**Southend East Sea Walls, Thursday 1st October 2020**

7 walkers, 14 miles – leader Ron Williamson

A leisurely autumn stroll along the remote but welcoming sea walls between the rivers Thames and Roach. Welcoming on a calm bright day but a dire place to be in an autumnal storm which luckily, we avoided by some 12 hours. The salt marshes on one side and arable land on the other provide extensive varying habitats for wintering birds, however, few were about today although one keen member claimed to have seen 20 different species. Wide skies and distant horizons combine to reveal a world in contrast to that visited on Saturday and only a few miles away.

Photographs by Ron Williamson and Ian Watson; more by Ian on the Group Facebook page