



ramblers
at the heart of walking

***WAVENEY & DISTRICT GROUP
of the RAMBLERS***

Walks Programme

1st July to 31st October 2019

The Ramblers is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company limited by guarantee, registered in England & Wales (no. 4458492). Registered office: 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.

SPECIAL EVENTS IN THIS PROGRAMME

Alternate Thursdays – WAVENEY WAY WALKS

Wed 10th July & Wed 7th August – EARLY RISER WALKS

Sunday 28th July – COACH WALK

PLEASE NOTE

Grid Refs - have the first three figures of eastings and northings in bold for reading on a paper map and a further two figures in roman to assist a GPS.

Postcodes - may lack accuracy because of the large area that some cover.

OS Explorer map numbers - shown in square brackets after the grid reference, unless otherwise stated.

Wed 3 July 10:30 am	Westleton Walks / Eastbridge / Docwra's Ditch Meet at Vault Hill grass car park, near entrance to Minsmere Bird Reserve off Mill Road, IP17 3BY, TM 461 676 [OS 212]. Leaders: Glenys & Peter 01502 716387	5.25 miles
Thur 4 July 10:00 am (note time)	Waveney Way 9 – Flixton Meet at Homersfield lay-by, IP20 0EX, TM 28703 85756 [OS 230]. Picnic lunch. Leader: Neil 01986 893023 or 07411 811093	10 miles
Sat 6 July 9:30 am (note time)	Somerleyton / Lound – FAST WALK! Meet at the Street, Somerleyton, nr the Old Post Office/garage area, NR32 5QD, TM 48428 97251 [OS OL40]. A circular power walk to welcome in the weekend. We'll be averaging at least 3.7 mph so please be prepared for a fast walk finishing in under 2 hours. We won't have any breaks during the walk but let's go for a coffee afterwards, if you don't have to rush off. Leader: Emma 07550 078569	7 miles
Sun 7 July 10:30 am Walk 'A'	Southwold / Tinker's Marshes Meet Southwold Water Tower, IP18 6AN, TM 502 763 [OS 231]. Leader: Alex 01502 580868 & 07594 499854	5.5 miles
Sun 7 July 10:30 am Walk 'B'	Upton / River Bure Meet at Acle Recreation Centre car park, NR13 3RA, TG 402 107 [OS OL40]. Picnic lunch. Leader: Brian 07870 978759	9.5 miles
Wed 10 July 10:30 am Walk 'A'	Wenhaston Area Meet at sports ground car park behind village school, IP19 9EP, TM 425 752 [OS 231]. Leader: Tony 01986 875694	5.5 miles

Wed 10 July Early Riser - Dunwich Area **8 miles**
7:30 am Meet Dunwich Beach car park, IP17 3EN, **TM 479 708** [OS 231].
(note time) Don't forget to bring some food!
Walk 'B' Leaders: Jean & Doreen 01502 568710 or 01502 740665

Sun 14 July Stradbroke and Wilby - Rural Rambles North Suffolk 5 **9.4 miles**
10:30 am Meet at Community Centre, Stradbroke, street parking also available, **or**
IP21 5JN, **TM 22964 73619** [OS 230]. Picnic lunch. 6.7-mile short **6.7 miles**
route available.
Leader: Neil 01986 893023 or 07411 811093

Wed 17 July Woodton Area **5 miles**
10:30 am Meet at Woodton Kings Head car park, NR35 2LR, **TM 293 940** [OS 231].
Leader: Grant 07743 092850

Thur 18 July Waveney Way 10 - St Margaret & St James South Elmham **8.6 miles**
10:00 am Meet at St Margaret's Village Hall, IP20 0PN, **TM 31655 83673**
(note time) [OS 231]. Picnic lunch.
Leader: Paul 01502 581058

Sun 21 July Loddon to Beccles – linear walk **10 miles**
9:45 am Meet Beccles Old Market, NR34 9AP, **TM 42160 90596** [OL40], to catch
(note time) 10 am bus (or Loddon Church Plain at 10:20 am). Picnic lunch.
Leaders: Diana & Barry 01986 781457

Wed 24 July Westward Marshes and St Helena walk **5.5 miles**
10:30 am Meet at 5-ways car park, IP19 9NF, **TM 45035 72625** [OS 231].
Walk 'A' Leader: Paul 01502 581058

Wed 24 July Southwold / Walberswick / East Hill **8 miles**
10:00 am Meet Water Tower, Southwold Common car park, IP18 6AN,
(note time) **TM 503 763** [OS 231]. Picnic lunch.
Walk 'B' Leaders: Glenys & Peter 01502 716387

Waveney Ramblers' Coach Walk

Sun 28 July Martlesham to Woodbridge **6, 10, and**
8:00 am Coach leaves Royal Plain, Lowestoft, at 8 am with usual pick-up points: **13½ miles**
(note time) **see flyer for more details - please book a.s.a.p.**
Organiser and contact: Chris 01502 714812

Wed 31 July Snape Common / Friston Area **5 miles**
10:30 am Meet Church Common car park, Snape, IP17 1QW, **TM 395 593** [OS 212].
Leader: Richard 01502 724260

Thur 1 Aug Waveney Way 11 - Saint James and Wissett **8.8 miles**
10:00 am Meet at St Andrew's Church Wissett car park, IP19 0JQ,
(note time) **TM 36554 79325** [OS 231]. Picnic lunch.
Leaders: Glenys & Peter 01502 716387

Sun 4 Aug **Carlton Marshes** **5.5 miles**
10:30 am Meet Carlton Marshes Nature Reserve, NR33 8HX, **TM 509 920** [OS OL40].
Leader: Alex 01502 580868 & 07594 499854

Sun 4 Aug *No long walk today*

Wed 7 Aug **Fressingfield Area** **5.5 miles**
10:30 am Meet at Fressingfield village car park, behind Baptist Chapel, IP21 5QD,
Walk 'A' **TM 263 774** [OS 230].
Leader: Tony 01986 875694

Wed 7 Aug **Early Riser - Westleton Area** **10 miles**
7:30 am Meet Westleton Heath car park, IP17 3AT, **TM 45967 69600** [OS 231].
(note time) Don't forget to bring some food!
Walk 'B' Leaders: Doreen & Jean 01502 740665 or 01502 568710

Sat 10 Aug **Ringsfield Area – FAST WALK!** **7.5 miles**
9:30 am Meet at the Butcher's Arms PH car park, Beccles NR34 9YT,
(note time) **TM 42224 89461** [OS 231]. A circular power walk to welcome in the
weekend. We'll be averaging at least 3.7 mph so please be prepared for
a fast walk finishing in under 2 hours. We won't have any breaks during
the walk but let's go for a coffee afterwards, if you don't have to rush off.
Leader: Lesley 07548 159300

Sun 11 Aug **Gillingham / Geldeston Area** **9 miles**
10:00 am Meet Beccles Quay main car park, NR34 9BH, **TM 42363 91150**
(note time) [OS OL40]. Picnic lunch; pub nearby.
Leaders: Diana & Barry 01986 781457

Wed 14 Aug **Framingham Pigot** **5 miles**
10:30 am Meet at the Old Feathers PH, Framingham Pigot NR14 7QB,
TG 272 046 [OS OL40].
Leader: Grant 07743 092850

Thur 15 Aug **Waveney Way 12 - Wissett and Halesworth** **8.2 miles**
10:00 am Meet at Wissett car park, next to St. Andrew's Church, IP19 0JQ,
(note time) **TM 36554 79325** [OS 231]. Picnic lunch.
Leader: Neil 01986 893023 or 07411 811093

Sun 18 Aug **Rumburgh / Wissett / Spexhall Area** **10 miles**
10:00 am Meet Rumburgh Village Hall car park (donation please), IP19 0NT,
(note time) **TM 34500 81469** [OS 231]. Picnic lunch; pub nearby.
Leaders: Diana & Barry 01986 781457

Wed 21 Aug **Homersfield Area** **5 miles**
10:30 am Meet Homersfield lay-by, IP20 0EX, **TM 28736 85755** [OS 230].
Leader: Paul 01502 581058

Sun 25 Aug 10:30 am	Rushmere / Mutford Meet at junction of Rectory Road and The Street, Carlton Colville (roadside and lay-by parking), NR33 8BA, TM 51323 89958 [OS 231]. Picnic lunch. Leaders: Jenny & David 01502 562031	9.5 miles
Wed 28 Aug 10:30 am	Rumburgh Area Meet at Rumburgh Buck PH, IP19 0NT, TM 34524 81436 [OS 231]. Leader: Grant 07743 092850	5 miles
Sun 1 Sept 10:30 am Walk 'A'	North Cove Area Meet at North Cove lay-by, NR34 7PH, TM 46170 89327 [OS OL40]. Leader: Alex 01502 580868 & 07594 499854	5.5 miles
Sun 1 Sept 10:30 am Walk 'B'	Stradbroke and Wingfield - Rural Rambles North Suffolk Meet at Community Centre, Stradbroke, street parking also available, IP21 5JN, TM 22964 73619 [OS 230]. Picnic lunch. Leader: Neil 01986 893023 or 07411 811093	10 miles
Wed 4 Sept 10:30 am	North Cove Area Meet at North Cove lay-by, NR34 7PH, TM 46170 89327 [OS OL40]. Leader: Alex 01502 580868 & 07594 499854	5.5 miles
Thur 5 Sept 10:00 am (note time)	Waveney Way 13 - Halesworth to Wenhaston Meet at playing fields behind the School, Wenhaston (access at side of school), IP19 9EP, TM 42541 75224 [OS 231]. Picnic lunch. Leader: David 01502 475188	8.6 miles
Sun 8 Sept 10:30 am	Butley / Rendlesham Forest Area Meet at Butley Church, IP12 3NT, TM 374 502 [OS 212]. Picnic lunch. Leader: David 01502 475188	10 miles
Wed 11 Sept 10:30 am	Southwold / Walberswick Area Meet at Southwold Water Tower, IP18 6AN, TM 503 763 [OS 231]. Leader: Alison 01502 723988	5 miles
Sat 14 Sept 10:00 am (note time)	Carlton Marshes / Camps Heath - 'new route' - 'k' Meet Carlton Marshes PH, TM 509 920 [OS 231]. This route pushes cardio training into the hills. Apple/water stop at 4 miles; no picnic stop. Leader: Asnling 07766 745975	8 miles
Sun 15 Sept 10:30 am	Somerleyton & Blundeston Meet at Duke's Head PH car park, Somerleyton NR32 5QR, TM 478 971 [OS OL40]. Picnic lunch. Leader: Brian 07870 978759	10.5 miles
Wed 18 Sept 10:30 am	Historic Hoxne Meet at Hoxne village hall car park, IP21 5AN, TM 180 769 [OS 230]. Leader: Paul 01502 581058	5.25 miles

Thur 19 Sept Waveney Way 14 - Wenhaston East 10.5 miles
10:00 am Meet at playing fields behind the School, Wenhaston (access at side of
(note time) school), IP19 9EP, **TM 42541 75224** [OS 231]. Picnic lunch.
Leaders: Doreen & Jean 01502 740665 or 01502 568710

Sat 21 Sept Dunwich Heath / Sizewell / Eastbridge 10 miles
10:00 am Meet Dunwich Heath car park (fee, NT members free; **share cars if**
(note time) **possible**), IP17 3DQ, **TM 477 677** [OS 212]. Picnic lunch.
Leaders: Glenys & Peter 01502 716387



Sun 22 Sept Deadline for sending in walks details for next Programme to Programme Secretary.

Sun 22 Sept Iken / Chillingford / Tunstall Forest 10 miles
10:30 am Meet at Iken Cliff car park, IP12 2EN, **TM 399 562** [OS 212]. Picnic lunch.
Leader: David 01502 475188

Wed 25 Sept Ellingham Area 5.5 miles
10:30 am Meet Green Lane, Ditchingham NR35 2QN, **TM 342 912** [OS OL40].
Leader: Alex 01502 580868 or 07594 499854

Sun 29 Sept No long walk today

Wed 2 Oct Reydon / Southwold Area 5 miles
10:30 am Meet at Reydon Church car park, **TM 491 782** [OS 231].
Leader: Alison 01502 723988

Thur 3 Oct Waveney Way 15 - Walberswick 6 miles
10:00 am Meet at St Andrew's, Walberswick, IP18 6UH, **TM 48978 74710**
(note time) [OS 231]. Roadside parking.
Leader: Neil 01986 893023 or 07411 811093

Sun 6 Oct Ditchingham Area 5.5 miles
10:30 am Meet Green Lane, Ditchingham, NR35 2RD, **TM 342 912** [OS OL40].
Walk 'A' Leader: Alex 01502 580868 & 07594 499854

Sun 6 Oct Billingford / Frenze Area – incl. Angles Way & Boudicca's Way 10 miles
10:30 am Meet lay-by off A143, near Horseshoes PH, Billingford, IP21 4HH,
Walk 'B' **TM 16500 78637** [OS 230]. Picnic lunch.
Leader: David 01502 475188

Wed 9 Oct Yoxford Area 5.5 miles
10:30 am Meet at Church and park along lane leading to village hall, IP17 3HN,
TM 394 690 [OS 231].
Leader: Tony 01986 875694

Sun 13 Oct Eye / Redlingfield / Occold - Rural Rambles North Suffolk 8 10 miles
10:30 am Meet at the Pennings Nature Reserve car park, Eye, IP23 7NH,
TM 15127 73752 [OS 230]. Picnic lunch.
Leader: Neil 01986 893023 or 07411 811093

Wed 16 Oct 10:30 am	Rockland St Mary Area Meet at Rockland St Mary Staithe car park, NR14 7HP, TG 32765 04640 [OS OL40]. Leader: Grant 07743 092850	5 miles
Thur 17 Oct 10:00 am (note time)	Waveney Way 16 - Southwold and Reydon Meet at Southwold Common near water tower, IP18 6AN, TM 50288 76271 [OS 231]. Leader: Neil 01986 893023 or 07411 811093	6 miles
Sun 20 Oct 10:30 am	Tunstall Forest Meet at Iken Cliff picnic site car park, IP12 2EN, TM 399 562 [OS 212]. Picnic lunch. Leader: Brian 07870 978759	9.5 miles
Wed 23 Oct 10:30 am	St Margaret South Elmham / Angles way Meet at St Margaret's South Elmham village hall car-park, IP20 0PN, TM 316 837 [OS 231]. Leader: Paul 01502 581058	5 miles
Sun 27 Oct 10:00 am (note time) GMT 🌞	The South Elmhams Meet at St James South Elmham village hall, IP19 0HS, TM 31986 81041 [OS 231]. Picnic lunch. Leaders: Diana & Barry 01986 781457	11 miles
Wed 30 Oct 10:00 am (note time)	Ilketshall St Andrew Area Meet at St Andrew's Village Hall, NR34 8JA, TM 37817 86973 [OS 231]. Leader: Ken 07867 785493	6 miles

Forthcoming events . . .

Thursday 21st November 2019 — Waveney Ramblers' 2019 AGM

Festival of Winter Walks — 20th December 2019 to 5th January 2020

WAVENEY RAMBLERS' WALKING HOLIDAY DIARY 2019-20

<i>2019</i>	<i>Venue</i>	<i>Time</i>	<i>Numbers</i>	<i>Leader</i>	<i>Phone</i>
Sun 29th Sept to Sat 5th Oct	Stewton, Lincolnshire	7 days; walks 8–10 miles	maybe available, reserve list open	contact Jean for further details	01502 568710
<i>2020</i>	<i>Venue</i>	<i>Time</i>	<i>Numbers</i>	<i>Leader</i>	<i>Phone</i>
Fri 24th Apr to Fri 1st May	Shellingford, Oxfordshire	8 days, walks 8–11 miles	maybe available, reserve list open	contact Diana for further details	01986 781457

USEFUL GROUP CONTACTS

Chair: Alex McPherson, 12 Ivy Lane, Lowestoft NR33 8QH 01502 580868
vice-Chair: vacant
Secretary: Tim Sutton-Day, 8A Bungay Road, Halesworth IP19 8HW 01986 874943
Membership Sec.: vacant
Treasurer: vacant
Footpath Sec.: Robert Newell, 6 Meadowvale Close, Beccles NR34 9EP
email: waveneyfootpath@gmail.com
Programme Sec.: Roger Moore, 36 Forbes Drive, Beccles NR34 9XY 01502 717850
email: zz36moore@aol.com
Social Secretary: vacant
Suffolk Area Rep: David Harmer, 7 The Pightle, North Cove, Beccles NR34 7PR 01502 475188
email: master003point49@aol.com
Website designer: Neil Bauers – go to: www.waveneyramblers.org.uk
Facebook page: <https://www.facebook.com/groups/WaveneyRamblers/>
Newsletter editor: Tony Langford, 16 Holton Road, Halesworth IP19 8HF 01986 875694
email: langfordajs@hotmail.com

Waveney Ramblers' Group Policy:

'Registered assistance dogs' only on walks.

If you wish to bring a 'registered assistance dog' on a walk, please contact the leader to discuss any difficulties with the route.

Footpath Problems

Please report footpath problems to Suffolk County Council by:
phone **0345 606 6171**; or email: customer.service@suffolk.gov.uk
website: <https://www.suffolk.gov.uk/roads-and-transport/public-rights-of-way-in-suffolk/report-a-public-right-of-way-issue/>

In both cases you will be given a reference number. **Please keep this until the problem is solved.** If you have any queries with either of these methods or need help, please contact Robert Newell, Waveney Ramblers' Footpath Secretary: waveneyfootpath@gmail.com

If you have a QR code reader on your mobile, try these quick links:



Waveney Group



Facebook



Ramblers



Suffolk Area