

Table 1										
Date	Title	Description	Additional details	Walk leaders	Start time	Starting grid	Starting location details	Difficulty	Distance	Data rows
17/05/2023	Aldringham and Knodshall	Part of an ancient pilgrims route visiting two beautiful Saxon village churches and surrounding fields and commons. Includes part of The Sandlings Walk.		Sarah C.	10:00	TM451315	Park at Aldringham Church down a signposted lane to the B1533 between Aldringham and Thorpeness. There is ample parking space but car sharing would be good. Park near the almshouses and church.	Moderate	10.5	6.52
20/05/2023	A short stroll on the beach	A short circular walk past some of the new holiday huts and then to the beach. The walk will start with a short beach walk to Landguard pier, then cross the nature reserve and along the sea wall to South Kiosk where we will have our apple stop. We will then walk across the beach to the end of the pier and a natter. Dogs on leads welcome on walks on the terrace cafe. If you wish to have a picnic, please bring your own food and display car park £3 for 4 hours cash or app. I have kept this walk to just in case as beach walking can be more strenuous.		Sonia L.	10:00	TM283020	Meet at ice cream kiosk Landguard Fort F1533	Leisurely	4.8	2.98
21/05/2023	Barham to Coddenhall via River and Park	From Pethouse Lane Barham to Coddenhall passing along the Gipping and through Station Farm to a picnic lunch.		BG M.	10:00	TM122112	Park on Pethouse Lane on the way to the Sandlings and former picnic site at Barham.	Moderate	16.1	10.00
28/05/2023	Wickham Market	Start at Wickham Market Percy Mason car park we set off through lanes to visit Pethouses Church and then across fields passing under A12 following track around River Deben through the Oakes towards Campsea Asher Crossing fields to Ashe Abbey outbuildings welcome. Generally good paths and easy walking	Car Park is either cash card and Ringo Dogs are welcome but must be on a lead at all times	Ian G.	10:00	TM301801		0 Leisurely	9.2	5.72
04/06/2023	Parham & Hacheston	A country walk using footpaths, cross fields and country lanes to visit the towers Great Oldmarn around Paul's Grove Farm crossing Parham arfield and back via Hacheston. Good practice for Hastings.	If anyone would like to do this walk but cannot make it on 04 June I will reice the walk on Friday 02 June. Please let me know.	Paul B.	10:00	TM307526	Park at Parham village Hall. Main Road Parham on B1116. IP13 9LZ. If travelling from A12 it is on the left after Wiloughby Close before you get to The Street.	Moderate	12.1	7.52
07/06/2023	Offton Cake walk	An afternoon cake walk in Offton. Join us for a short walk and then back to the hall for cakes. An ideal walk for woodland and good paths and trees. The walk takes us from Offton to Willingham skirting the edges of Stenham and back		Jo M.	14:00	TM064403	Offton and Willisham Village Hall	Leisurely	6.4	3.98
11/06/2023	Stoke-by-Nayland to Poolestead Bay	A varied walk in an AONB incorporating sections of the Stour Valley Path. The River box, cornfields woods, field side tracks, lanes, an apple stop at Poolestead village pond, circular views of St Mary's Church Stoke-by-Nayland with some inclines.		Robert Y.	10:00	TL985419	Recreation ground, cake-park at Poolestead Street Stoke-by-Nayland	Moderate	10.5	6.52
14/06/2023	Cattawade and four woods walk	We will start the walk from the Ark woodlands and head towards the old farmstead. Passing through Warren wood, Great Martins and Holly wood up to Bentley. We will stop for a break at the Café at Harewood. We will return via Ditcham wood past the remains of the old Priory past East End and back through the old farmstead and woodland grassland views of the Stour and includes some hills. Toilets at Bentley and maybe St Michaels Brantham if unlocked. There is one stile.		David C.	10:00	TM101201	Park on the road and in the lay-by opposite the Ark pub Cattawade Street Cattawade.	Moderate	11.7	7.27
19/06/2023	Ipswich Ramblers holiday - Monday short walk	Introductory walk round Hastings on foot. We will start at the town hall and head towards the beach. The walk takes us from Hastings to the beach and back.		Paul B.	14:00	TQ821563	Meet by the upper station at the top of the West Hill cliff railway. Stagger ascent either on the railway or climb the path very close to the entrance of the railway on George street.	Leisurely	4.8	2.98
20/06/2023	Ipswich Ramblers holiday short walk - Battle circular	This walk shares the same starting point and time as the long walk but to Hastings. A circular walk via outside Battle Abbey Gatehouse to the east of the town. We will be following part of the 1066 Country Walk and 1066 Country Walk - meeting at the end of the walk.	To get to the Walk Start by car or bus. Suggested bus is 305 which leaves Cambridge Road stop R at 09.39. Bohemia Hastings fire station stop near Lidl 09.42 possible stop for those staying at the caravans. Arrives 10.11. Google Earth indicates there are a number of cafes/ coffee shops a few minutes away from the start point in the High Street. Should be back to Battle by 2.30/ 3pm. Return to Hastings when you want. You can visit the town or abbey (10 or 65.14) before returning. Return bus options route 304 or 305. Leave at 13.58 14.58 and 16.08.	Keith M.	11:00	TQ748801	Meet outside Battle Abbey Gatehouse junction of Park Lane and High St.	Leisurely	10.1	6.28
20/06/2023	Ipswich Ramblers holiday - Battle to Hastings	This walk shares the same starting point and time as the long walk but to Hastings. A circular walk via outside Battle Abbey Gatehouse to the east of the town. We will be following part of the 1066 Country Walk and 1066 Country Walk - meeting at the end of the walk.	To get to the Walk Start by car or bus. Suggested bus is 305 which leaves Cambridge Road stop R at 09.39. Bohemia Hastings fire station stop near Lidl 09.42 possible stop for those staying at the caravans. Arrives 10.11. Google Earth indicates there are a number of cafes/ coffee shops a few minutes away from the start point in the High Street. Should be back to Battle by 2.30/ 3pm. Return to Hastings when you want. You can visit the town or abbey (10 or 65.14) before returning. Return bus options route 304 or 305. Leave at 13.58 14.58 and 16.08.	Ian G.	11:00	TQ748814	Meet outside Battle Abbey Gatehouse junction of Park Lane and High St.	Moderate	15	9.32
21/06/2023	Ipswich Ramblers holiday short walk - Winchelsea circular	Circular walk from Winchelsea via the Royal Military Canal to Icklesham and return. Bring picnic lunch.	Ian will have the details of the return buses to Hastings.	Ian G.	10:30	TQ903301	Start at St Thomas' church Monks Walk. From Hastings catch Bus 100 from Harold Place stop Q at 09.18 arrives at the New Inn Winchelsea at 09.49. Then short walk to church.	Leisurely	9.7	6.03
21/06/2023	Ipswich Ramblers holiday - Winchelsea to Hastings	Walk from St Thomas' church Winchelsea to Hastings via the Royal Military canal path. Fairlight, Fienhills and Easting country roads. Bring a picnic.		Paul B.	10:30	TQ903301	Start at St Thomas' church Monks Walk. From Hastings catch Bus 100 from Harold Place stop Q at 09.18 arrives at the New Inn Winchelsea at 09.49. Then short walk to church.	Moderate	16.1	10.00
22/06/2023	Ipswich Ramblers holiday - Mazi Jacks Brighting Colles	See web link for details.		Paul B.	09:45	TQ840438	Brighting village hall alternative parking on road. TQ82 2HJ	Leisurely	9.7	6.03
24/06/2023	Levington Marina short walk	The walk is about 3.25 miles, an easy stroll, there are no stiles but there is a short section to walk up the access road & then turning on to field courses and arable on good tracks and paths. The walk is a good practice for Hastings.		Sue H.	10:00	TM246195	Parking is on the access road head down towards the Marina and park before for you enter the gates. Please ensure you park at an angle to the road (you'll see what I mean when you arrive).	Leisurely	5.1	3.17
28/06/2023	Creetingham & Brandeston	Creetingham & Brandeston Footpaths country lanes & old Golf course. Optional lunch at The Bull.	Grass overgrown in places.	Paul B.	10:00	TM228306	Opposite the Pub, park on the Green.	Leisurely	11.4	7.08
05/07/2023	East Bergholt Flatford Cottage and Brantham	Walk along the Stour Valley path to the Abbey Gardens to Newton Park and then country lanes to Hardwick Heath returning to the start point via the Town Centre following the St. Edmunds Way.	Toilets are available in Ram Meadow car park. Newton Park and Hardwick Heath.	Helen H.	10:00	TM068689	Car park down the side of the Red Lion East Bergholt. Please Note: Gaston Street is due to be closed at the top of the hill adjacent to the car park from the A12 Four Sisters, as you approach East Bergholt village turn right down Hadleigh Road then left to the lower end of Gaston Street. It comes out close to the car park. N.B. you must head towards East Bergholt from the A12.	Moderate	12.1	7.52
12/07/2023	Bromeswell Eyke and Ufford	Heading south from Woodbridge rugby club into Rendham Forest, north at Woodbridge airfield perimeter fence, diverting past the rifle range and on into Eyke. Carrying on over low lying water meadows under the railway line, over the river Deben into Ufford. Passing the Mill house and the church, quiet cottages, the White Lion and on to Ufford bridge. Over further water meadows and the railway line to Summer Lane. Past Bromeswell church, Swans nursery and back to the rugby club. Suffolk punches may be out on the road meadows, toilets at the rugby club.		David C.	10:00	TM313336	Woodbridge Rugby Club	Moderate	10.9	6.77
16/07/2023	Bury St. Edmunds circular	A circular walk from Ram Meadow car park (23 all day at time of entry) via the Abbey Gardens to Newton Park and then country lanes to Hardwick Heath returning to the start point via the Town Centre following the St. Edmunds Way.	Toilets are available in Ram Meadow car park. Newton Park and Hardwick Heath.	Stuart B.	10:00	TL857538	Ram Meadow Car Park, Cotton Lane Bury St. Edmunds.	Leisurely	11.6	7.21
22/07/2023	Bramford Flourish and Bean	A short social walk of 3.5 miles from	The walk will include a variety of terrain including woodland, country lanes and footpaths.	Sonia L.	10:00	TM122499	Gippingstone Road car park.	Leisurely	5.6	3.48
26/07/2023	Hintesham & Burstall	Circular walk via the outskirts of Hintesham Hall. Follow Brook Burstall Hall & Hintesham golf club. Some paths overgrown but passable.		Paul B.	10:00	TM068355	Park on Sports field car park Fakenham Church. Down the (opposite the church), if full use overflow car park at the Community Hall. IP5 3PT.	Moderate	10.3	6.40
02/08/2023	West Stow	Our journey will commence at The King's Forest, as we explore the charming landscapes of West Stow. From there, we will venture through the picturesque West Stow Country Park accompanied by the serene presence of the River Lark. As we make our way you will find convenient restroom facilities at the entrance to the West Stow Anglo Saxon Village approximately halfway along our route. The terrain we will traverse is predominantly level, devoid of any challenging stiles, (Chalfont?).		Steven L.	10:00	TL814471	Car park	Leisurely	11.3	7.02
06/08/2023	Heather Walk from Dunwich	A circular walk around Dunwich. Stopping at Coastguard Cottages for coffee and somewhere near Westleton for tea.		BG M.	10:00	TM479701	Dunwich beach car park. Toilets and refreshments available at car park.	Moderate	16.1	10.00
08/08/2023	Debenham to Kenton via Aspal	A circular walk from Debenham Leisure Centre to Kenton church, passing Aspal church en-route. The walk will return passing Kenton ten Bowed Hall and Debenham village. There are toilets in Debenham Leisure Centre at the start and finish, and refreshments (tea, coffee etc.) are available in the bar area from 09.00 hrs. The walk will use public footpaths and tracks, with some road walking on quiet lanes, and one short stretch along the B1077. There will an 'apple' stop at Kenton church and breaks for water as dictated by the temperatures.		Stuart B.	10:00	TM165120	Park and meet at Debenham Leisure Centre, Gracechurch Street, Debenham. The Leisure Centre is located at the top of the hill adjacent to Debenham High school.	Leisurely	10.5	6.52
12/08/2023	Dedham to Stratford St Mary circular walk	The walk is one of our Saturday ramblers. We walk alongside the River Stour from Dedham to Stratford St Mary, then on to Langham Church and back to Stratford then heading back to Dedham by crossing the A12 via a quiet road bridge. We follow the river for a bit before walking through Bredges farm. There are no stiles. We will be walking on footpaths and along roadsides on pavements. Could be muddy if it's rained & livestock. Once in Dedham we hope to stop for a drink which is to be decided by popular vote! Please park in the main Dedham car park which is on the left as you enter village. It is a pay & display 10/22.50 for 4 hours.	The walk will include a variety of terrain including woodland, country lanes and footpaths.	Sue H.	10:00	TM058366	Main Dedham car park, on the left as you head into the village. (Just after you pass the Mill, which is on your right, the Boat-house one.)	Easy	6.4	3.98
13/08/2023	Rushmere Playford & Bealings	A circular walk from the Duck pond to Playford and Bealings return via the River Valley, 3 Stiles and a 33 step staircase. This includes a path that I have not walked on before. Some of the paths are slightly overgrown but passable but be aware of stinging nettles.		Paul B.	10:00	TM203335	Park at Chestnut Pond The Street Rushmere or opposite in Chestnut Close	Moderate	10	6.21
16/08/2023	Thorpeness and Aldringham Church	Heading out from the Meare towards Sizewell along the cliff top and beach path we turn inland to Sizewell common. Then through Aldringham church. Over the fens north we meet and up the old railway line back to Thorpeness. Mixture of sea views, arable land, grassland and woodland over good paths and tracks.		David C.	10:00	TM471523	Meet outside the Meare cafe near the duck pond. Free parking on the road 🅇 or pay £3 for 4 hours 🅇 in the public car park at the beginning of the Adebrough road cash accepted.	Easy	11	6.84
20/08/2023	Aldbrough Carnival Walk	A sea walk along the old airfield to Thorpeness and back along the coastal path avoiding the route of the Mini Marathon. It's carnival time in Aldbrough and weather permitting giant kites will be flying on the beach as we return to the town.		Sarah C.	10:00	TM458929	Meet at Kings Field Car Park adjacent to the Old Generator Station Formerly The Community Centre. Parking is free.	Moderate	11.3	7.02
23/08/2023	Debenham circular walk	A circular walk from Debenham Leisure Centre, using footpaths and green lanes (including the delightfully narrow Waddle Goose Lane). Toilets are available in the Leisure Centre at the start and end of the walk, and refreshments (tea, coffee etc.) are available in the bar area from 09.00 hrs. The start of the walk uses field footpaths, but much of the walk is on shady green lanes. There will be an 'apple' stop at approximately the half way point and water stops as dictated by the temperature.		Stuart B.	10:00	TM165109	Debenham Leisure Centre is located in Gracechurch Street Debenham, at the top of the hill adjacent to Debenham High School.	Leisurely	10.5	6.52
27/08/2023	Levington Circular Walk	The walk is about 6 miles. Parking: This is on Levington Marina's access road just before you enter their site. (Please park at an angle to the road.) This circular walk heads back up the access road then after walking a short distance on a quiet lane uses footpaths, bridleways and road to circle the village. We drop into a lovely wooded area heading to Nacton Shore where we will have a short stop before walking back to our start along the river path or shoreline, passing Levington Lagoon.	There is a cafe at Levington Marina at the start or end of the walk	Sue H.	10:00	TM246206		0 Moderate	9.7	6.03
30/08/2023	Levington Circular Walk	The walk is about 6 miles. Parking: This is on Levington Marina's access road just before you enter their site. (Please park at an angle to the road.) This circular walk heads back up the access road then after walking a short distance on a quiet lane uses footpaths, bridleways and road to circle the village. We drop into a lovely wooded area heading to Nacton Shore where we will have a short stop before walking back to our start along the river path or shoreline, passing Levington Lagoon.	There is a cafe at Levington Marina at the start or end of the walk.	Sue H.	10:00	TM246206		0 Moderate	9.7	6.03
06/09/2023	Grundisburgh	Walk via the Green and Ford onto footpaths through country lanes and fields.	Beavers of Ipswich leave leaving Ipswich Town at 09.11 to arrive at Manningtree at 09.20 Train leaves Manningtree to Mistley 09.27 Car Parking at Manningtree £4.50	Paul B.	10:00	TM214897	Grundisburgh Village Hall Felgate Way IP13 6TJ	Moderate	10.1	6.28
10/09/2023	The way to is Essex!	NOTE: EARLY START! Meet at Manningtree Station to take train to Manningtree. Walk back following the Essex Way, avoiding traffic. The walk passes Grayson Perry's 'House for Essex' along the Stour shore and then up to higher ground and returning down to Manningtree station. It includes 12 mile along shoreline of gravel and sand, some hills, good views. No cafes on route so bring food/drink. Those wanting a shorter walk of 5.5 ml or to avoid the last up and down, can catch a train back to Mistley. Dogs welcome on walk and return to the car park. A mixture of woodland, arable land, river and sea views, mostly from elevated.		Eleanor C.	08:40	TM181533		0 Leisurely	13.7	8.51
13/09/2023	Witnesham wander	Paths towards Westerfield and Henley circuit Witnesham thicks. Please note stinging nettles in the usual car parking place in Witnesham!		Jo M.	10:00	TM179884	Witnesham Hall (Not the usual recreation ground)	Moderate	8.9	5.53
17/09/2023	A viaduct, a dragon and a legend	Catch a 9.49 train from Bures to Chappel and see Come Home of the East Angles Railway Museum where we'll visit the viaduct before walking back to Bures to see the Dragon. We will pass a motocross track, a watermill and have great views across Stour Valley. You can return to your car after 5 miles but you'll miss the Dragon. Meet 9.35 at Bures Community centre car park on Nayland Road or 9.40 at train station.	You will need to purchase a 9.49 train ticket for the train	Sonia L.	09:35	TL080884	Bures Community Centre car park, Nayland Road, Bures.	Moderate	12.1	7.52
20/09/2023	Newbourne Walsingham and the Deben	Walk through Newbourne Springs out towards Walsingham and then down to the river. Passing the sailing club, through Hingley and along the foreshore to Kiron Creek. Returning via Henley to the village hall. Mixture of arable, grassland and river views on good tracks and quiet roads and paths.		David C.	10:00	TM274853	Newbourne village hall	Leisurely	10.7	6.65
24/09/2023	Around Orford	A peaceful walk from the quayside at Orford, passing the castle, walking through the grounds of Sudbourne Hall to Chiffelord and then to Sudbourne before returning to the river. A lovely mixture of riverbanks, farmland and woodland.		Sarah C.	10:00	TM425517	Walk begins on the quayside. There is a car park nearby for those who have to pay for the on Regal cinema). Stowmarket. Free on Sundays.	Moderate	12.1	7.52
27/09/2023	Martlesham circular via Newbourne Springs	Starting at Martlesham Community Hall walk through wooded areas up to cranes and through the Mill and Sixpence site. Crossing Walsingham Road, around field to tree lined track, turning off to walk through Newbourne Springs on the lower path. Continue along tree lined path and woodlands to Walsingham Road. Return along tarmac track to BT Satellite dishes and car park.	Use Car Park at Martlesham Community Hall on Felixstowe Road IP12 4PB	Ian G.	10:00	TM248081	Martlesham Community Centre Felixstowe Road IP12 4PB	Leisurely	8.7	5.41
30/09/2023	Woods, ways and wide open spaces	The slow life. No stiles, hills or ploughed fields, all easy walking on tracks, byways and established footpaths. Coffee and cake afterwards at Stonham Banns. Dogs welcome on walk and outside seating area of tea room.		Sonia L.	10:00	TM415414	Stonham Banns	Leisurely	6.4	3.98
04/10/2023	Throught Sutton Estate to Stonner Point	We pass through the Sutton Estate down to Stonner point and along a wildlife rich stretch of the Deben. We return via Woodhall Hall and Sutton Hall and Broxhead Estate to the car park, mixed paths		Keith M.	10:00	TM306501	Sutton Common picnic area. The car park is on the bank of the B1063 1.3 miles past the end of Sutton Hoop	Moderate	11.7	7.27
11/10/2023	The Grove to Felixstowe Ferry	A circular walk we walk out through woodland and over fields to Ferry Lane. Continuing on towards the river to Kingsfield. Turning along the river wall to Felixstowe Ferry for our apple stop (toilets). We continue along the sea wall past the golf club and return to the car park. A mixture of woodland, arable land, river and sea views, mostly from elevated.		David C.	10:00	TM302801	Just past the Grove Medical centre signed from Grove Road / Beatrice Avenue roundabout.	Easy	9.7	6.03
15/10/2023	Hedgepeth Old & New	A circular walk starting in the town centre taking in the the River Brett part of the Railway walk and Valley Farm.		Paul B.	10:00	TM327605	Magdalen Road IP17 5SB no charge.	Moderate	10	6.21
18/10/2023	Lower Holbrook	Down to Lower Holbrook, along the embankment and through Alton Water.		Richard G.	10:00	TM143756	Stutton Community Centre Holbrook Road Stutton IP29 2TA	Moderate	11.1	6.90
21/10/2023	Saturday scarecrow trail	An extended version of my September scarecrow trail. The Mill and the McNickell. Village notices here advertise this as scarecrow competition day so hopefully we'll see various Disney characters in the gardens along the way. Apple stop will be at the church before heading back along Winston Head Lane and East End Road. When we get back to Stonham Banns why not stay for coffee and cake before rushing away.		Sonia L.	10:00	TM147207	Meet in Carpark at Stonham Banns	Moderate	9.7	6.03
22/10/2023	Around Ottery	An easy walk skirting the village of Ottery. Refreshments & toilets available at the village pub The White Hart at the end of the walk.	A gentle relatively flat walk with 2 grassy lanes walking the perimeter of Ottery Hall and some walking along a Quiet Lane	Jo M.	10:00	TM205373	Car park on left just before Ottery Primary School (NOT village hall car park)	Leisurely	8.2	5.10
25/10/2023	Deben stroll	Walk from Sheppeat Lane in Fakenham down the Kingsfield Lane to the Deben. Turn left at the Deben and walk along the Deben until we reach Fakenham Creek. Turn left here to return via Fakenham Church. The walking conditions are normally dry and flat. In other words easy walking. There is only room for 15 cars in the parking area. Please car share and email me if you wish to come so that I can keep a check on the number of cars.		Terry M.	10:00	TM301915	Starting from Kiron green take the Fakenham Road. Go past Fakenham Church. Down the slope around the bend and then the hall. Sheppeat Lane is on your left at the top of the hill. Drive up Sheppeat Lane until entrance to Sutton Hoop on the right. Park here in the field.	Leisurely	9.7	6.03
28/10/2023	Dedham to Flatford circular leisurely walk	A 6 mile leisurely walk following the River Stour from Dedham to Flatford. After a short detour to look at Willy Lotts Cottage we continue along the river for a short while before continuing through countryside back to Dedham. There are no stiles, though there are steps. We will meet & start at the main Dedham car park which is on the left as you pass the Mill building on your right. There is a charge payable. The walk will take about 1 hour 45 minutes. On finishing there is an option to join me & Sonia for a drink. Please consider this when purchasing your car park ticket. We look forward to seeing you. Please note: The paths may be muddy but they are present. Therefore the wearing of waterproof walking boots is advised.		Sue H.	10:00	TM058348		0 Leisurely	6.4	3.98
28/10/2023	East Bergholt to Flatford circular walk	A circular walk starting from East Bergholt village car park. We will walk along a quiet lane to Flatford taking in the views of the Stour Valley. At Flatford we will pass Willy Lotts cottage, use National Trust paths, joining public footpaths and walking back to the quiet lane back to our starting point. There is one stile with a dog lift gate. Dogs on leads are welcome. There are toilets at the start & at Flatford. It may be muddy in places. There is a cafe in the village where we will stop for a drink which should be available at the church. We hope you will enjoy the courtyard garden where dogs are allowed. Fingers crossed for dry weather!		Sue H.	10:00	TM068692	East Bergholt village car park The Street East Bergholt.	Leisurely	6.4	3.98
29/10/2023	Helmingham On Deer!	A walk around Helmingham to include the deer and both good views of the Helmingham Hall.		Paul B.	10:00	TM192097	Helmingham School Road Helmingham IP14 8EX	Moderate	9.3	5.78
05/11/2023	Martlesham	Walk around Martlesham creek up towards Black Tiles. It will be wet but we will be walking on a dry (if)		Timothy G.	10:00	TM249139	Car Park opposite Martlesham Community Hall	Leisurely	8	4.97
08/11/2023	AGM walk and lunch	A walk around and along Fyn Valley Estimated start time for AGM is 12:15 and will be followed by a soup lunch and refreshments.	Any dogs to be on a lead please however they are not allowed in the hall.	Paul B.	10:00	TM190416	Tuddeham St Martin Village Hall	Leisurely	6.4	3.98
12/11/2023	Aldbrough to Sizewell and back along the beach	Walk along the old railway line through woodland and fields to Sizewell. Return along the coastal path through Thorpeness to Aldbrough. Beautiful views of the Suffolk coastline on the way back.		Sarah C.	10:00	TM458900	Walk starts at Kings Field Aldbrough. At the roundabout turn right to the Kings Field station and community center aka The Old Generator Station. Car Park is adjacent.	Moderate	14	8.70
15/11/2023	Akenham	Visit Akenham church and through to Akenham Hall.		Richard G.	10:00	TM140839	Old Norwich Road Ipswich. Post code may bring you up short. Just come out of Sutton Hoop. What?words use cherry, fuels, feared	Moderate	9.8	6.09
19/11/2023	Gateway 14	The developers of Gateway 14 have laid out a path that joins a river path and the Creeping St Peter. put in new benches and landscaped the view from them. This walk will connect Stowmarket industries past present and future including this path that skirts around the new range warehouse before returning across agricultural Stowland.		Sonia L.	10:00	TM500379	East Bergholt car park (next to Regal cinema). Stowmarket. Free on Sundays.	Moderate	9.7	6.03
22/11/2023	Around Easton	Walking from the car park over the village and going over the Deben and past Letheringham water mills. Out over arable land with far easting views from a good elevation towards Kettleburgh. Past Easton and Martley Hall and walking down past the Bowls club to the car park. A mixture of quiet roads, arable, woodland and grass tracks. We can detour to St Mary's Church Uffingtonham if desired. They have made a good job of the renovation!		David C.	10:00	TM283645	Car park The Street Easton	Moderate	11.6	7.21
23/11/2023	Paddington to Spitalfields	Catch 8.44 train from Ipswich, change at Stratford for the 9.55 Elizabeth Line to Paddington (Platform 9) return journey from Liverpool Street. After a short comfort break at Paddington we'll follow Regent's Canal to Camden Lock where we'll break for lunch then on to Kings Cross. Here we'll take the canal head to Smithfield and on to Spitalfields stopping in time for the Colour Walk approx. 11.30. The walk ends here leaving you time to explore the market, relax and enjoy the evening making your own way back to Liverpool Street to catch any off peak train or your choice. An Off Peak Day Travelcard will cover all of these journeys. Bring a picnic, I want to not moving away from Paddington so please eat your breakfast on the train and bring your flask of coffee, there are seats at a very special picnic table along the way. There's lots to see, lots of photo opportunities and a lot of time to watch the clock (a very special clock!) All good paths (a walking boots not needed). Please text me 07800 847709 if you are joining us as I will need to count you at several times during the day	Off peak not valid between 16.31 and 18.34. You need to purchase your own ticket.	Sonia L.	08:44	TM157785		0 Moderate	14.5	9.01
26/11/2023	Heath & Woods	Walk through Boxley Heath part of the Sandlings Walk. Brookhill Woods Forest & Heath are Heaths. Maybe muddy in places.		Paul B.	10:00	TM198455	Park at Broke Hall Ipswich IP3 8QB	Moderate	11.3	7.02
29/11/2023	Barham Blakeham Damsden and Bayham	Walk along the top of the Gipping Valley using the new permeable path and return by a high route above the valley.		Helen H.	10:00	TM125131	Park on road before it crosses A14.	Moderate	11.3	7.02
02/12/2023	Woodbridge	The walk starts at Melton Picnic Site & please do note the earlier start time. This is to allow people to travel by train should they wish. If you travel by train please either wait outside the station for the rest of the group to join you or cross the crossing & meet us. The walk will use footpaths & quiet roads to skirt around the town before joining the river path to take us back to the start. As always with our Saturday walks we'll be stopping for a coffee break should you wish to join us at HMS Vase. The route can be muddy & have puddles.		Sue H.	09:45	TM288325		0 Leisurely	6.4	3.98
06/12/2023	Owens Country Park & Ravenswood Sculpture	Around Landsape Park to the Orwell Country Park along the river Orwell and up to Ravenswood to see the Sculptures. Beautiful views along the walk with panoramic views from Green Wind.		Paul B.	10:00	TM175501	Landsape Road Ipswich car park opposite Holbrook Road	Moderate	11.7	7.27
10/12/2023	Lawford walk and church carol service	The walk will start at Lawford church with brief stops at Dedham and flatford. The walk will end at the church ready for the start of the optional carol service at 3:00 pm. Bring a packed lunch which can be eaten en-route or at the church before the service. Tea and coffee should be available at the church.		BG M.	10:00	TM088537	Lawford Church car park Church Lane Lawford.	Moderate	12.9	8.02
13/12/2023	Around Thorpeness	Headings south from the Meare, joining the Suffolk Coast Path, over the old railway in's past the Red House to the golf club and turning towards the TV tower at Clover Lea. Then joining the Suffolk Coast Walk back over the Meare and back to the Meare. A further 1.5 miles can be added by going up to Shipwell Cottages and returning over Thorpeness Common. A mixture of beach, woodland, golf courses and arable on good tracks and paths.	The shorter walk is 6.1 miles long between 16.31 and 18.34. Finishing 13.30	David C.	10:00	TM471557	Car parking on the edge of the Meare or in the playing car park at the start of the Aldbrough road. Meet outside the Aldbrough at the Meare	Leisurely	9.8	6.09
20/12/2023	Mince pie walk UPDATED	Due to the rain and subsequent flooding we will not walk to Playford church and back along the same route which reduces the distance. Sorry it's not very interesting but it's just about passable last week for the pre walk will now be flooded after today's rain. A seasonal cup of mulled wine and a mince pie awaits when we get back.		Jo M.	10:00	TM222332	Grundisburgh Playing Field			