

# 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: Walking along the River Orwell - Simon Fevyer)

# Ipswich Outdoor Group Programme - Autumn 2024



## Get out there and enjoy life

Walk, cycle, run & much more



# Autumn 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)
- CYCLE ★ Weekly 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
- SWIM ★ Evening Swim** In town centre public pool. Session costs apply. Peter - [samwise@bagshot-row.org](mailto:samwise@bagshot-row.org)
- 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)

## OCTOBER

- CYCLE ★ Wed 2 Weekly Cycle Ride**
- WALK ★ Wed 2 Weekday Walk**
- SWIM ★ Wed 2 Evening Swim**
- RUN ★ Thu 3 Evening Run**
- TRAINING Sat 5 - Sun 6**

▲ **Outdoor First Aid Course** A public course. IOG members encouraged to attend. The course focuses on dealing with incidents far from medical help with the minimal equipment you would carry while participating in or leading outdoor activities.

Bob - [training@ipswichoutdoor.org](mailto:training@ipswichoutdoor.org)

**RUN ★ Sat 5 Ipswich area parkrun/walk**

**WALK Sun 6 Sizewell Walk** Sizewell to Snape and Aldeburgh - a lovely coastal walk which includes Thorpeness Mere and North Warren - 12.5 miles.

Ian - [ianmarkrobinson@yahoo.com](mailto:ianmarkrobinson@yahoo.com)

**CLIMB Mon 7 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 9 Weekly Cycle Ride**

**WALK ★ Wed 9 Weekday Walk**

**SWIM ★ Wed 9 Evening Swim**

**RUN ★ Thu 10 Evening Run**

**CYCLE Sat 12 Cycle and Cake**

Ipswich to Hadleigh cycle ride of about 30 miles, with cake stop to refuel before returning to Ipswich.

Christina - [chrissibail@gmail.com](mailto:chrissibail@gmail.com)

**RUN ★ Sat 12 IOG parkrun takeover**

IOG are taking on the organisation of today's Ipswich parkrun in Chantry Park. Peter - [peter.3.thorpe@gmail.com](mailto:peter.3.thorpe@gmail.com)

**WALK Sun 13 Brettenham Backdrop**

A circular walk of about 10 miles starting at Brettenham and proceeding to pass Down Hall and Thorpe Morieux.

Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)

**SOCIAL Mon 14 IOG Social Meeting**

Upstairs at the Thomas Wolsey pub, 9 St Peter's Street, Ipswich. From 8pm.

Prospective members warmly welcomed! Come along and find out more about the group.

Glen - [chair@ipswichoutdoor.org](mailto:chair@ipswichoutdoor.org)

**CYCLE ★ Wed 16 Weekly Cycle Ride**

**WALK ★ Wed 16 Weekday Walk**

**SWIM ★ Wed 16 Evening Swim**

**RUN ★ Thu 17 Evening Run**

**SOCIAL Fri 18 Henley Folk** A fun evening at Henley Community Centre, from 8pm.

Ian - [ian@harlandfamily.co.uk](mailto:ian@harlandfamily.co.uk)

**RUN ★ Sat 19 Ipswich area parkrun/walk**

**WALK Sat 19 Woodbridge Walk** 9 mile circular walk around Woodbridge.

John - [jmopakism@yahoo.co.uk](mailto:jmopakism@yahoo.co.uk)

**WALK Sun 20 Gislingham Walk**

A figure of 8 walk around the historic village of Gislingham which was once home to the Knights Templar - 9 miles.

Ian - [ianmarkrobinson@yahoo.com](mailto:ianmarkrobinson@yahoo.com)

**CYCLE ★ Wed 23 Weekly Cycle Ride**

**WALK ★ Wed 23 Weekday Walk**

**SWIM ★ Wed 23 Evening Swim**

**RUN ★ Thu 24 Evening Run**

**SOCIAL Fri 25 October Pub Social**

At the Dove Street Inn, St. Helens St, Ipswich, from 7.30pm.

[www.dovestreetinn.co.uk/](http://www.dovestreetinn.co.uk/)

Come along for a fun 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 26 Ipswich area parkrun/walk**

**WALK Sat 26 South West Ipswich Walk**

South West Ipswich Walk, around 8 miles. Paul & Clare - [clare.dickerson@ntlworld.com](mailto:clare.dickerson@ntlworld.com)

**CYCLE ★ Wed 30 Weekly Cycle Ride**

**WALK ★ Wed 30 Weekday Walk**

**SWIM ★ Wed 30 Evening Swim**

**RUN ★ Thu 31 Evening Run**

## NOVEMBER

**RUN ★ Sat 2 Ipswich area parkrun/walk**

**WALK Sat 2 Hadleigh Walk**

Approx 10.5 miles from Hadleigh to Kersey and back. Sarah - [sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)

**WALK Sun 3 Hither Horringer**

Interesting green corridors feature in this 10-12 miles exploration of west and southwest Bury St Edmunds, taking in Horringer village.

Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)

**CLIMB Mon 4 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 6 Weekly Cycle Ride**

**WALK ★ Wed 6 Weekday Walk**

**SWIM ★ Wed 6 Evening Swim**

**RUN ★ Thu 7 Evening Run**

**TRIP AWAY Fri 8 - Tue 12**

▲ **North York Moors Trip**

Staying in Goathland village in the north east section of the moor. It is well known as being the location for the TV series 'Heartbeat' and featured as Hogsmade in some Harry Potter films.

Plenty of good walks nearby.

Phil - [phildurnford@totalise.co.uk](mailto:phildurnford@totalise.co.uk)

**SOCIAL Fri 8 Jazz by the Waterfront**

Swing Express Big Band. Tickets £15.

Ian - [ian@harlandfamily.co.uk](mailto:ian@harlandfamily.co.uk)

**RUN ★ Sat 9 Ipswich area parkrun/walk**

**WALK Sun 10 Colchester Walk**

West Colchester walk, about 8 miles.

Gerry - [gerry.grundy@ntlworld.com](mailto:gerry.grundy@ntlworld.com)

**SOCIAL Mon 11 IOG Social Meeting**

Upstairs at the Thomas Wolsey pub, 8pm. Prospective members welcome.

Glen - [chair@ipswichoutdoor.org](mailto:chair@ipswichoutdoor.org)

**CYCLE ★ Wed 13 Weekly Cycle Ride**

**WALK ★ Wed 13 Weekday Walk**

**SWIM ★ Wed 13 Evening Swim**

**RUN ★ Thu 14 Evening Run**

**SOCIAL Fri 15 Henley Folk** A fun evening at Henley Community Centre, from 8pm.

Ian - [ian@harlandfamily.co.uk](mailto:ian@harlandfamily.co.uk)

**RUN ★ Sat 16 Ipswich area parkrun/walk**

**WALK Sat 16 Kesgrave Walk** 5 mile walk round Kesgrave and Martlesham.

Sally - [sally.ledger@hotmail.com](mailto:sally.ledger@hotmail.com)

**WALK Sun 17 Alpheton Alfresco**

A 10 mile stroll from Lavenham via Alpheton and Bridge Street.

Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)

**SOCIAL Mon 18 IOG AGM**

An excellent opportunity for members to meet friends, review our wide range of activities over the previous year and input to new ideas and events for the future. A local pub drink rounds the evening off nicely!

Glen - [chair@ipswichoutdoor.org](mailto:chair@ipswichoutdoor.org)

**CYCLE ★ Wed 20 Weekly Cycle Ride**

**WALK ★ Wed 20 Weekday Walk**

**SWIM ★ Wed 20 Evening Swim**

**RUN ★ Thu 21 Evening Run**

**RUN ★ Sat 23 Ipswich area parkrun/walk**

**WALK Sat 23 Freston and Tattingstone Walk**

An 11 mile walk from the Pinewood area of Ipswich. Sarah - [sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)

**CYCLE ★ Wed 27 Weekly Cycle Ride**

**WALK ★ Wed 27 Weekday Walk**

**SWIM ★ Wed 27 Evening Swim**

**RUN ★ Thu 28 Evening Run**

**SOCIAL Fri 29 November Pub Social**

At the Dove Street Inn,

St. Helens St, Ipswich, from 7.30pm. Come along for a fun 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 30 Ipswich area parkrun/walk**

**WALK Sat 30 Hintlesham Hike v2**

A pleasant stroll across the fields from Bramford to Hintlesham and back. Approx 9 miles, may include a section along the riverside if it's not flooded. Will include a brief drink stop at the George for refuelling.

Lou - [lou.gifeth@gmail.com](mailto:lou.gifeth@gmail.com)

## DECEMBER

**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**

**SWIM ★ Wed 4 Evening Swim**

**RUN ★ Thu 5 Evening Run**

**RUN ★ Sat 7 Ipswich area parkrun/walk**

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.

**WALK Sun 8 East Ipswich Walk**

A 10 mile circular walk around the East of Ipswich.

John - [jmopakism@yahoo.co.uk](mailto:jmopakism@yahoo.co.uk)

**SOCIAL Mon 9 IOG Social Meeting**

Upstairs at the Thomas Wolsey pub, 9 St Peter's Street, Ipswich. From 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)

**CYCLE ★ Wed 11 Weekly Cycle Ride**

**WALK ★ Wed 11 Weekday Walk**

**SWIM ★ Wed 11 Evening Swim**

**RUN ★ Thu 12 Evening Run**

**RUN ★ Sat 14 Ipswich area parkrun/walk**

**CYCLE ★ Wed 18 Weekly Cycle Ride**

**WALK ★ Wed 18 Weekday Walk**

**SWIM ★ Wed 18 Evening Swim**

**RUN ★ Thu 19 Evening Run**

**RUN ★ Sat 21 Ipswich area parkrun/walk**

**WALK Sun 22 Pre-Christmas Walk**

5-6 mile walk from Ipswich Town Centre ending at a pub for a Christmas drink. Sarah - [sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)

**EAT Wed 25 Christmas Day**

We will take a break from the usual Wednesday activities.

**RUN ★ Thu 26 Evening Run**

**SOCIAL Fri 27 December Pub Social**

At the Dove Street Inn, St. Helens St, Ipswich, from 7.30pm.

[www.dovestreetinn.co.uk/](http://www.dovestreetinn.co.uk/) Come along for a fun 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 28 Ipswich area parkrun/walk**

**WALK Sat 28 Woodbridge Walk**

4 to 5 mile walk round Woodbridge.

Sally - [sally.ledger@hotmail.com](mailto:sally.ledger@hotmail.com)