THE SUFFOLK - 5th June

14th May - 5th June





WELCOME TO THE SUFFOLK WALKING FESTIVAL

14TH MAY - 5TH JUNE 2016

A MESSAGE FROM OUR PATRON

This year's Suffolk Walking Festival is a bit special as it officially launches Suffolk's Year of Walking, which runs from May 2016 until the end of the walking festival in 2017.

The Year of Walking will be celebrating two of my very favourite things: walking and Suffolk and the aim is to inspire more people to build more walking into their everyday lives and to discover what fun it is! It's been proved there are loads of benefits, to both our mental and physical health, that can be gained by simply getting out in the fresh air and being active.



We are kicking the campaign off with 77 wonderful walks in this year's festival programme; I do hope you will join us.

Lesley

Lesley Dolphin
Producer/Presenter BBC Radio Suffolk



Please visit www.suffolkwalkingfestival.co.uk to book your tickets

Partners

The Suffolk Walking Festival is supported by all the local authorities in Suffolk and our thanks go especially to Suffolk County Council's Discover Suffolk project. We are delighted to be working in partnership with Suffolk's Year of Walking and thank both them and the Suffolk Coast & Heaths AONB project for their sponsorship. We are grateful to our media partners EADT Suffolk Magazine and BBC Radio Suffolk for their ongoing promotion of our festival and special and heartfelt thanks to our walk leaders, who make this festival so enjoyable, and to our patron Lesley Dolphin. We are grateful to them all.





Dogs

Where dogs are permitted on the walks, please keep them on a lead at all times. If there is no dog symbol, please enquire if you wish to bring an assistance dog.

Children au

Children are welcome on most walks but those 16 years of age and under must be accompanied by an adult.

Transport

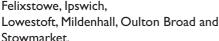
Any bus fares, car parking or entrance fees will need to be paid for on the day, unless otherwise stated.

National train and coach information: Tel: 0345 7484950 nationalrail.co.uk

Stations include: Beccles, Bury St Edmunds, Diss, Felixstowe, Halesworth, Ipswich, Lowestoft, Manningtree, Needham Market, Saxmundham, Stowmarket, Sudbury, Thetford and Woodbridge.

National Express: Tel: 0871 7818178 nationalexpress.com

Set down points include: Beccles, Bury St Edmunds, Felixstowe, Ipswich,



Local rail, coach and bus information

Traveline East Anglia: Tel: 0871 2002233 travelineeastanglia.co.uk





Parking

There is parking available at, or close to, the meeting points for all walks. Vehicles are parked at their owner's risk.

Equipment and Clothing

Please ensure that you are properly equipped for all walks. Always bring warm and waterproof clothing, sunscreen etc. Walking boots are recommended, but otherwise please wear suitable and comfortable footwear. Make sure that you also bring a packed lunch and snacks, if necessary, and plenty to drink.

Cancellation and Refund Policy

A walks leader will be at the start of the walk regardless of the weather, but if the walk has to be cancelled due to unforeseen circumstances, we will endeavour to contact you beforehand. Please leave a mobile phone number and an email address, when you book. Refunds will not be given unless a walk is cancelled by the organisers or their agents.

Disclaimer

Whilst we endeavour to make all our walks as safe and as enjoyable as possible, any event attended is done so at your own risk. Due care has been exercised in organising the WALKING FESTIVAL, however the COUNCILS and sponsors accept no liability for loss, accident or injury caused to any person following the routes. You are advised to check your own personal accident cover before taking part.

You need to choose walks within your capabilities; the walk leaders are experienced but must take your word that you are sufficiently fit for the grade of walk you have chosen. In the event of any unforeseen circumstances, the Suffolk Walking Festival partners reserve the right to change or cancel a walk without prior notice.







Booking Your Tickets

Please note that it is essential to book your place on all our walks in advance, to enable us to manage the group size.

You can book in person at any of the tourist information centres listed below, or online at www.suffolkwalkingfestival.co.uk

Bury St Edmunds:Tel 01284 764667 The Apex, I Charter Square Bury St Edmunds IP33 3FD

Ipswich: Tel 01473 258070 St. Stephen's Church St. Stephen's Lane, Ipswich IPI IDP

Lavenham: Tel 01787 248207 Lady Street, Lavenham CO10 9RA

Stowmarket: Tel 01449 676800 Museum of East Anglian Life Stowmarket IP14 IDL

Sudbury:Tel 01787 881320 The Library, Market Hill Sudbury C010 2EN



Further Information

For more information on places to visit and things to see in Suffolk, please go to **www.suffolkwalkingfestival.co.uk**

Key to Symbols



Easy

Suitable for most levels of fitness



Moderate

A moderate level of fitness is required



Energetic

A good level of fitness is required



Elite

An exceptional level of fitness is required



Car parking charges apply if arriving by car



Children's walk



Bring a packed lunch



Accessible for wheelchair users



Accessible for pushchair users



Toilet facilities are available at the start/end of the walk



Dogs are welcome but must be kept on a lead at all times



Refreshments available along route or at the beginning/end



Please see individual walks for precise location

Saturday 14th May 2016

Come and join us to launch the Suffolk Walking Festival

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Refreshments, guided walks and entry to Minsmere included in the price

LAUNCH WALK:

1 SPRING AT RSPB MINSMERE Saturday 14th May, 11am



Location: RSPB Minsmere Nature Reserve Duration: 2 hrs Distance: 1.5-2 miles Start & End Ref: RSPB Minsmere Discovery Centre, Westleton, Saxmundham IP17 3BY After the official launch of the Suffolk Walking Festival, which also includes the official launch of the Suffolk Year of Walking 2016/17, explore the beautiful scenery of one of the UK's premier nature reserves as they get ready to host BBC Springwatch. You may be lucky enough to see or hear a bittern or nightingale too – don't forget to bring binoculars! i: Arrive for coffee and cake at 10am. The official launch of the walking festival will take place at 10.30am and the walk will leave at 11am. The Discovery Centre and bird hides are fully accessible by wheelchair. The walks are only partly accessible.

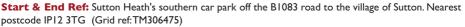
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£10 (includes refreshments, guided walks and entry to Minsmere)



2 TIPTOE THROUGH THE HEATHER Saturday 14th May, 8am





Experience some of the best heathland Suffolk has to offer while listening out for Woodlarks, Dartford Warblers and Stonechats and enjoying the wide open spaces. **Adults £4**; **children 15 and under, £2**

3 WHERE TWO RIVERS MEET Saturday 14th May, 10am



Location: Bury St Edmunds Duration: 2 hrs Distance: 2.5 miles Start & End Ref: Abbey Gate, Angel Hill, Bury St Edmunds IP33 ILS

Join the Bury Water Meadows Group on an exploration of Bury St Edmund's rivers and water meadows and find out what is unique about these rivers in Suffolk. **Free.** Donation to the Bury Water Meadows Group welcome.

4 HOLYWELLS PARK MAGICAL HISTORY TOUR Saturday 14th May, 11am



Location: Holywells Park, Ipswich Duration: 1.5 hrs Distance: 1.5 miles Start & End Ref: Stable Block, Holywells Park, Cliff Lane, Ipswich IP3 0PG

Explore the heritage and landscape of the park through the ages from medieval times to the modern day, including the Cobbold family estate. £4 (includes tea/coffee and cake)

i: Nearest car park is Athena Hall car park, Wykes Bishop Street, Ipswich IP3 0DT

5 HAVE YOU NOTICED? Sunday 15th May, 10am

Location: Bury St Edmunds Duration: 2 hrs Distance: 2 miles Start & End Ref: Abbey Gate, Angel Hill, Bury St Edmunds IP33 ILS A walk looking at all those interesting architectural features as well as strange things that people walk past and never realise are there.

Adults £5; children 12 and under, £2

i: Car parking at Ram Meadow, Cotton Lane, Bury St Edmunds IP33 IXT



THE CHALLENGE WALKS

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8 THE MEGA CHALLENGE Sunday 15th May, 7.30am

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Location: Lowestoft to Felixstowe Duration: 24 hrs Distance: 60 miles

Start & End Ref: Landguard Fort, Felixstowe IP11 3TW

A challenging walk of 60 miles in 24 hours along Suffolk's glorious coast. Includes long stretches of walking on the beach and in the dark. A very high level of fitness is required. £100 (includes bus transfers from Felixstowe to Lowestoft, support and refreshments). See www.suffolkwalkingfestival.co.uk for more information and itinerary.

9 THE CLASSIC CHALLENGE DAY 1: PIER TO PIER Sunday 15th May, 9am

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Location: Lowestoft to Southwold **Duration:** 8 hrs **Distance:** 14 miles

Start & End Ref: South Pier, Lowestoft NR33 0AE to Southwold Pier, Southwold IP18 6BN Along sandy beaches past Benacre Broad and Covehithe, ending at the award-winning pier in Southwold.

10 THE CLASSIC CHALLENGE DAY 2: HERITAGE COAST Monday 16th May, 9am



Location: Southwold to Sizewell Duration: 8 hrs Distance: 13 miles

Start & End Ref: Southwold Pier, Southwold IP18 6BN to Sizewell Beach Car Park IP16 4UH
Starting in Southwold, the most quintessential of all of Suffolk's coastal towns and ending at the beach at Sizewell.

11 THE CLASSIC CHALLENGE DAY 3: SAILOR'S PATH Tuesday 17th May, 9am



Location: Sizewell to Snape **Duration:** 8 hrs **Distance:** 11 miles

Start & End Ref: Sizewell Beach Car Park IP16 4UH to Snape Maltings, IP17 ISR

This walk will follow the ancient Sailor's Path, taking in the coast and heaths landscape of rivers, woodland, heathland and open farmland, before arriving at Snape Maltings, home of world-famous Aldeburgh music.

12 THE CLASSIC CHALLENGE DAY 4: TALE OF TWO RIVERS Wednesday 18th May, 9am



Location: Snape to Hollesley Duration: 8 hrs Distance: 14 miles

Start & End Ref: Snape Maltings IP17 ISR to Suffolk Punch Trust, Hollesley IP12 3|R

This walk meanders through Tunstall Forest and beside the waters of the River Ore and Buntley River.

13 THE CLASSIC CHALLENGE DAY 5: FROM FERRY TO FORT Thursday 19th May, 9am



Location: Hollesley to Felixstowe Duration: 8 hrs Distance: 14 miles

Start & End Ref: Suffolk Punch Trust, Hollesley IP12 3|R to Landguard Fort, Felixstowe IP11 3TW

Starting at the Suffolk Punch Trust and continues along Shingle Street, passing the Martello Tower and Bawdsey

Manor, before crossing the River Deben and ending at historic Landguard Fort, Felixstowe.

All Classic Challenge walks are £15 (includes coach back to the start)

43 THE mini CHALLENGE DAY 1: THE TRAIN TAKES THE STRAIN Tuesday 24th May, I 0am



Location: Oulton Broad - Beccles Station Duration: 5 hrs Distance: 9.5 miles

Start & End Ref: Train Station, Beccles NR34 9QI

Catch a train from Beccles to Oulton Broad and walk back on the beautiful Angles Way. £10 (inc. train fare)

44 THE mini CHALLENGE DAY 2: TRIMLEY LOOP Wednesday 25th May, 10am



Location: Trimley **Duration:** 5 hrs **Distance:** 9 miles

Start & End Ref: Train Station, Trimley IP10 0TS

The backdrop for this walk are the towering cranes of Felixstowe Port and the route goes via Trimley Marshes Nature Reserve, home to many birds, otters and water vole and along the River Orwell. £7.50

45 THE mini CHALLENGE DAY 3: DELIGHTS OF THE DEBEN Thursday 26th May, 10am



Location: Ramsholt Duration: 5 hrs Distance: 8 miles

Start & End Ref: Sutton Hoo (National Trust), Woodbridge IP12 3DJ

This walk will introduce you to the delights of the River Deben – fossil shells and sharks teeth, saltmarshes and stunning wildlife, with fantastic river views all the way. £10 (includes coach return and refreshments)

6 PROTECTING NEVERLAND Sunday 15th May, 10am









Location: Thorpeness **Duration:** 3 hrs **Distance:** 5 miles

Start & End Ref: On the Green outside the Thorpeness Meare Tearoom IP16 4NW

During WWII, Thorpeness was surrounded by anti-invasion defences, pillboxes, anti-tank ditches and more. Explore this ambiguity, with the dream of a perfect coastal holiday village at once protected and disturbed. £9

i: The walk is over rough terrain and includes walking on sections of shingle.

7 NORTON CIRCULAR WALK Sunday 15th May, 10.30am







Location: Norton Duration: 2 hrs Distance: 4 miles

Start & End Ref: Norton Village Hall, Ixworth Road, Norton IP31 3LP

A circular walk around the parish of Norton using many of the footpaths identified on the Definitive Map. After lunch there may be an opportunity to explore other paths in the village. Free

i: Bring a packed lunch which can be eaten in the Village Hall at the end of the walk. Hot drinks will be provided.

CHAILENGE WALKS

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8 - 13 MEGA & CLASSIC CHALLENGE WALKS - SEE ABOVE FOR DETAILS

14 THREE VALLEYS WALK Monday 16th May, 9.15am





Start & End Ref: Stoke-by-Nayland Recreation Ground Car Park, School Street, Stoke By Nayland CO6 4QY This circular walk, starting in the medieval village of Stoke-By-Nayland, covers a fabulous part of the Dedham Vale Area of Outstanding Natural Beauty (AONB). It crosses the Rivers Box and Stour with views over the Brett Valley. i: Public bus links to Stoke-By-Nayland from Colchester & Sudbury. Adults £5; children 12 and under, free

15 FLOWER OF SUFFOLK Monday 16th May, 9.30am







Location: Dunwich Duration: 6 hrs Distance: 14 miles Start & End Ref: Dunwich Beach Car Park IP17 3EN

A beautiful walk over heathland, through forests and reed beds and beside the sea. This walk is a section of the Norfolk and Suffolk Long Distance Walkers' Association Flower of Suffolk Challenge Walk. Free

i: Not suitable for children

16 TIDAL TRAVEL LOG - PHOTOGRAPHY WALK Monday 16th May, 5.15pm



Location: Shotley Marina Duration: 4 hrs Distance: 4.5 miles

Start & End Ref: HMS Ganges Museum Car Park, Shotley Marina IP9 1Q1

A photographic exploration of the Suffolk coastline, with the 'Golden Hour' and sunset included. This innovative photography workshop includes professional tuition and is aimed at beginners and intermediates. £32 i: Please bring your own camera equipment, tablet or smart phone.

17 THE HISTORY OF HELMINGHAM PARK Tuesday 17th May, 9am



Location: Helmingham Hall Gardens Duration: 4 hrs Distance: 4 miles

Start & End Ref: The Coach House Tearooms, Helmingham, Stowmarket IP14 6EF

A short walk around Helmingham Park with stops to talk about the history of Helmingham Hall, deer park and how the park was formed.

Adults £8; children 6-15, £4; under 5s, free (includes entry into the Grade I Listed gardens)

18 HAWKEDON CIRCULAR Tuesday 17th May, 9.45am







Location: Hawkedon Duration: 5 hrs Distance: 10.5 miles Start & End Ref: St Mary's Church, Hawkedon IP29 4NH

A walk through undulating countryside with lovely views, visiting Stansfield and Somerton along the way. Short mid-morning and lunch breaks en route. Free

i: Not suitable for children.



19 THE BRECKS TRAIL Wednesday 18th May, 9am



Location: Brandon Duration: 8 hrs Distance: 15 miles

Start & End Ref: Brandon Country Park, Visitor Centre, Bury Road, Brandon IP27 0SU to West Stow Country

Park, Icklingham Road, West Stow IP28 6HG

Join the launch of The Brecks Trail, a new long distance route between Brandon and West Stow through beautiful and sometimes wild landscape of The Brecks. £15 (includes morning coffee, coach return and parking)

i: Not suitable for children

20 A HEALTH WALK IN THE WOODS Wednesday 18th May, 10.30am



Location: Ravenswood, Ipswich Duration: 2 hrs Distance: 3.75 miles

Start & End Ref: Ravenswood Primary School Ipswich IP3 9UA to Ipswich Waterfront IP4 IQI

A delightful walk through the lovely woods between the River Orwell and Ipswich town. Easy access to the start via public transport. This is a Health Walk led by one of the Stepping Out in Suffok volunteers. Free

i: Public transport to start of walk: Bus route 6 (Tower Ramparts - Ravenswood Primary School).

Allow 30 minutes for the bus journey.

21 A WALK AND TEDDY BEAR'S PICNIC Wednesday 18th May, 11am









Location: Ipswich Duration: I hr Distance: 1.5 miles

Start & End Ref: CRESS Pavilion, Halifax Rd, off Maidenhall Rd, Ipswich IP2 8RE

A gentle walk around Bourne Park for people who prefer a shorter walk and for those with smaller children, followed by a Teddy Bears' picnic in the Pavilion. Free

i: Children must be accompanied by a responsible adult.

22 HISTORIC WICKHAM MARKET Wednesday 18th May, 2pm









Start & End Ref: Wickham Market Village Square (bus shelter) IP13 0RA

Location: Wickham Market Duration: 2 hrs Distance: 2 miles

A walk around the delightful village of Wickham Market, looking at the historic buildings and their history.

Adults £4; children 12 and under, £2

i: Parking in the long stay car park next to the village square.

23 ALTON WATER AMBLE Thursday 19th May, 10am











Location: Alton Water, Stutton Duration: 1.5 hrs Distance: 3 miles

Start & End Ref: Alton Water, Stutton IP9 2RY

Starting and finishing at the café. Walking with lovely views of the reservoir and maybe some bird watching. Free i: There are some inclines which may not be suitable for all wheelchair users, but access is generally good.

24 FROM RIVER TO RESERVOIR Friday 20th May, 9.30am





Location: Wherstead Duration: 6 hrs Distance: 12 miles

Start & End Ref: Suffolk Food Hall, Wherstead IP9 2AB

A beautiful route from the award-winning Suffolk Food Hall to Alton Water and back for a delicious cream tea. Stopping for a picnic lunch at the reservoir. Adults £7; children 12-14, £4 (includes tea/coffee and scone)

25 PARENTS WITH PRAMS Friday 20th May, 9.30am









Location: Thorpeness Duration: 2.5 hrs Distance: 3.7 miles

Start & End Ref: Thorpeness Beach Car Park IP16 4NW

A circular walk for people with young children and prams. The walk from Thorpeness to Aldeburgh follows the route of the old railway line. Includes a short rest stop. Please bring suitable refreshments.

Adults £5; children 15 and under, free (includes a Suffolk Prambling Guide)

i: The route is unpaved and suitable for buggies with tyres (not plastic wheels). Bus service to Thorpeness: No. 521.

26 A LUNCH DATE WITH CLARE Friday 20th May, 10.30am



Location: Clare Duration: 1.5 hrs Distance: 1.5 miles Start & End Ref: Clare Country Park, Clare CO10 8NW

A stroll around the beautiful old town of Clare. Visit the Augustian Priory and the Church, finishing at the Clare Café for lunch and a visit to The Ancient House Museum.

Adults £11; children 13 and under, £6 (includes lunch and entry to museum)

27 WALK WITH ME Friday 20th May, I Iam



Location: Debenham Duration: I hr Distance: I mile

Start & End Ref: Dove Cottage, in the grounds of St Mary's Church, High Street, Debenham IP14 6QN A gentle short walk around Hogg's Kiss Wood for everyone and particularly people with dementia and their carers. Find out about the history of the wood, followed by tea and cake at Dove Cottage. Free

i: This walk is easy, but parts may be on rough ground.

28 A POINT WELL MADE Saturday 21st May, 10am



Location: Languard Nature Reserve Duration: 1.5 hrs Distance: 2 miles

Start & End Ref: Landguard Visitor Centre and View Point Cafe, View Point Road, Felixstowe IPI I 3TW Find out why the vegetated coastal shingle at Languard Nature Reserve is a rare habitat and why the Reserve is an important bird migration hotspot. Learn about its history and the 'Point Well Made.'

Free (donations towards bird food welcome)

29 HEARING CARE CENTRE CHARITY DOG WALKIES & BREAKFAST Saturday 21st May, 10am





Location: Chillesford Duration: 1.5 hrs Distance: 3 miles

Start & End Ref: The Froize Inn, Chillesford, Woodbridge IP12 3PU

This guided walk with your four-legged friends takes in the joys of the Suffolk countryside. Organised by The Hearing Care Centre and The Froize Inn, the walk will raise funds for Hearing Dogs for Deaf People.

£10 (includes breakfast at start of walk)

30 THE RIVER DEBEN AND ABBEY Saturday 21st May, 11am









Location: Wickham Market Duration: 4 hrs Distance: 6 miles

Start & End Ref: Wickham Market Village Square (bus shelter) IP13 0RA

A village and country walk following the River Deben and looping around the village and Pettistree.

Adults £4; children 12 and under, £2

i: Parking in the long stay car park next to the village square.

31 NORDIC WALKING TASTER Saturday 21st May, 11am





Location: West Stow Duration: I hr Distance: 2-3 miles

Start & End Ref: West Stow Country Park IP28 6HG

Discover the benefits of Nordic walking and learn the correct technique to mobilise the whole body. There's more to it than just walking with poles! £7 (includes hire of poles).

i: Not suitable for children.

32 NORDIC WALKING TASTER Saturday 21st May, Ipm



Location: Newmarket Duration: I hr Distance: 2-3 miles

Start & End Ref: PhysiOptima, 48 Bury Rd, Newmarket CB8 7BT

Discover the benefits of Nordic walking and learn the correct technique to mobilise the whole body. There's more to it than just walking with poles! £7 (includes hire of poles).

i: Not suitable for children.



33 ALDE ESTUARY WALK FOR EARLY BIRDS Sunday 22nd May, 6.30am



Location: Snape Maltings Duration: 3 hrs Distance: 4.5 miles

Start & End Ref: Plough & Sail, Snape Maltings IP17 ISP

Enjoy the birdsong of the marshes, woodland and heathland. The Wild Adventures Under Suffolk's Skies guides will help identify Nightingales, Cetti's Warblers, Chiffchaffs, Curlews and others. £19 (includes breakfast) i: Ends at the Plough & Sail for breakfast.

34 WALK THE BURMA ROAD Sunday 22nd May, 9.30am



Location: Lavenham Duration: 4.5 hrs Distance: 6 miles

Start & End Ref: Tourist Information Centre, Lady Street, Lavenham CO10 9RA

A circular walk across fields to Lavenham airfield and a tour of the airfield and old buildings. View the WWII vehicles, courtesy of the Military Vehicle Trust and listen to tales of the lives of the airmen.

£12 (includes airfield information pack)

i: No toilets at the airfield.

35 WHERE TWO RIVERS MEET Sunday 22nd May, 10am



Location: Bury St Edmunds Duration: 2 hrs Distance: 2.5 miles

Start & End Ref: Abbey Gate, Angel Hill, Bury St Edmunds IP33 ILS

Join the Bury Water Meadows Group on an exploration of Bury St Edmund's rivers and water meadows and find out what is unique about these rivers in Suffolk.

Free. Donation to the work of the Bury Water Meadows Group welcome.

36 IPSWICH WEST TO EAST Sunday 22nd May, 10.30am









Location: Ipswich Duration: 3 hrs Distance: 5 miles

Start & End Ref: Opposite Inkerman Pub, Norwich Road, Ipswich IPI 4BX to Brewery Tap (formerly Tolly Brewery), Cliff Road, Ipswich IP3 0AT

Discover the diverse development of the town from the grand houses of the "West End" to the "East End" of factory workers cottages. Hear the stories of these very different areas. £5

37 CHADBROOK CIRCULAR WALK Sunday 22nd May, 10.30am





Location: Long Melford Duration: 3 hrs Distance: 5 miles

Start & End Ref: Cherry Lane Garden Centre Car Park, High Street, Long Melford CO10 9DH

An easy walk following paths around ancient woodlands and across farmland, passing interesting features and buildings. Beautiful views across open countryside. Free

i: There is one stile which can be avoided if necessary.

38 MINDFULNESS WALK AT BRADFIELD WOODS Sunday 22nd May, I lam



Location: Bradfield Woods Duration: 1.5 hrs Distance: 2 miles

Start & End Ref: Bradfield Woods, Felsham Road, Bradfield St George IP30 0AQ

Learn the art of mindful walking in an ancient woodland. Mindfulness practice is designed to bring you fully into the present moment and helps dissolve stressful thoughts. This will be a slow-paced, restorative walk. £5

i: A brief seminar before the walk will take place to teach some mindfulness techniques. Not suitable for young children.

39 A RAMBLE AROUND THE MIDDY Sunday 22nd May, 1.30pm









Location: Wetheringsett Duration: 2.5 hrs Distance: 5 miles

Start & End Ref: Mid-Suffolk Light Railway Museum, Brockford Station, Wetheringsett IP14 5PW A circular walk in the countryside around Wetheringsett, starting along the tracks at the Mid-Suffolk Light Railway (The Middy) Museum. No trains will be running that day and the museum will be open.

Adults £3; children 16 and under, free

i: There are three stiles along the route.

40 AN A-Z OF BURY ST EDMUNDS Monday 23rd May, 10am

Pa we E

Location: Bury St Edmunds Duration: 3 hrs Distance: 3 miles

Start & End Ref: Abbey Gate, Angel Hill, Bury St Edmunds IP33 ILS

An intriguing, historical tour of the streets of Bury St Edmunds starting on Angel Hill and covering the whole

i: Long stay car parking at Ram Meadow, Cotton Lane, Bury St Edmunds, IP33 IXT

alphabet, but not necessarily in alphabetical order! Adults £5; children over 12, £2

41 NORDIC WALKING TASTER Monday 23rd May, 12pm



Location: Needham Lake Duration: I hr Distance: 2-3 miles

Start & End Ref: Needham Lake (access from B1078 Coddenham Road), Needham Market IP6 8NU

Discover the benefits of Nordic walking and learn the correct technique to mobilise the whole body. There's more to it than just walking with poles! £7 (includes hire of poles)

i: Not suitable for children.

42 THE UPPER RIVER STOUR Tuesday 24th May, 9.30am





Location: Haverhill Duration: 7 hrs Distance: 11.5 miles

Start & End Ref: Haverhill Bus Station, Brook Service Road, off Ehringshausen Way (A143), Haverhill CB9 0ER This walk, led by the Dedham Vale Area of Outstanding Natural Beauty (AONB) team, is along the Stour Valley Path and explores the Suffolk landscape and wide open vistas of the exposed clay lands.

Adults £5; children 12 and under, free

i: There are good public bus links from Cambridge and Bury St Edmunds.

CHAILENGE WALKS

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43 - 45 MINI CHALLENGE WALKS - SEE REVERSE FOR DETAILS....

46 101 YEARS OF ARCHITECTURE Tuesday 24th May, 10am







Location: Thorpeness Duration: 2 hrs Distance: 2-3 miles

Start & End Ref: On the Green outside the Thorpeness Meare Tearoom IP16 4NW

Take a fascinating journey through the architecture of Thorpeness. The story begins with a Scottish gentleman who made a strange decision after coastal flooding in 1910, and ends with the tale of an unusual Norwegian house. £9

47 A RAMBLE AROUND LEAVENHEATH Wednesday 25th May, 9.30am



Location: Leavenheath Duration: 3.5 hrs Distance: 9 miles

Start & End Ref: The Hare & Hounds. A I 34 Leavenheath CO6 4PW

A ramble along country lanes, a golf course fairway and through famous woods managed by Suffolk Wildlife Trust. Stay on for a pub lunch at the end of the walk (not included in the price). Adults £5; children 12-15, £2 i: There are three stiles along the route.

48 A STROLL THROUGH THE AGES Wednesday 25th May, 10.30am







Location: Stowmarket Duration: 2 hrs Distance: 1-2 miles

Start & End Ref: Tourist Information Centre, Crowe Street Stowmarket IP14 IDL

A walk and talk about the historic market town of Stowmarket, from football to foundry, factories to fire! £4

49 NIGHTJARS OVER THE HEATH Wednesday 25th May, 8.30pm



Location: Snape Warren Duration: 2 hrs Distance: 2 miles

Start & End Ref: Snape Warren Car Park off Priory Lane, Snape IP17 ISD

Join this informative evening walk, listen out for the mysterious churring of a nightjar and be surprised by nature, wildlife and scenery on the Alde estuary and the heath. £9

i: Uneven ground and darkness, bring a torch. Dark clothing, insect repellent and closed footwear recommended.

50 A COUNTY BORDER RAMBLE Thursday 26th May, 10am

Location: Nayland Duration: 3 hrs Distance: 4 miles

Start & End Ref: Nayland Village Hall, Church Road, Nayland CO6 4JH

This walk goes out of Suffolk to give views along the valley, passing farmland and woods, after which walkers will be treated to tea and cake at a local farm. Adults £8; children 13 and under, £4 (includes tea and cake)

51 ENGLAND'S SILK CAPITAL Friday 27th May, I Iam



Location: Sudbury Duration: 1.5 hrs Distance: 1.5 miles

Start & End Ref: The Library, Market Hill, Sudbury. CO10 2EN to Vanners Silk Shop, Gregory Street, Sudbury COI0 IBB

The streets and buildings of Sudbury are steeped in 'silk' history. Find out why Sudbury can proudly claim to be the silk capital of England and why the silk weavers came to the town. Adults £5; children 14 and under, £3 i: Finishing at Vanner's Mill Shop, where locally woven silk is for sale.

52 IT'S A WALK IN THE PARK Friday 27th May, I lam



Location: Lakenheath Duration: I hr Distance: I mile

Start & End Ref: Lakenheath Peace Memorial Hall, The High Street, Lakenheath IP27 9EW

A gentle walk in Lakenheath Park for people who prefer a shorter walk. Then return to the Peace Memorial Hall for refreshments and cake. Free

53 DUELLING DRAGONS AND OTHER LEGENDS Friday 27th May, 2pm





Location: Sudbury Duration: 1.5 hrs Distance: 1.5 miles

Start & End Ref: The Mill Hotel, Walnut Tree Lane, Sudbury CO10 IBD

This walk will explore the area around Ballingdon Bridge, the oldest part of Sudbury which started with a Bronze Age settlement in 2000BC. Find out how Noah's Ark Lane got its name and other fun facts.

Adults £10.40; children 14 and under, £7.90 (includes a cream tea)

54 BROAD TALES ABOUT THE BROADCLOTH Friday 27th May, 2.30pm









Location: Lavenham Duration: 1.5 hrs Distance: I mile

Start & End Ref: Tourist Information Centre, Lady Street, Lavenham CO10 9RA

Explore the history of the Lavenham Blue Broadcloth; how its production brought huge wealth to Lavenham and how we still use some of the sayings from that period.

Adults £12; children 13 and under, £6 (includes a cream tea)

55 A POINT WELL MADE Saturday 28th May, 10am



Location: Languard Nature Reserve Duration: 1.5 hrs Distance: 2 miles

Start & End Ref: Landguard Visitor Centre and View Point Cafe, View Point Road, Felixstowe IP11 3TW Find out why the vegetated coastal shingle at Languard Nature Reserve is a rare habitat and why the Reserve is an

important bird migration hotspot. Learn about its history and the 'Point Well Made.'

Free (donations towards bird food welcome).

56 SUDBURY COMMONS AND ORCHIDS WALK Saturday 28th May, 10am







Location: Sudbury Riverside Duration: 3 hrs Distance: 4 miles

Start & End Ref: The Croft, Sudbury CO10 IHR

A stroll across Sudbury's ancient Common Lands and riverside with stops to learn about some of the history and conservation of the sites and to view the huge population of early marsh orchids.

Adults £5; children 12 and under, free

i: Dogs welcome but restrictions apply on the orchid meadows.

57 BODY AND SOUL WALK Saturday 28th May, 2pm



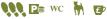
Location: Orford Duration: 4 hrs Distance: 4 miles

Start & End Ref: Quay Street Car Park (opposite The Jolly Sailor), Orford IP12 2NU

Explore the historic town that once had a buzzing port, stroll along the winding river with its saltmarshes and mysterious buildings on Orford Ness and after tea, enjoy an introductory session of Pilates (equipment provided).

£32 (includes tea, cake and Pilates)

58 DEBEN MARATHON Sunday 29th May, registration 9-11am





Location: Woodbridge Duration: 8 hrs Distance: 20 miles

Start & End Ref: Woodbridge Station, IP12 4AU

A self-led walk down one side of the Deben to Felixstowe Ferry and then crossing the river using the ferry to Bawdsey to go back to Woodbridge via Ramsholt, Sutton Hoo and Melton.

Adults £5; children 18 and under/students, £1

i: Raising money for the Macmillan Appeal for Ipswich Hospital.

59 MUSICAL LANDSCAPES Sunday 29th May, 5pm



Location: Rendham Duration: 2 hrs Distance: 2.5 miles

Start & End Ref: The White Horse Car Park, Rendham, Saxmundham IP17 2AF

Explore the connection between music, nature, and landscape; listen to the sounds of nature and their translation into music, and hear what composers had to say about their inspiration. £9

60 AROUND WOODBRIDGE Monday 30th May, registration 9am-1pm 1-1 WC



Location: Woodbridge Duration: 3 hrs Distance: 5 miles

Start & End Ref: Woodbridge Station, IP12 4AU

A short self-led walk around the town with river views and short climbs through woods using footpaths and back lanes. Adults £5; children 18 and under/students, £1

i: Raising money for the Hollesley Group of the Riding for the Disabled.

61 TOWN WALK & QUIZ Monday 30th May, registration 9am-3pm 🔪 📭 🕴 💪 💃 wc 🦷 👺











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Location: Woodbridge Duration: 1.5 hrs Distance: 2 miles

Start & End Ref: Woodbridge Station, IP12 4AU

A self-led stroll for young families involving a quiz of local sights.

Adults £5; children 18 and under/students, £1

i: Raising money for Guide Dogs for the Blind.













62 A WALK, A PATH AND WHAT MADE THEM Monday 30th May, 10am 💘 🌢 📭 wc 🦒







Location: Thorpeness Duration: 5 hrs Distance: 7 miles

Start & End Ref: Meare Shop & Tea Rooms, Thorpeness IP16 4NW

A circular walk, led by the Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) team, exploring sections of the Sandlings Walk and Suffolk Coast Path. Adults £5; children 12 and under free

63 THE HELMINGHAM ESTATE WALK Tuesday 31st May, 9am







Location: Helmingham Hall Gardens Duration: 7 hrs Distance: 8-14 miles

Start & End Ref: The Coach House Tearooms, Helmingham, Stowmarket IP14 6EF

The Helmingham Estate has 33 miles of public footpaths. This all day walk will cover parts of the entire estate, seeing how many footpaths can be covered in the day!

Adults £8; children 15 and under, £4 (includes entry into the Grade I Listed gardens)

64 RADAR SECRETS Tuesday 31st May, Ipm

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Location: Bawdsey Quay Duration: 2.5 hrs Distance: 3.5 miles

Start & End Ref: Amenity Car Park, Bawdsey Quay IP12 3AX

Discover Bawdsey's wartime secrets on a beach walk from Bawdsey Quay to East Lane. Return to the Quay by minibus for tea and cake at the Boathouse Café.

Adults £10; children 16 and under, £5 (includes tea and cake).

it Most of the walk is on steep and loose shingle and it is necessary to climb over sea defences (including rocks and groynes) as we walk along the beach and up a short but sharp slope near the end.

65 EYE TO DISS AND BACK Wednesday I June, 9am







Location: Eye Duration: 7 hrs Distance: 18 miles

Start & End Ref: Cross Street Car Park, Eye IP23 7AB

A sociable walk in the countryside using footpaths as much as possible. The walk will be at a pace of around 3.2mph. Free

66 HORRIBLE HISTORY FOR FAMILIES Wednesday I June, 10.30am 🔪 📭 🔥 💃 wc 😰











Location: Ipswich Duration: 1.5 hrs Distance: 2 miles

Start & End Ref: Tourist Information Centre St Stephen's Church, St Stephen's Lane, Ipswich IPI IDP A gory story of murder and execution, ghosts and witchcraft, vile diseases, foul stinks and overflowing graveyards! Suitable for families £5

67 BRITTEN'S ALDEBURGH Wednesday I June, 1.30pm







Location: Aldeburgh Duration: 3 hrs Distance: 3 miles

Start & End Ref: Aldeburgh Parish Church Car Park, Victoria Road, Aldeburgh IPI5 5DU to The Red House, Golf Lane, Aldeburgh IP15 5PZ

Discover how deeply Benjamin Britten and his operas are rooted in the iconic seaside town of Aldeburgh and explore key moments in the composer's life, his biography and his music. £12.50 i: Britten's home, The Red House, will be open (additional charge applies).

68 REDGRAVE RAMBLE Thursday 2nd June, 10am



Location: Redgrave Duration: 3 hrs Distance: 7 miles

Start & End Ref: Churchway, Redgrave Diss (Grid Ref: TL057782)

Circular walk on the border of Suffolk and Norfolk via Angles Way, Redgrave and Lopham Fen, the source of the Waveney and Redgrave village. **Free** (donation for the car park welcome).

i: Car park will be open from 9.45am.

69 MELFORD TO LAVENHAM PILLBOX TRAIL Friday 3rd June, 10am



Location: Long Melford Duration: 4 hrs Distance: 4.5 miles

Start & End Ref: Village Car Park, Hall Street, Long Melford (next to the Old School) CO10 9DX to The Market Place, Lavenham CO10 9QZ

Linear walk following the route of a World War II 'Stop Line' designed as a defensive system in the event of invasion. The walk is on the disused railway line which can be difficult in places. £6

i: Return to Long Melford by public bus (not included).

70 HORRIBLE HISTORY FOR FAMILIES Friday 3rd June, 10.30am











Location: Ipswich Duration: 1.5 hrs Distance: 2 miles

Start & End Ref: Tourist Information Centre St Stephen's Church, St Stephen's Lane, Ipswich IPI IDP A gory story of murder and execution, ghosts and witchcraft, vile diseases, foul stinks and overflowing graveyards!

Suitable for families £5

71 WHERE TWO RIVERS MEET Saturday 4th June, I 0am



Location: Bury St Edmunds Duration: 2 hrs Distance: 2.5 miles

Start & End Ref: Abbey Gate, Angel Hill, Bury St Edmunds IP33 ILS

Join the Bury Water Meadows Group on an exploration of Bury St Edmund's rivers and water meadows and find out what is unique about these rivers in Suffolk. Free. Donation to the Bury Water Meadows Group welcome.

72 MINDFULNESS WALK, KNETTISHALL HEATH Saturday 4th June, 10.30am



Location: Knettishall Heath Duration: 1.5 hrs Distance: 2.5 miles

Start & End Ref: Knettishall Heath, Knettishall, Thetford IP22 2TO

Learn the art of mindful walking in an ancient woodland. Mindfulness practice is designed to bring you fully into the present moment and helps dissolve stressful thoughts. This will be a slow-paced, restorative walk. £5

i: A brief seminar before the walk will take place to teach some mindfulness techniques. Not suitable for young children.

73 SPEED DATING WALK Saturday 4th June, 2pm



Location: Lavenham Duration: 2 hrs Distance: 5.5 miles

Start & End Ref: Cock Horse Inn. 37 Church Street, Lavenham CO10 9SA

Meet a potential partner or make friends for life in a walk across the Suffolk countryside, taking in part of the beautiful Stour Valley Path. For single adults aged 35-55. £8

i: Opportunity for refreshments at the end of the walk (not included).

74 TIDAL TRAVEL LOG - PHOTOGRAPHY WALK Saturday 4th June, 5.30pm



Location: Aldeburgh Duration: 4 hrs Distance: 4.5 miles

Start & End Ref: Fort Green Car Park, High Street, Aldeburgh IP15 5DR

A photographic exploration of the Suffolk coastline with the 'Golden Hour' and sunset included. An innovative photography workshop with professional tuition aimed at beginners and intermediates. £32

i: Please bring your own camera equipment, tablet or smart phone.

75 STOWMARKET TO BURY ST EDMUNDS Sunday 5th June, 10.30am









Location: Stowmarket Duration: 8 hrs Distance: 20 miles

Start & End Ref: Train Station, Station Road East, Stowmarket IP14 IRQ to Elmswell, Thurston or Bury St Edmunds Railway station

A linear walk starting at Stowmarket Railway Station to Elmswell (8 miles), Norton and Thurston (15 miles) and Bury St Edmunds Railway Station (20 miles). Stay for part or the whole walk and take the train back. £12 i: Not suitable for children. Train fare not included.

76 IN GAINSBOROUGH'S FOOTSTEPS Sunday 5th June, I Iam







Location: Sudbury Duration: 1.5 hrs Distance: 1.5 miles

Start & End Ref: The Library, Market Hill, Sudbury CO10 2EN to Gainsborough's House, 46 Gainsborough's Street, Sudbury CO10 2EU

Costumed guides Annie and Seth from 'The White Hart' public house will take you back to the year 1750 when Thomas Gainsborough, a young artist of 23 years old is living in Sudbury with his wife and two young daughters. Adults £7; children 14 and under, £3.50 (includes entry to Gainsborough's House)

77 FOUR QUARTERS OF FRAMLINGHAM Sunday 5th June, 4.30pm







Location: Framlingham Duration: 2.5 hrs Distance: 4.5 miles

Start & End Ref: By the pond opposite the Castle Inn, Framlingham IP13 9BP

The Wild Adventures Under Suffolk's Skies team will guide you along some of the ninety-nine footpaths in the vicinity of the historic town; from north to south and east to west; from Romans to Mary Tudor, from an old railway to a preacher's barn. £9

