follow it, as marked on O.S. maps, to The Walls.

TM 100 319



TM 110 319