

# Newsletter of the Waveney & District Group of the Ramblers

Number 88: July 2022

## Editorial

Welcome to our summer and autumn walks programme.

Look out for a further series of Angles Way walks on Thursdays/Sundays led by Neil; mostly within our usual area and of varying length.

It is good to see that we have 7 leaders covering the shorter Wednesday walks and 4 for the Thursday and weekends. We could still do with a few more volunteers for both short and longer walks. You will see inside: notice about plans to introduce a note on the pace of each walk which will help many, particularly newer members.

Also note that there is a walk planned with Suffolk Wildlife Trust on Carlton Marshes in September which should be very interesting - volunteers to help needed please. As a result of a busy autumn, the tea party is being postponed to next spring - see inside for details.

Enjoy your walks and let's hope for an unrestricted and, hopefully, sunny programme.

*Tony Langford*



**RAMBLERS**

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Registered office: 1 Clink Street, 3rd Floor, London SE1 9DG.

## Second Area Representative Needed

We need a 2nd Area Rep. from the Waveney group, to attend Suffolk Area meetings, usually held at Stowmarket. This is an interesting role, as you would get a wider picture of all the area's activities. If a volunteer comes forward, David Harmer, our current Rep., would be happy to take them to Stowmarket to attend such meetings, usually 3 times a year.

If you are interested, please contact David direct on 01502 475188.



## Find Walks Matching Your Level of Fitness

Waveney Ramblers leads walks at a moderate and brisk pace. If we get volunteers, we'd like to lead slower and perhaps even faster walks.

### **Wednesday Shorter Walks - Moderate**

A typical walk is five miles and it takes about two hours. That's 2.5 mph overall average and about 2.8 mph while on the move. The group stops for a brief snack about half way round the walk. Covid permitting, some of the Wednesday walkers have a pub lunch after the walk.

### **Sundays and Longer Walks - Brisk**

A typical walk is ten miles. Our moving average pace is 3 mph, sometimes a bit more on easy terrain. The walk is completed in under four hours. We have a picnic lunch, rushed if it's cold and wet, more leisurely in fine summer weather.

### **Leisurely and Speedy Volunteers Needed**

Whatever pace we set, there are always people who would like to go slower or faster. We'd love to increase our range and variety of walks but we rely on volunteers. If you are speedy or leisurely, please consider leading a walk.

### **Walking Guides**

If you'd like to lead a walk, we have twelve "Rural Rambles" PDF booklets describing walks in our region. Following one of these routes should be easier than planning one from scratch.

**Rural Rambles Booklets:** [http://waveneyramblers.org.uk/rural\\_ramblers](http://waveneyramblers.org.uk/rural_ramblers)

## Message from the Chair

Roger is in the process of organising a joint event with Suffolk Wildlife Trust at Carlton Marshes in early September, on a Saturday, 5-mile walk - look out for further updates from Roger and in the next programme. Helpers needed!

Unfortunately, we have had to postpone the Tea Party this year, as September is busy with the above event and Neil's holiday; July and August are not the best choice due to holidays etc. Then we are into the winter again and some people may still be nervous of meeting up indoors at such events - so we will look to spring 2023. As an option, please can walkers put the word out to old members that we have the event on at Carlton Marshes in September and people may like to meet there, gather, catch up and get refreshments (café and toilets on-site).

We are introducing a 'pace guide' for walks; Neil is putting descriptions on the website and Roger will mention it with the next programme. Walk leaders will be invited to say if their walk is a brisk (3 mph), moderate (2.5 mph) or slower paced. This will give newer members and first-time walkers a guide to what to expect from different walk leaders.

The Risk Assessment continues to put people off walk-leading; though, we understand that Ramblers are looking at an improved version - a work in progress! Thank you to the new Wednesday walk leaders who have come forward, that's great, and to any more that may still be waiting to submit their walks at the time of writing ... here's hoping.



## Peter & Glenys Westmacott

Some members will already be aware that Peter & Glenys are moving to Wiltshire, probably in June. Peter and Glenys have been long-standing members of Waveney Ramblers and have contributed so much to the group over the years. They will be really missed but we look forward to catching up with them on Neil's Wiltshire holiday in September!





Oulton & Flixton Walk in April



Hopton  
& Lound Lakes

## East Suffolk Line Walks 'Condition of Path' Checking

Volunteers are needed to help keep a watchful eye on the network of public rights of way radiating from the stations along the Ipswich-Lowestoft-Felixstowe rail routes.

All of the 22 published walks have been waymarked by a very small team of volunteers who try to check the routes as often as possible to ensure that the paths are clear of obstructions and easy to follow, giving an enjoyable experience to those who use them. But we are aware that the intervals between checks are often longer than we would wish, resulting in delays between any problems becoming apparent, reports logged and, hopefully, resolved. To speed up the process, it is hoped that other volunteers will be willing to help. Perhaps you could 'adopt' one of the walks - or maybe just part of one of the longer ones - and check it at least 2-3 times a year? Typical problems to report might include: fallen or missing signposts, missing or damaged waymarks, broken stiles, collapsed footbridges, overgrown paths along field margins, cross-field paths not marked out after cultivation, paths blocked by fallen trees, encroaching building development, riverbank erosion, etc.

### What's involved:

1. Adopters undertake to check their chosen path/s at least twice a year. The arrangement is informal and not contractual in any way and is at 'own risk', no insurance cover is provided. It is not possible to offer any payment or reward other than the satisfaction of a useful job done, earning the gratitude of other walkers\* (*see Additional note below*).

2. The easiest way of logging a problem report is to send it, via the web, to Suffolk CC 'Report a Public Rights of Way Issue'. It is not necessary to give the path number or a grid reference. Alternatively, email: [customerservices@suffolk.gov.uk](mailto:customerservices@suffolk.gov.uk); or tel: 03456 066171. Members of the Ramblers can contact their Local Footpath Secretary, giving as much locational detail as possible. In any case, please mention that the problem is on a right of way included in the East Suffolk Line Walks scheme. A copy of your report and any response would be appreciated, as would 'Checked but no problems found' reports.

3. In the summer growth period, brambles etc. can quickly obscure waymarks and hinder access to stiles, gates and footbridges, so a small pair of hand clippers might be useful and a stick to bash encroaching nettles, thistles, etc. But, if larger scale clearance is needed, please report to Suffolk CC. For insurance and legal reasons, powered cutting and strimming tools should not be used.

A confidential register of adopters will be kept but contact details will not be passed to any third party without permission, and names will be deleted on request.

I will be happy to answer any queries you may have.

Roger Wolfe 2/2/22

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\* *Additional note 18 Feb 2022*

The East Suffolk Lines Community Rail Partnership (ESLCRP) has arranged with Greater Anglia for a pass to be provided in advance for volunteers to travel to and from their local station to undertake path checks.

More details from: Aaron Taffera, Chair, ESLCRP, [aaron@eastsuffolklines.co.uk](mailto:aaron@eastsuffolklines.co.uk)



Southwold & Reydon

Fressingfield walk





## Members Win Photo Competition

We discovered that a photograph taken by David and Jenny Butcher appeared in the spring edition of Walk magazine. Here is the background:

“The competition was for photos with a historical theme. We came across the Anchor Church during a 9-mile circular walk from the village of Foremark, just south of Derby.

The Anchor Church is a series of caves, originally formed by the River Trent eroding its banks. These were expanded to make a dwelling. It is thought they were first occupied by a hermit, St Hardulph, in the 6th century. In the middle ages they were again occupied by a monk doing penance.

Being a feature of some interest one would expect that it would be visited by lots of folks, however, we had to do battle on the footpath with large amounts of Japanese knotweed, suggesting that only local people (and avid walkers) knew of its existence.

The prize for winning was a night with meals at an Everbright hotel. We have chosen to stay in the hotel in Penrith, from where we intend to do a couple of days walking in the North Pennines. Who knows, might even visit the Lacy caves in the Eden Valley, so that we can take some photos ready for when the competition comes round again!”

Hinderclay in May



Lunch at Thetford priory



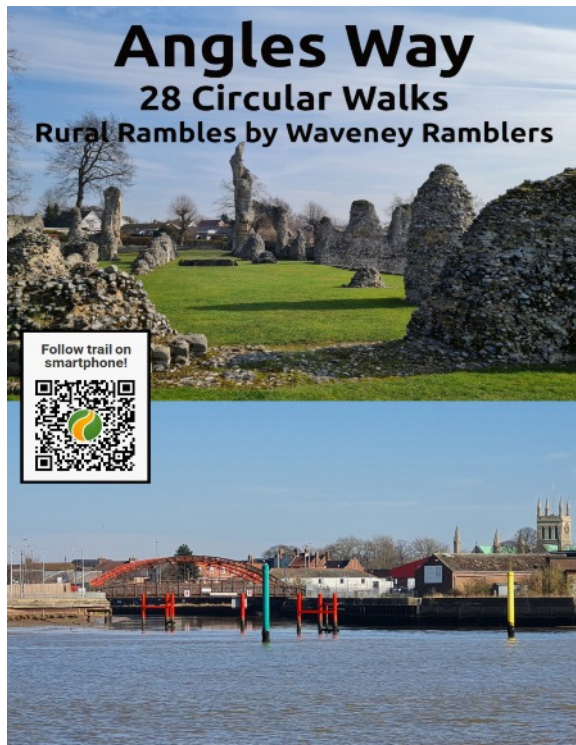
## Rural Rambles Guide Books

Neil has completed "Angles Way - 28 Circular Walks".

This is one of twelve Rural Rambles guides covering the Angles Way, Beccles, Bungay, Halesworth, Harleston, Lowestoft, North Suffolk, Sandlings Walks, Southwold, Suffolk Creeks North, Suffolk Creeks South, and the Waveney Way. In addition, there are two group holiday guides: one for Shellingford and one for Wiltshire. And finally, we have two for walks abroad: one for Tenerife, Guia de Isora; and one for Paphos, Cyprus.

Website: [http://waveneyramblers.org.uk/rural\\_rambles](http://waveneyramblers.org.uk/rural_rambles)

The QR codes take you to Wikiloc where the walks are shared. If you add their app. to your smartphone, you can follow the walks.



*finally, don't forget . . .*

**Contributions** for next edition of *The Waveney Rambler* (Newsletter) should be sent, by **24th Sept, 2022**, to: **Tony Langford**, 16 Holton Road, Halesworth, Suffolk IP19 8HF (tel. 01986 875694) or email to: [langfordajs@hotmail.com](mailto:langfordajs@hotmail.com). Please note that articles ought not exceed **350 words**, unless approved by the editor. **Your photos are always welcome - the more the merrier.**