

# Ipswich Outdoor Group is all about having fun and meeting people

We are a friendly group who enjoy a varied programme of outdoor activities. We meet up for walks in the town and countryside, cycle rides, runs, conservation projects and much more.

We also go on trips away, such as long weekends to the Peak or Lake District or longer holidays in the UK and occasionally overseas. We often stay in large houses, hostels or tents in out-of-the-way locations, and we share cars to assist non-drivers and be kind to the environment.

Our members arrange all the events. There are activities suitable for all; most only require average fitness, but if you want something more challenging you will probably find other members with similar interests.

**IOG membership is only £10 a year and entitles you to discounts at many local outdoor/cycling retailers.**

You are welcome to attend a few of our local events before you join to see if the group is right for you. You must be a member of the group to join us on trips that include an overnight stay.

Local walks are great events to try first, or why not meet us at our monthly social at The Thomas Wolsey pub?

## Around 200 members

The group was founded in 1976 and has around 200 members. We welcome people of any age - singles, couples and families. Most of the group live in Ipswich, but there are also many in Suffolk and further afield.

At all times, our members are personally responsible for themselves and expected to respect the environment, local community, wildlife and other people. To keep our group safe, discrimination, prejudice, bullying or harassment of any kind is not acceptable or tolerated.

Visit our website to find out more

 [www.ipswichoutdoor.org](http://www.ipswichoutdoor.org)

**CONTACT THE GROUP / MEMBERSHIP ENQUIRIES**

Email (preferred): [enquiries@ipswichoutdoor.org](mailto:enquiries@ipswichoutdoor.org)

Or call Christina on 01473 211502

## Join us at our regular social meetings

Prospective members are welcome to come to our social meetings to find out more about the group.

We look forward to meeting you



We meet on the second Monday of every month at 20:00 upstairs in The Thomas Wolsey pub, 9 St Peter's Street, Ipswich, IP1 1XF.

Free limited on-street parking. Pay & Display car parks include:

**Cromwell Square,**  
St. Nicholas Street (£2.50  
from 14:00 Monday-Friday)



**The Buttermarket Centre**  
(£2 from 19:00)  
**Cardinal Park, Grafton Way**  
(£1 from 18:00)



**Ipswich Outdoor Group is a not-for-profit group run by volunteers elected from the membership.**

Individual members participate at their own risk and are responsible for their own personal insurance (e.g. accident/injury or travel), plus ensuring drivers hold appropriate vehicle insurance if sharing transport. A parent or responsible adult must accompany under 18s unless agreed in advance. Ipswich Outdoor Group, as far as the law permits, accepts no liability for loss, damage or injury incurred in relation to a group activity or associated travel.

(Cover picture: Group members near Shottisham - Simon Fevyer)

# Ipswich Outdoor Group Programme - Summer 2024



## Get out there and enjoy life

Walk, cycle, run & much more



# Summer Programme

If you are not a member of the group and would like to join us on any of these events, please contact the organiser for further information; their contact details are shown after the event description. Please contact organisers a few days before events. Events marked ▲ must be booked in advance.



## WEEKLY EVENTS

★ Events marked with a star are held every week. You can find more information about them here:

- WALK ★ Weekday Walk** Typically around 5-6 miles. Check online calendar for details: [www.ipswichoutdoor.org/programme/](http://www.ipswichoutdoor.org/programme/) Lou - [lou.gifeth@gmail.com](mailto:lou.gifeth@gmail.com)
- RUN ★ Evening Run** 5-10km from town centre. Peter - [samwise@bagshot-row.org](mailto:samwise@bagshot-row.org)
- RUN ★ Ipswich area parkrun/walk** 5km, 08:40 warm-up, 09:00 start. Pre-register: [www.parkrun.org.uk/ipswich](http://www.parkrun.org.uk/ipswich). Peter - [samwise@bagshot-row.org](mailto:samwise@bagshot-row.org)
- CYCLE ★ Cycle Ride** May be during the day or evening. 20 to 30 miles at moderate pace. Ian - [ian@harlandfamily.co.uk](mailto:ian@harlandfamily.co.uk) 07917 766658

## JULY

- CLIMB Mon 1 Climbing Session** ~18:30 at [www.avidclimbing.co.uk](http://www.avidclimbing.co.uk). Session costs apply. Peter - [peter.3.thorpe@gmail.com](mailto:peter.3.thorpe@gmail.com)
- CYCLE ★ Wed 3 Weekly Cycle Ride**
- WALK ★ Wed 3 Weekday Walk**
- RUN ★ Thu 4 Evening Run**
- WALK Fri 5 Clifftop Cluster** An early evening greensward picnic at Old Felixstowe, short seafront stroll and pub stop. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)
- RUN ★ Sat 6 Ipswich area parkrun/walk**
- WALK Sat 6 Stowmarket Beer Festival** A walk (to be devised) finishing at the Stowmarket Beer Festival. Lou - [lou.gifeth@gmail.com](mailto:lou.gifeth@gmail.com)
- SOCIAL Mon 8 IOG Social Meeting** Upstairs at the Thomas Wolsey pub, 8pm. Prospective members warmly welcomed! Come along and find out more about the group. Glen - [chair@ipswichoutdoor.org](mailto:chair@ipswichoutdoor.org)
- CYCLE ★ Wed 10 Weekly Cycle Ride**
- WALK ★ Wed 10 Weekday Walk**

- RUN ★ Thu 11 Evening Run**
- WALK Fri 12 Friday Evening Pub Walk** Woodbridge Walk, approximately 4.5 miles with visit to Kings Head pub after the walk. Ian - [ianmarkrobinson@yahoo.com](mailto:ianmarkrobinson@yahoo.com)
- RUN ★ Sat 13 Ipswich area parkrun/walk**
- WALK Sun 14 Wisset Wistfulness** A tour of 9-10 miles including Halesworth, Holton and Wissett. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)
- CYCLE ★ Wed 17 Weekly Cycle Ride**
- WALK ★ Wed 17 Weekday Walk**
- RUN ★ Thu 18 Evening Run**
- WALK Fri 19 Christina's evening amble: Capel St Mary** Approx 5 miles. Christina - [chrissibail@gmail.com](mailto:chrissibail@gmail.com)
- SOCIAL Fri 19 Jazz by the Waterfront** Steeley Jazz. Tickets £15. Ian - [ian@harlandfamily.co.uk](mailto:ian@harlandfamily.co.uk)
- RUN ★ Sat 20 Ipswich area parkrun/walk**
- WALK Sat 20 Deben Duddle** A somewhat misnamed 16 miles linear walk following the river Deben from Woodbridge to Felixstowe. Bob - [baildonboy57@gmail.com](mailto:baildonboy57@gmail.com)

- WALK Sun 21 Thetford Forest Walk** Thetford to Santon Downham and back through part of Thetford Forest - 13 miles. Ian - [ianmarkrobinson@yahoo.com](mailto:ianmarkrobinson@yahoo.com)
- CYCLE ★ Wed 24 Weekly Cycle Ride**
- WALK ★ Wed 24 Weekday Walk**
- RUN ★ Thu 25 Evening Run**
- SOCIAL Fri 26 July Pub Social** At the Dove Street Inn from 7.30pm. [www.dovestreetinn.co.uk](http://www.dovestreetinn.co.uk). Come along for a fun social evening with the group. Simon - [simonfevyer@gmail.com](mailto:simonfevyer@gmail.com)
- RUN ★ Sat 27 Ipswich area parkrun/walk**
- WALK Sun 28 Battisford Beyond** Rural tranquility of the Battisford area traversed in around a 10 mile walk. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)
- CYCLE ★ Wed 31 Weekly Cycle Ride**
- WALK ★ Wed 31 Weekday Walk**

## AUGUST

- RUN ★ Thu 1 Evening Run**
- RUN ★ Sat 3 Ipswich area parkrun/walk**
- WALK Sat 3 In the Footsteps of Kings** 9 miles linear walk between Melton and Wickham Market via Ufford. Claire - [c/o.enquiries@ipswichoutdoor.org](mailto:c/o.enquiries@ipswichoutdoor.org)
- WALK Sun 4 Manningtree to Harwich Walk** Linear walk from Manningtree to Harwich, approx 17 miles. Kate - [kathrynwright123@gmail.com](mailto:kathrynwright123@gmail.com)
- CLIMB Mon 5 Climbing Session** ~18:30 at [www.avidclimbing.co.uk](http://www.avidclimbing.co.uk). Session costs apply. Peter - [peter.3.thorpe@gmail.com](mailto:peter.3.thorpe@gmail.com)
- CYCLE ★ Wed 7 Weekly Cycle Ride**
- WALK ★ Wed 7 Weekday Walk**
- RUN ★ Thu 8 Evening Run**
- RUN ★ Sat 10 Ipswich area parkrun/walk**
- WALK Sat 10 Diss Walk** A walk around Diss, approx 10 miles. John - [jmopakism@yahoo.co.uk](mailto:jmopakism@yahoo.co.uk)
- WALK Sun 11 Redgrave Relish** The NW Suffolk settlements of Rickinghall, Hinderclay, Theltenham, Redgrave and Botesdale feature in this 11 mile rural exploration. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)

- SOCIAL Mon 12 IOG Social Meeting** Upstairs at the Thomas Wolsey pub, 8pm. Prospective members encouraged to meet some new friends! Glen - [chair@ipswichoutdoor.org](mailto:chair@ipswichoutdoor.org)
- CYCLE ★ Wed 14 Weekly Cycle Ride**
- WALK ★ Wed 14 Weekday Walk**
- RUN ★ Thu 15 Evening Run**
- RUN ★ Sat 17 Ipswich area parkrun/walk**
- WALK Sat 17 Levington Loops** A figure of 8 walk centred on Levington. Loops of around 8 and 6 miles. Bob - [baildonboy57@gmail.com](mailto:baildonboy57@gmail.com)
- WALK Sun 18 Eye & Hoxne Walk** 11.5 mile walk from Eye. Sarah - [sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)
- CYCLE ★ Wed 21 Weekly Cycle Ride**
- WALK ★ Wed 21 Weekday Walk**
- RUN ★ Thu 22 Evening Run**
- TRIP AWAY Thu 22 - Tues 27 ▲ White Peak Wandering** A backpacking trip in the beautiful valleys and hills of the White Peak area of the Peak District. Kate - [kathrynwright123@gmail.com](mailto:kathrynwright123@gmail.com)
- RUN ★ Sat 24 Ipswich area parkrun/walk**
- CYCLE Sat 24 Cycle & Cake #1** Ipswich to Needham Market cycle ride of about 25 miles. Christina - [chrissibail@gmail.com](mailto:chrissibail@gmail.com)
- WALK Sat 24 Stutton Walk** 6 mile walk with views of Alton Water and River Stour. Sally - [sally.ledger@hotmail.com](mailto:sally.ledger@hotmail.com)
- WALK Sun 25 - Stride and Guide - Bury St Edmunds** Stride: A 5-6 mile stroll led by Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)  
Guide: A guided tour led by Jim - [james.grundy1@ntlworld.com](mailto:james.grundy1@ntlworld.com)
- CYCLE ★ Wed 28 Weekly Cycle Ride**
- WALK ★ Wed 28 Weekday Walk**
- RUN ★ Thu 29 Evening Run**
- SOCIAL Fri 30 August Pub Social** At the Dove Street Inn from 7.30pm. [www.dovestreetinn.co.uk](http://www.dovestreetinn.co.uk). Come along for a fun social evening with the group. No presentations or agenda, just a few drinks and a few laughs. Simon - [simonfevyer@gmail.com](mailto:simonfevyer@gmail.com)
- RUN ★ Sat 31 Ipswich area parkrun/walk**

## SEPTEMBER

- WALK Sun 1 - Snape Snoop** A look at Snape village, Gromford and Benhall Green and differing landscapes en route in this 10 mile meander. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)
- CLIMB Mon 2 Climbing Session** ~18:30 at [www.avidclimbing.co.uk](http://www.avidclimbing.co.uk). Session costs apply. Peter - [peter.3.thorpe@gmail.com](mailto:peter.3.thorpe@gmail.com)
- CYCLE ★ Wed 4 Weekly Cycle Ride**
- WALK ★ Wed 4 Weekday Walk**
- RUN ★ Thu 5 Evening Run**
- RUN ★ Sat 7 Ipswich area parkrun/walk**
- WALK Sat 7 Heritage Open Day** A chance to explore some iconic Ipswich buildings. Angela - [angela.bell22@btinternet.com](mailto:angela.bell22@btinternet.com)
- SOCIAL Mon 9 IOG Social Meeting** Upstairs at the Thomas Wolsey pub, 8pm. Both members and non-members cordially invited. Come along and find out more about the group. Glen - [chair@ipswichoutdoor.org](mailto:chair@ipswichoutdoor.org)
- TRIP AWAY Mon 9 - Mon 16 ▲ Teesdale Trip** Self-catering accommodation in the pretty village of Romaldkirk, 6 miles from Barnard Castle. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)
- CYCLE ★ Wed 11 Weekly Cycle Ride**
- WALK ★ Wed 11 Weekday Walk**
- RUN ★ Thu 12 Evening Run**
- RUN ★ Sat 14 Ipswich area parkrun/walk**
- WALK Sat 14 Long Melford and Glemsford Walk** 11 mile walk from Long Melford. Sarah - [sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)
- CYCLE ★ Wed 18 Weekly Cycle Ride**
- WALK ★ Wed 18 Weekday Walk**
- RUN ★ Thu 19 Evening Run**

- SOCIAL Fri 20 Henley Folk** A fun evening at Henley Community Centre, from 8pm. Ian - [ian@harlandfamily.co.uk](mailto:ian@harlandfamily.co.uk)
- RUN ★ Sat 21 Ipswich area parkrun/walk**
- WALK Sat 21 Newbourne and Waldringfield Walk** 5 mile walk including Newbourne Springs nature reserve. Sally - [sally.ledger@hotmail.com](mailto:sally.ledger@hotmail.com)
- SOCIAL Sat 21 ▲ Dave Bird's Famous BBQ** IOG members only, please book in advance. Dave - [davidxoz@btinternet.com](mailto:davidxoz@btinternet.com)
- SOCIAL Sat 21 Barn Dance** At Clopton Village Hall. Ian - [ian@harlandfamily.co.uk](mailto:ian@harlandfamily.co.uk)
- WALK Sun 22 A Mid-Suffolk Walk** A post-BBQ walk of about 10 miles. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)
- CYCLE ★ Wed 25 Weekly Cycle Ride**
- WALK ★ Wed 25 Weekday Walk**
- RUN ★ Thu 26 Evening Run**
- SOCIAL Fri 27 September Pub Social** At the Dove Street Inn from 7.30pm. [www.dovestreetinn.co.uk](http://www.dovestreetinn.co.uk). Come along for a fun social evening with the group. Simon - [simonfevyer@gmail.com](mailto:simonfevyer@gmail.com)
- RUN ★ Sat 28 Ipswich area parkrun/walk**
- CYCLE Sat 28 Cycle & Cake #2** Ipswich to Felixstowe cycle ride of about 30 miles. Christina - [chrissibail@gmail.com](mailto:chrissibail@gmail.com)
- CYCLE Sun 29 Cycle Treasure Hunt** Cycle treasure hunt around Alton Water area. Kearton - [kr\\_online@btinternet.com](mailto:kr_online@btinternet.com)
- WALK Sun 29 Forest File** Westleton and Dunwich Forest feature in this autumnal amble of around 9-10 miles. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)

The Programme page of our website is updated frequently and may show events that have been added after the printing of this leaflet.  
[www.ipswichoutdoor.org/programme/](http://www.ipswichoutdoor.org/programme/)

You are responsible for contacting IOG event organisers well in advance to obtain details, let them know of your attendance and report any health conditions that may impact you taking part in the activity. Some events may not be suitable for pets or young families; always check with the event organiser first.