**The Tarmac Walkers Go East, Tuesday 28th January 2020**

19 walkers, 11.4 miles (12.4 miles for those who went to the Wetherspoons) – leader Ron Williamson

The industrial waste lands to the financial heart of the city, the curse of racial intolerance to the acceptance of many waves of immigrants ,the brutality of villains to the public spirit of the philanthropists, the ravages of war to the restoration of neighbourhoods.

This area has seen it all and today we were able to appreciate so much of its rich history and also witness the amazing ongoing transformation of vast tracks of industrial wilderness as the legacy of the Olympics continues to act as a catalyst for what seems to be a never ending regeneration.

Only 12 miles but a lot to see and thanks to a local resident, who invited us to visit the roof garden of his apartment block, we were also able to enjoy a bird’s eye view of a large part of our route.

Photos by Gavin Fuller; more by Gavin and Ian Watson on the group Facebook site.