

Islington U3A Longer Walks Group

Walk Title	Manningtree to Wrabness	Walk No.	297
Area	Stour Estuary, Essex	Type	Linear
Date	Tuesday 27 October 2020		
Distance	9 miles 14.5 km		
Timing	4½ hours walking plus an hour's lunch stop. Allow 3 hours travel so 8½ hours in total. We'll plan to catch the 16.39 train back from Wrabness but note this is an hourly service.		
Meeting up & travel	Meet by 9.55 on platform 10 at Stratford to catch the 10:09 train to Manningtree (Ipswich train). This train originates at Liverpool Street at 10.02 for those who would find it easier to start there. We will aim to be in the fourth carriage from the front as not all the carriages fit the Manningtree platform. A day return to Wrabness costs £19.00 with Freedom Pass and SRC. Indicate where you will be joining.		
Route	This walk takes in one of the most attractive stretches of the Essex Way. It passes through the old town of Manningtree, Mistley – with swans beside the road, and the scrub bushes of Wrabness Nature Reserve before leaving the EW to route past Grayson Perry's fantasy, <i>A House for Essex</i> .		
Lunch	The only suitable pub serving food on a Tuesday is the Mistley Thorn in Mistley which means an early lunch at circa.12:30. The pub offers a daily menu as well as specials. http://www.mistleythorn.co.uk/ I have booked three tables of four outside. Please indicate on the sign up form if you will be eating. May be chilly outside (and possibly wet) so make sure you are wrapped up warm.		
Dropping out	Only three and a half miles from the start of the walk but there are hourly trains back from Mistley. Otherwise there is a bus (First Essex 104 from Bradfield Heath) to Manningtree which times in with the walk.		
Suitability	NB We'll follow government guidelines for social distancing and the groups risk assessment. Suitable for any regular walker. Terrain: Gradual ascents and descents, field edges and estuary paths. Some muddy sections with the recent rain. Clothing/ footwear: Comfortable waterproof walking shoes and waterproof jacket. Check weather forecast for temperature and likelihood of rain. There can be a chilly wind on the estuary.		
Facilities	There are toilets on the train and one at Manningtree Station as well as at the pub.		
Walk source	Ramblers Routes https://www.ramblers.org.uk/route-detail?routeid=14279-Manningtree-to-Wrabness-Essex		
Map	OS Explorer 184		
Leader & contact details	<u>Walk Leader</u> : Philip Davies <u>Phone</u> : 0753 5044557 <u>e-mail</u> : philip.d@blueyonder.co.uk		
Interesting	Mistley Towers (the remains of a Robert Adam church).		

facts	<p>See notice on the pub about the historic activities of local man, Matthew Hopkins, the Witchfinder General.</p> <p>Ancient 'Old Knobbley' oak tree shortly after Mistley.</p> <p>Wrabness Nature Reserve – an old MOD site rescued by local nature enthusiasts.</p> <p>The church in Wrabness has a church bell hung in the churchyard.</p> <p>Grayson Perry's House for Essex. Both an artwork in itself, and home to some of the Essex born artist's works with self-catering accommodation - notable guests include Derek and Isabel!</p>
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