



**Waveney & District Group
of the RAMBLERS**

Walks Programme

1st July to 31st October 2022

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

Coronavirus Restrictions

As we go to press, the Omicron variant of coronavirus appears to be on the wane and currently there are no restrictions on walking in groups. I will endeavour to keep the Group informed as best I can, in the event of further changes to government and Ramblers' regulations, and update this Programme as and when required. However, the best way to keep up with the latest changes is to go onto the Group website at:

www.waveneyramblers.org.uk

There will also be up-to-date general information on Ramblers' national site at:

www.ramblers.org.uk

If your mobile has the QR code reader app, you can click on the codes below:

**Waveney
Ramblers**



**Ramblers'
national
site**



If you don't have access to the internet, please ask a friend or family member who does, to keep up with the latest news, as further changes may come into place overnight. Walk leaders, of course, have the right to change or cancel their walks, in the interest of group or personal safety. Also, to add walks to the Programme, if and when desired.

New Walkers: If you are a new walker with the group, please wear suitable clothing and footwear for the weather and the area in which you will be walking; if in doubt, contact the leader for advice. We want you to enjoy walking with us and you would do well to be comfortable while doing so. Bring a drink, especially in warmer weather, and some food, as we usually have a short 'apple' stop and, on longer walks, a 'picnic lunch' where stated.

Find Walks For 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 takes about two hours. That's 2.5 mph overall average and 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

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. We have twelve "Rural Rambles" PDF booklets describing walks in our region. Following one of these should be easier than planning one from scratch.

Rural Rambles Booklets: http://waveneyramblers.org.uk/rural_ramblers

SPECIAL EVENTS IN THIS PROGRAMME

Angles Way walks on Thursdays/Sundays

Joint walk with Carlton Marshes Wildlife Centre on Saturday 3rd September

PLEASE NOTE

Grid Refs have the first three figures of eastings and northings in bold for reading on a paper map and often 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 are shown in square brackets following the grid reference, unless otherwise stated.

what3words is the most accurate location device to date. When this reference is supplied, it will be inserted with the walk details (///).

Sun 3 July **no walk yet, check on:**
10:30 am www.waveneyramblers.org.uk

Wed 6 July **Normanston Park / Oulton Marshes** 5.6 miles
10:30 am Meet at Normanston Park car park, Lowestoft, NR32 2QB, **TM 531 934**
[OS OL40].
Leaders: Margaret & Carol 07914 057678

Thur 7 July **Angles Way 16 - Homersfield / Earsham** 10.4 miles
10:00 am Meet at Homersfield lay-by, on B1062, IP20 0EX, **TM 28707 85757**,
(note time) **///crinkled.brave.gamer** [OS 230 & 231]. Picnic lunch.
Leader: Neil 01986 893023 or 07411 811093

Sun 10 July **Rockland St Mary - **Brisk walk**** 10 miles
10:00 am Meet at Rockland Staithe car park, NR14 7HP, **TG 327 046**,
(note time) **///slack.able.slimming** [OS OL40]. Picnic lunch.
Leader: Graham 07986 184716

Wed 13 July **Ringsfield / Redisham** 6 miles
10:00 am Meet at Ringsfield Village Hall car park (donations), NR34 8NT,
(note time) **TM 409 874, ///plates.relief.shower** [OS 231].
Leader: Peter (C.) 07974 782061

Thur 14 July **Angles Way 17 - Bigod Way and Bath Hills** 5.5 miles
10:00 am Meet at Bungay, Roaring Arch Bridge lay-by, Earsham Dam, NR35 2TA,
(note time) **TM 32939 89647** [OS 231 & OL40]. Multiple pubs and cafes in Bungay
half a mile from the end of the walk.
Leader: Neil 01986 893023 or 07411 811093

Sun 17 July 10:00 am (note time)	Wrentham / Covehithe - <i>Mod to Brisk walk</i> Meet Green Lane, opposite Holly Grove, Covehithe, NR34 7JL, TM 511 823 , ///dated.adventure.risk [OS 231]. Picnic lunch. Leader: Emma 07550 078569	10 miles
Wed 20 July 10:30 am	Halesworth / Holton Meet at Angel Link car park (P&D), Halesworth (S.-end of the by-pass), IP19 8RT, TM 387 774 [OS 231]. Leader: Paul 01502 581058 or 07896 338904	5 miles
Sun 24 July 10:00 am (note time)	Frostenden / Wangford - <i>Brisk walk</i> Meet at Frostenden lay-by (toilets) on A12, NR34 7HR, TM 484 818 , ///absorb.pins.windmills [OS 231]. Picnic lunch. Leader: Debbie 07905 948884	9 miles
Wed 27 July 10:30 am	Westleton Area Meet at Westleton Green duck pond, IP17 3AN, TM 441 692 [OS 231]. Please car-share, if possible. Leader: Alison 01502 723988 or 07729 472424	5.5 miles
Sun 31 July 10:00 am (note time)	Angles Way 18 - Ditchingham / Geldeston Meet at Ditchingham, Green Lane (not the village hall), NR35 2RD, TM 34205 91171 [OS OL40]. Picnic lunch. Leader: Neil 01986 893023 or 07411 811093	10.5 miles
Wed 3 Aug 10:30 am	Westhall Area Meet at the Racehorse PH or village hall if not staying for lunch, IP19 8RQ, TM 408 817 [OS 231]. Leader: Tony 01986 875694 or 07836 719163	5.5 miles
Sun 7 Aug 10:30 am	Coastguard Cottages >>> NEW <<< Meet Dunwich Beach car park (toilets), IP17 3EN, TM 479 707 [OS 231]. Leader: Jean 01502 568710	5 miles
Wed 10 Aug 10:30 am	Thurton Area Meet at George and Dragon PH, Thurton, NR14 6AW, TG 328 009 , ///river.enjoy.sheds [OS OL40]. Leader: Grant 07743 092850	5.5 miles
Thur 11 Aug 10:00 am (note time)	Angles Way 19 - Beccles West Meet at Dell car park, Beccles, off Bungay Road (B1062), NR34 9LZ, TM 41812 89984 , ///likes.gravy.dolls [OS 231 & OL40]. Picnic lunch. Leader: Neil 01986 893023 or 07411 811093	7.6 miles
Sun 14 Aug 10:00 am (note time)	Waveney River Walk - <i>Beccles book, walk 1 - Mod to Brisk walk</i> Meet at Beccles Quay (P&D) car park, NR34 9BH, TM 42367 91133 , ///outer.rings.vibrating [OS OL40]. Leader: Emma 07550 078569	7.5 miles

Wed 17 Aug 10:30 am	Blythburgh Area Meet at Blythburgh Church car park, IP19 9LL, TM 45100 75240 , ///plump.socialite.exulted [OS 231]. Please car-share, if possible. Leader: Alison 01502 723988 or 07729 472424	5 miles
Sun 21 Aug 10:00 am (note time)	Angles Way 20 - Beccles East Meet at the Dell car park, Beccles, off Bungay Road (B1062), NR34 9LZ, TM 41812 89984 , ///likes.gravy.dolls [OS 231 & OL40]. Picnic lunch. Leader: Neil 01986 893023 or 07411 811093	10.3 miles
Wed 24 Aug 10:30 am	Beccles Marsh Trail Meet at Beccles Quay car park (P&D), NR34 9BH, TM 42364 91157 [OS OL40]. Leader: Paul 01502 581058 or 07896 338904	5 miles
Sun 28 Aug 10:30 am	Tunstall / Damgate Marshes Meet at Acle Recreation Centre (large) car park, NR13 3RA, TG 402 107 [OS OL40]. Picnic lunch. Leaders: Jenny & David 07308 858668	8 miles
Wed 31 Aug 10:30 am	Angles Way 21 - North Cove / River Waveney Meet at North Cove lay-by, nr St Botolph's Church & Three Horseshoes PH, NR34 7PD, TM 46119 89343 [OS 231 & OL40]. Leader: Neil 01986 893023 or 07411 811093	5 miles
Sat 3 Sept 10:00 am (note time)	Joint walk with Carlton Wildlife Centre Meet at Carlton Wildlife Centre car park (donations), Burnt Hill Lane (off A146), Carlton Colville, NR33 8HU, TM 508 919 , ///poker.them.botanists [OS OL40]. Take your Ramblers card to book in, others will pay £4. Leader: Neil 01986 893023 or 07411 811093	5 miles
Sun 4 Sept 10:00 am (note time)	Loddon / Langley - Brisk walk Meet at Loddon Church Plain car park, NR14 6EX, TM 36217 98743 , ///shrimp.mountain.proposals [OS OL40]. Picnic lunch. Leader: Debbie 07905 948884	11 miles
Wed 7 Sept 10:30 am	Fritton / Morningthorpe Meet and park at Fritton Common, NR15 2QR, TM 225 925 , ///bleak.promoted.brink [OS 237]. Leader: Roger 01502 717353 or 07724 685347	5.5 miles
Thur 8 Sept 10:00 am (note time)	Angles Way 22 - Carlton Marshes Meet at Carlton Marshes, Suffolk Wildlife Trust car park (donation), Burnt Hill Lane, NR33 8HU, TM 50873 92031 [OS OL40]. Picnic lunch. Leader: Neil 01986 893023 or 07411 811093	8.5 miles

Sun 11 Sept Framlingham Area - **Brisk walk** **10 miles**
10:00 am Meet nr N.-end Fairfield Road (roadside parking), Framlingham, IP13 9DQ,
(note time) **TM 28538 63280, ///explained.polar.hedgehog** [OS 212]. Picnic lunch.
Leader: Graham 07986 184716

Wed 14 Sept Homersfield Area **5 miles**
10:30 am Meet at Homersfield lay-by, on B1062, IP20 0EX, **TM 28736 85755** [OS 231].
Leader: Paul 01502 581058 or 07896 338904

Friday 16th Sept to Monday 26th Sept - Group Holiday in Wiltshire

http://waveneyramblers.org.uk/guides/Guide_Wiltshire.pdf



Sun 18 Sept Deadline for sending walks details for the next Programme to Programme Secretary.

Sun 18 Sept no walk yet, check on:
10:30 am www.waveneyramblers.org.uk

Wed 21 Sept Ilketshall St Andrew / Becks Green **5.3 miles**
10:30 am Meet at Ilketshall St Andrew village hall car park (donation), NR34 8HX,
TM 378 870, ///gobblers.bumping.wiggling [OS 231].
Leader: Peter (C.) 07974 782061

Sun 25 Sept no walk yet, check on:
10:30 am www.waveneyramblers.org.uk

Wed 28 Sept Angles Way 23 - Oulton Broad **5 miles**
10:30 am Meet at Normanston Park car park, Lowestoft, NR32 2QB, **TM 531 934**
[OS OL40].
Leader: Neil 01986 893023 or 07411 811093

Sun 2 Oct Angles Way 24 - Flixton **7 miles**
10:00 am Meet at Oulton Broad, St Michael's Church, Church Lane, NR32 3JP,
(note time) **TM 51049 93535** [OS 231 & OL40]. Picnic lunch.
Leader: Neil 01986 893023 or 07411 811093

Wed 5 Oct Yoxford Area **5.5 miles**
10:30 am Meet at St Peter's Church, Yoxford, IP17 3ER, **TM 395 690** [OS 231].
Leader: Tony 01986 875694 or 07836 719163

Sun 9 Oct Huntingfield / Cratfield - **Brisk walk** **10 miles**
10:00 am Meet at Huntingfield village hall, The Hub (opp Huntingfield Arms PH),
(note time) IP19 0PX, **TM 342 738, ///perfect.marmalade.taps** [OS 231]. Picnic lunch.
Leader: Debbie 07905 948884

Wed 12 Oct 10:30 am	St Margaret & St Michael South Elmham Meet at St Margaret South Elmham village hall car park, IP20 0PN, TM 31652 83675 [OS 231]. Leader: Paul 01502 581058 or 07896 338904	5 miles
Sun 16 Oct 10:30 am	Oulton Broad / Carlton Marshes >>> NEW! <<< Meet Caldecott Road, Oulton Broad, NR32 3PH, TM 520 931 , ///glad.summer.rats [OS OL40]. Leader: Jean 01502 568710	5 miles
Wed 19 Oct 10:30 am	Wissett Area Meet car park opp. St Andrew's Church, Wissett, IP19 0JG, TM 36554 79324 , ///bonkers.jolt.spice [OS 231]. Leader: Grant 07743 092850	5.5 miles
Sun 23 Oct 10:00 am (note time)	Helmingham deer walk - Brisk walk Meet at Helmingham primary school, on B1077, IP14 6EX, TM19217 59053 , ///folks.strapped.smoker [OS 211]. Picnic lunch. Leader: Graham 07986 184716	10 miles
Wed 26 Oct 10:30 am	Corton Woods >>> NEW! <<< Meet at North Parade, Lowestoft, NR32 4PA, TM 55052 94605 , ///left.both.richer [OS OL40]. Leader: Jean 01502 568710	5 miles
Thur 27 Oct 10:00 am (note time)	Wrentham / Covehithe - Mod to Brisk walk >>> NEW! <<< Meet Green Lane, opposite Holly Grove, Covehithe, NR34 7JL, TM 511 823 , ///dated.adventure.risk [OS 231]. (NB. Covehithe will not include beach-walking.) Picnic lunch. Leader: Emma 07550 078569	10 miles
Sun 30 Oct 10:00 am (note time) BST ends	Angles Way 25 - Somerleyton Meet at Somerleyton, near the Old Post Office, The Street, NR32 5PU, TM 48492 97312 [OS OL40]. Picnic lunch. Leader: Neil 01986 893023 or 07411 811093	8 miles

WAVENEY RAMBLERS' WALKING HOLIDAY DIARY 2022

<i>Dates</i>	<i>Venue</i>	<i>Time</i>	<i>Numbers</i>	<i>Leader</i>	<i>Phone</i>
Fri 16th Sept to Mon 26th Sept	Wiltshire, book your own	9 days, walks of 6.5-8.5 miles	no limits as yet	contact Neil	01986 893023

Download brochure at: http://waveneyramblers.org.uk/guides/Guide_Wiltshire.pdf

Useful Group Contacts

Chair: Emma Freeman waveneyramblers@gmail.com
vice-Chair: Vacant
Secretary: Karen Taylor waveneyramblers@gmail.com
Membership Sec.: Roger Moore zz36moore@aol.com 01502 717850
Treasurer: Mike Jeffery waveneyramblers@gmail.com
Footpath Sec. (1): Robert Newell waveneyfootpath@gmail.com
Footpath Sec. (2): Pat Harrington (LROW) waveneyramblers@gmail.com
Programme Sec.: Roger Moore *details as above*
Area Rep (1): David Harmer harmerd638@gmail.com 01502 475188
Area Rep (2): Vacant
Technology
Officer: Neil Bauers www.waveneyramblers.org.uk
Facebook page: <https://www.facebook.com/groups/WaveneyRamblers/>
Newsletter editor: Tony Langford, 16 Holton Road, Halesworth IP19 8HF 01986 875694

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 6066171**; 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**

For problems in Norfolk, go to: **<https://apps.norfolk.gov.uk/HighwaysDefect/>** and follow the instructions.

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



Waveney Group



Facebook



Ramblers



Suffolk Area