**Sun, Sea and Sand, Saturday 5th January 2019**

14 walkers, 16 miles for some, 13.5 miles for slopers – leader Ron Williamson

Today’s walkers strode innocently away from Benfleet station not realising that a stimulating seasonal stroll to blow away those winter blues somehow was to develop into an invigorating robust ramble. All rose to the challenge as the roller coaster route included nearly 1200ft. of climb and the miles flew by in such great company.

Unfortunately only six of us were able to walk the pier where the wooden boards added a spring to our steps as we looked forward to another year of doing just what the doctor ordered; not sure about the chocolates , ice cream or fish and chips though.

Photographs by Keith Lane and Joelle Paul