**Essex Heartlands, Saturday 8th June 2019**

10 walkers, 21 miles – leader Ron Williamson

The 175-year-old, Tudor style, Grade II listed building of Ingatestone station was the starting point for today’s walk. All had come prepared for the promised wet and blustery conditions, waterproofs seemed a wise decision as within a mile we were thoroughly drenched, not by the weather it must be said but by ploughing through a field of head high crops.

The leader promised that the worst was now over and miraculously the weather gradually improved, the forecaster rain failed to materialise and by mid-afternoon the threatened gales had become a welcome cooling breeze. Only a couple of footpaths with waist high nettles slowed progress for one poor soul who had insisted on bare legs below the knees.

Ingatestone is only 20 miles from London and 27 mins by train, but the only opportunity to purchase refreshments, passed on our 21-mile journey to the centre of the city of Chelmsford was in Roxwell, where the village shop was open but even here the pub was closed. A good walk, far from the maddening crowd, if you are able to eat alfresco, so a dry warm day needs to be booked.

Photographs by Keith Lane