

REPORT OF VILLAGE WALK 20TH Sept 2015

Not unusually in late summer when there is glorious sunshine the attendance for these village walks seems to drop, on this occasion there were only six walkers plus a well-trained Labrador dog. Among these six persons were a gentleman from Peldon and a lady from Stanway. Under the leadership of Gordon Davis the group walked to Rowhedge using the John Brunning Way which followed the banks of the Roman River. On the outward section the tide was low but by the time we returned it was fairly high.

There were many persons on the greensward at Rowhedge quietly having a drink and nibbles which added to their relaxed way of quietly passing the time at Rowhedge on a Sunday afternoon. The village walkers continued past by the new river front properties to the start of the open trail which would have led back to The Hythe.

On the return section we walked via Fingringhoe Mill and upwards to Fingringhoe church where we had parked the cars, interestingly one of the group remarked how much easier it had become to use this route since the village had increased the frequency of walks to three each year. We had started from sea level and climbed to 70 feet, not a huge elevation but a big step towards achieving and maintaining good health.

Abberton & Langenhoe are fortunate to have Margaret Clouter, Derek and Ena Ingham who all give up their spare time to organise the village tea which concludes the afternoon's activity. As usual the local Parish Council sponsor such events.

GED