

# 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: Birthday Beer Camp walk - Simon Fevyer)

# Ipswich Outdoor Group Programme - Spring 2025



## Get out there and enjoy life

Walk, cycle, run & much more



# Spring 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.



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/)

## 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)

## APRIL

**CYCLE ★ Wed 2 Weekly Cycle Ride**

**WALK ★ Wed 2 Weekday Walk**

**SWIM ★ Wed 2 Evening Swim**

**RUN ★ Thu 3 Evening Run**

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

**WALK Sat 5 Dunwich Walk**

A 10 mile circular walk from Dunwich taking in Coastguard Cottages, Minsmere and Westleton Heath. Sarah - [sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)

**WALK Sun 6 Westerfield Walk** Circular walk around Westerfield, approx 8.5 miles. John - [jmopakism@yahoo.co.uk](mailto:jmopakism@yahoo.co.uk)

**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**

**RUN ★ Sat 12 Ipswich area parkrun/walk**

**WALK Sat 12 ▲ A Long Walk**

Needham Market to Woodbridge, 20 miles "ish". Dinner at Turks Head Hasketon. Francis - [francis.morrell90@gmail.com](mailto:francis.morrell90@gmail.com)

**SOCIAL Mon 14 IOG Social Meeting**

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

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**

**TRIP AWAY Thu 17 - Mon 21**

▲ **Easter Trip** Staying at a large self-catering property in Giggleswick. Anne - [anne.rawcliffe@btinternet.com](mailto:anne.rawcliffe@btinternet.com)

**RUN ★ Sat 19 Ipswich area**

**parkrun/walk**

**CYCLE ★ Wed 23 Weekly Cycle Ride**

**WALK ★ Wed 23 Weekday Walk**

**SWIM ★ Wed 23 Evening Swim**

**RUN ★ Thu 24 Evening Run**

**SOCIAL Fri 25 Pub Social**

At the Dove Street Inn 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 Bluebell Walk** 8-10 mile walk from the Pinewood area of Ipswich into the Bluebell Woods. Sarah - [sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)

**WALK Sun 27 West Colchester Walk** Ancient woodland and historic fields, approx 9 miles. Gerry - [gerry.grundy@ntlworld.com](mailto:gerry.grundy@ntlworld.com)

**CYCLE ★ Wed 30 Weekly Cycle Ride**

**WALK ★ Wed 30 Weekday Walk**

**SWIM ★ Wed 30 Evening Swim**

## MAY

**RUN ★ Thu 1 Evening Run**

**WALK Fri 2 Evening Amble #1**

Pinewood, approx 6 miles, pub after.

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

**RUN ★ Sat 3 Ipswich area**

**parkrun/walk**

**WALK Sat 3 Otley Walk**

13 mile circular walk from Otley to Ashbocking and Helmingham Hall. Kate - [kathrynwright123@gmail.com](mailto:kathrynwright123@gmail.com)

**WALK Sun 4 Stowmarket Walk** Linear walk - Elmswell to Stowmarket, approx 11 miles. John - [jmopakism@yahoo.co.uk](mailto:jmopakism@yahoo.co.uk)

**WALK Mon 5 Culford Configuration** West Stow Country Park, Kings Forest and Culford feature in a walk of up to 10 miles. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.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**

**SWIM ★ Wed 7 Evening Swim**

**RUN ★ Thu 8 Evening Run**

**WALK Fri 9 Evening Amble #2**

Capel St Mary, approx 6 miles, pub after. Christina - [chrissibail@gmail.com](mailto:chrissibail@gmail.com)

**TRIP AWAY Fri 9 - Sun 11**

▲ **Southwold Camping Trip**

A return visit to the seaside. Anneliese - [anneliesetownsend@hotmail.com](mailto:anneliesetownsend@hotmail.com)

**RUN ★ Sat 10 Ipswich area**

**parkrun/walk**

**SOCIAL Mon 12 IOG Social Meeting**

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

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

**CYCLE ★ Wed 14 Weekly Cycle Ride**

**WALK ★ Wed 14 Weekday Walk**

**SWIM ★ Wed 14 Evening Swim**

**RUN ★ Thu 15 Evening Run**

**WALK Fri 16 Evening Amble #3**

Claydon, approx 6 miles, pub after.

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

**RUN ★ Sat 17 Ipswich area**

**parkrun/walk**

**WALK Sat 17 Levington Loop**

A 5-6 mile walk around Levington.

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

**WALK Sun 18 Leavenheath Leavers**

Around 10 miles in countryside south and west of Leavenheath.

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

**CYCLE ★ Wed 21 Weekly Cycle Ride**

**WALK ★ Wed 21 Weekday Walk**

**SWIM ★ Wed 21 Evening Swim**

**RUN ★ Thu 22 Evening Run**

**WALK Fri 23 Evening Pub Walk**

Woodbridge Tide Mill & Kyson Point with drinks at the Kings Head, Woodbridge. Ian - [ianmarkrobinson@yahoo.co.uk](mailto:ianmarkrobinson@yahoo.co.uk)

**RUN ★ Sat 24 Ipswich area**

**parkrun/walk**

**WALK Sat 24 Needham Negotiation**

8 miles, through varied landscapes to the north and northwest of Needham Market. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)

**CYCLE ★ Wed 28 Weekly Cycle Ride**

**WALK ★ Wed 28 Weekday Walk**

**SWIM ★ Wed 28 Evening Swim**

**RUN ★ Thu 29 Evening Run**

**SOCIAL Fri 30 Pub Social**

At the Dove Street Inn from 7.30pm.

Simon - [simonfevyer@gmail.com](mailto:simonfevyer@gmail.com)

**RUN ★ Sat 31 Ipswich area**

**parkrun/walk**

**WALK Sat 31 Shrubland Park Walk**

13.5 mile circular walk taking in Shrubland Park, Coddendam village and Hemingstone Hall.

Kate - [kathrynwright123@gmail.com](mailto:kathrynwright123@gmail.com)

## JUNE

**WALK Sun 1 Sailors Path and Aldeburgh**

Along an old smugglers path between Snape & Aldeburgh - 12 miles.

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

**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**

**WALK Fri 6 Evening Pub Walk** Levington walk with drinks at the Levington Ship. Ian - [ianmarkrobinson@yahoo.co.uk](mailto:ianmarkrobinson@yahoo.co.uk)

**TRIP AWAY Fri 6 - Sun 8**

▲ **Birthday Beer Camp** Back at the Shottisham Campsite with the usual mix of barbecue, birthday cake, beer and banter. Lou - [lou.gifeth@gmail.com](mailto:lou.gifeth@gmail.com)

**RUN ★ Sat 7 Ipswich area**

**parkrun/walk**

**WALK Sat 7 Wakes Colne Walk**

Linear walk from Wakes Colne to Marks Tey via Coggeshall, approx 13 miles.

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

**SOCIAL Mon 9 IOG Social Meeting**

Upstairs at the Thomas Wolsey pub, 8pm. Come along and find out more about the group. Both members and non-members cordially invited.

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**

**SOCIAL Fri 13 Beer and Boogie Cool** Remedy are playing at the Briarbank. Sing and dance the night away. Anneliese - [anneliesetownsend@hotmail.com](mailto:anneliesetownsend@hotmail.com)

**RUN ★ Sat 14 Ipswich area**

**parkrun/walk**

**WALK Sat 14 Beccles Walk** 6.5 mile circular walk with riverside views, Beccles to Geldeston. Pub stop at Locks Inn. Angela - [angela.bell22@btinternet.com](mailto:angela.bell22@btinternet.com)

**WALK Sun 15 Ufford, Bredfield and**

**Hasketon Walk** Includes visits to some historic local churches and some pleasant riverside walking. 12.5 miles.

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

**CYCLE ★ Wed 18 Weekly Cycle Ride**

**WALK ★ Wed 18 Weekday Walk**

**SWIM ★ Wed 18 Evening Swim**

**RUN ★ Thu 19 Evening Run**

**WALK Fri 20 Evening Pub Walk**

Shotley and Erwarton Walk with drinks at the Bristol Arms, Shotley Gate. Ian - [ianmarkrobinson@yahoo.co.uk](mailto:ianmarkrobinson@yahoo.co.uk)

**RUN ★ Sat 21 Ipswich area**

**parkrun/walk**

**WALK Sat 21 Castle, Creek, Cockles and Cliff** A summer hillside and seaside day out in south Essex majoring on Hadleigh, Leigh and Westcliff. Various mileage options. Glen - [glen-richards@sky.com](mailto:glen-richards@sky.com)

**WALK Sun 22 Harwich to**

**Manningtree Walk** Linear walk from Harwich to Manningtree, approx 17 miles. Option to do shorter walk of 9 miles from Harwich to Wrabness.

Kate - [kathrynwright123@gmail.com](mailto:kathrynwright123@gmail.com)

**CYCLE ★ Wed 25 Weekly Cycle Ride**

**WALK ★ Wed 25 Weekday Walk**

**SWIM ★ Wed 25 Evening Swim**

**RUN ★ Thu 26 Evening Run**

**WALK Fri 27 Evening Amble #4** Ipswich, approx 5 miles, finishing at the Dove. Christina - [chrissibail@gmail.com](mailto:chrissibail@gmail.com)

**SOCIAL Fri 27 Pub Social**

At the Dove Street Inn from 7.30pm.

Simon - [simonfevyer@gmail.com](mailto:simonfevyer@gmail.com)

**RUN ★ Sat 28 Ipswich area**

**parkrun/walk**

**WALK Sat 28 Kesgrave Walk** 5-6 miles

around Kesgrave and Foxhall Boardwalks.

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

**WALK Sun 29 Sudbury and Bulmer**

Walk 11.5 mile walk discovering

Sudbury and Bulmer's connection to

Thomas Gainsborough. Sarah -

[sarahsheppard101@hotmail.co.uk](mailto:sarahsheppard101@hotmail.co.uk)

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.