

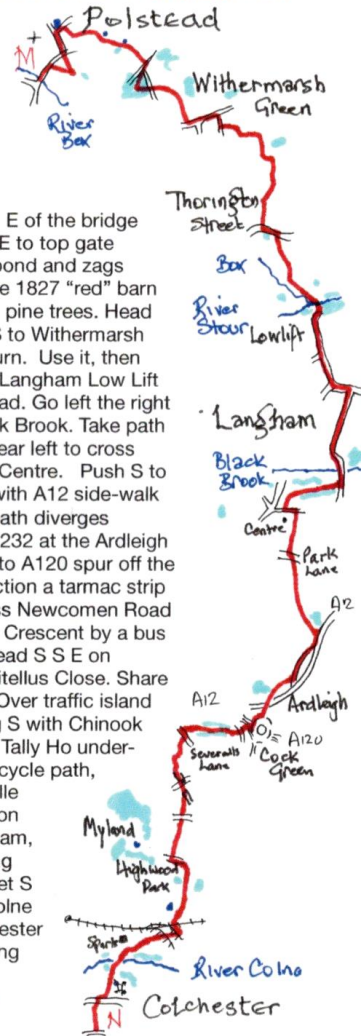
Maria Mehalah Macabre : Polstead Red



M > N Polstead Box Bridge TL989375 to Colchester, Scheregate **Explorer 196**

F-o-t N on Mill Street from M to path off right. Climb Bell Hill and descend N to locate the bridge over the Pond's outfall. E of the bridge is Corders. Walk the pea-gravel drive S E to top gate with path leading E. It zigs S to pass a pond and zags back E to veer S E by probable site of the 1827 "red" barn with stiles to a road. Switch S W to back pine trees. Head S to their end and take path left linking S to Withermarsh Green. F-o-t E on road to second right turn. Use it, then swerve left following St Edmund Way to Langham Low Lift in Essex. F-o-t the road up to the top road. Go left the right on Rectory Road to the bridge over Black Brook. Take path S W from it towards Horne Street, and bear left to cross School Road by Langham's Community Centre. Push S to cross Park Lane, backing S E to merge with A12 side-walk

Now Map 184. A furlong S the raised path diverges S S E on cut-off road to join a spur of A1232 at the Ardleigh Interchange. Move S and adroitly cross to A120 spur off the roundabout. From S W corner of the junction a tarmac strip leads W. As Flood Lane it leads W across Newcomen Road N side of Bank's hedge, then across The Crescent by a bus stop, to be tree-lined to a roundabout. Lead S S E on Severalls Lane's side-walk, hook W on Vitellus Close. Share Titus Way left, as a link to Gavin Way S. Over traffic island S E on Derwent Avenue, fork right linking S with Chinook continuing S to enter Hunters Ridge and Tally Ho underpass to Highwood Square. Depart S on cycle path, left on Eastwood Drive right on Chanterelle passing through the carpark, S downhill on grass to the dam S of pond. Drop S of dam, pass under rail bridge, sweep right among houses to duck two more railways and get S of A133. Steer W to bridge over River Colne and lead S up through parkland to Colchester Castle. Stride W to Town Hall, then S along Pelham Walk, Trinity Street to Sheregate Steps down to Abbeygate Street level. N



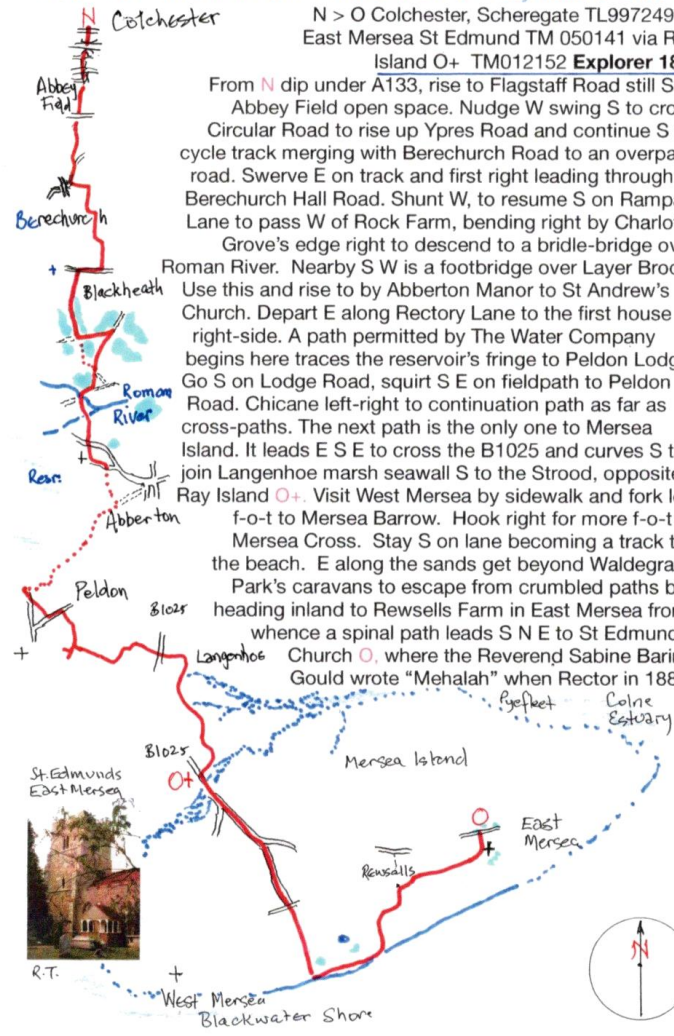
Maria Mehalah Macabre : Ray Island Blue

N > O Colchester, Scheregate TL997249 to East Mersea St Edmund TM 050141 via Ray Island O+ TM012152 **Explorer 184.**

From N dip under A133, rise to Flagstaff Road still S to Abbey Field open space. Nudge W swing S to cross Circular Road to rise up Ypres Road and continue S on cycle track merging with Berechurch Road to an overpass road. Swerve E on track and first right leading through to Berechurch Hall Road. Shunt W, to resume S on Rampart Lane to pass W of Rock Farm, bending right by Charlotte Grove's edge right to descend to a bridle-bridge over Roman River. Nearby S W is a footbridge over Layer Brook.

Use this and rise to by Abberton Manor to St Andrew's Church. Depart E along Rectory Lane to the first house right-side. A path permitted by The Water Company begins here traces the reservoir's fringe to Peldon Lodge. Go S on Lodge Road, squirt S E on fieldpath to Peldon Road. Chicane left-right to continuation path as far as cross-paths. The next path is the only one to Mersea Island. It leads E S E to cross the B1025 and curves S to join Langenhoe marsh seawall S to the Strood, opposite Ray Island O+.

Visit West Mersea by sidewalk and fork left f-o-t to Mersea Barrow. Hook right for more f-o-t to Mersea Cross. Stay S on lane becoming a track to the beach. E along the sands get beyond Waldegrave Park's caravans to escape from crumbled paths by heading inland to Rewsell's Farm in East Mersea from whence a spinal path leads S N E to St Edmunds' Church O where the Reverend Sabine Baring Gould wrote "Mehalah" when Rector in 1880.



R.T.