**Escape from Romford, Friday 3rd November 2017**

11 walkers, 11 miles – leader Ron Williamson

"Autumn days fall by as fast as the leaves fall from the trees" how fortunate we were to spend one of those special days in the London countryside.

A journey from metropolitan Romford to the urban sprawl that surrounds Fairlop station can never have been so rewarding as we meandered through grassy meadows, wandered through ancient  woodland, passed through open park land and  found time to relax peacefully in the warm sunshine.

I can also report that after last weekend's mountaineering in Southend, bouldering skills have now become a requirement for London's aspiring walkers.

Photographs by Ron Williamson & Godfrey O'Callaghan