

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?

50th anniversary

The group is celebrating its 50th anniversary in 2026. There are around 240 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

CONTACT THE GROUP / MEMBERSHIP ENQUIRIES

Email (preferred): 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 usually 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.

However, at the time of going to print, our Social Meeting arrangements are being reviewed and may change.

Please refer to the Programme link on our website www.ipswichoutdoor.org for updated details.



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: Enjoying a walk in the snow - Simon Fevyer)

IPSWICH OUTDOOR GROUP Programme - Winter 2026



Get out there and enjoy life

Walk, cycle, run & much more



Winter 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/

WE ARE CELEBRATING 50 YEARS OF THE IPSWICH OUTDOOR GROUP IN 2026. LOOK OUT FOR OUR SPECIAL CELEBRATION EVENTS HIGHLIGHTED IN GOLD.



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/ Lou - 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 07917 766658
- SWIM ★ Evening Swim** In town centre public pool. Session costs apply. Peter - samwise@bagshot-row.org
- RUN ★ Evening Run** 5-10km from town centre. Rachael - rachael.a.norris@googlemail.com
- RUN ★ Ipswich area parkrun/walk** 5km, 08:40 warm-up, 09:00 start. Pre-register: www.parkrun.org.uk/ipswich. Peter - samwise@bagshot-row.org

JANUARY

- RUN ★ Thu 1 Evening Run**
- RUN ★ Sat 3 Ipswich area parkrun/walk**
- CLIMB Mon 5 Climbing Session** ~18:30 at www.avidclimbing.co.uk. Session costs apply. Peter - peter.3.thorpe@gmail.com
- SOCIAL Mon 5 Ipswich Film Society - Rosalie.** Trudi - trudi@ipswichfilmsociety.org.uk
- CYCLE ★ Wed 7 Weekly Cycle Ride**
- WALK ★ Wed 7 Weekday Walk**
- SWIM ★ Wed 7 Evening Swim**
- RUN ★ Thu 8 Evening Run**
- RUN ★ Sat 10 Ipswich area parkrun/walk**

- WALK Sat 10 Sutton, the River Deben and Sutton Common Walk** 9 mile circular walk from Sutton walking some of the King Charles III Coast path. Sarah - sarahsheppard101@hotmail.co.uk
- WALK Sun 11 Orford Walk** 8-9 miles circular walk from Orford. Phil - pdunford13@gmail.com
- SOCIAL Mon 12 IOG Social Meeting** [TO BE CONFIRMED] Upstairs at the Thomas Wolsey pub, 8pm. Prospective members warmly welcomed! Glen - chair@ipswichoutdoor.org
- CYCLE ★ Wed 14 Weekly Cycle Ride**
- WALK ★ Wed 14 Weekday Walk**
- SWIM ★ Wed 14 Evening Swim**

- RUN ★ Thu 15 Evening Run**
- SOCIAL Fri 16 Henley Folk** At Henley Community Centre, from 8pm. Ian - ian@harlandfamily.co.uk
- RUN ★ Sat 17 Ipswich area parkrun/walk**
- WALK Sun 18 Wetheringsett Welcoming** A 7 miles stroll in rurality to keep midwinter blues at bay. Glen - glen-richards@sky.com
- SOCIAL Mon 19 Ipswich Film Society - That they may face the rising sun.** Trudi - trudi@ipswichfilmsociety.org.uk
- CYCLE ★ Wed 21 Weekly Cycle Ride**
- WALK ★ Wed 21 Weekday Walk**
- SWIM ★ Wed 21 Evening Swim**
- RUN ★ Thu 22 Evening Run**
- SOCIAL Fri 23 ▲ Post-Christmas Book Night** In Ipswich IP4 area with mince pies and mulled wine. Christina - Chrissibail@gmail.com
- RUN ★ Sat 24 Ipswich area parkrun/walk**
- SOCIAL Sat 24 ▲ IOG Golden Anniversary Party** Music, dancing, buffet, memories and more. IOG members need tickets in advance. Lisa - anneliesetownsend@hotmail.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. www.dovestreetinn.co.uk/ Come along for a drink and a laugh. Simon - simonfevyer@gmail.com
- RUN ★ Sat 31 Ipswich area parkrun/walk**

FEBRUARY

- WALK Sun 1 Scavenger Hunt** More details nearer the time. Ian - borolad49@gmail.com
- CLIMB Mon 2 Climbing Session** ~18:30 at www.avidclimbing.co.uk. Session costs apply. Peter - peter.3.thorpe@gmail.com
- SOCIAL Mon 2 Ipswich Film Society - Lost Highway.** Trudi - trudi@ipswichfilmsociety.org.uk
- CYCLE ★ Wed 4 Weekly Cycle Ride**

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 to join us on trips that include an overnight stay



- WALK ★ Wed 4 Weekday Walk**
- SWIM ★ Wed 4 Evening Swim**
- RUN ★ Thu 5 Evening Run**
- RUN ★ Sat 7 Ipswich area parkrun/walk**
- WALK Sun 8 Wickham Market Walk** A linear walk from Wickham Market station (Campsea Ashe) to Woodbridge, not following the East Suffolk line walk. Length 9 miles. John - jmakapism@yahoo.co.uk
- SOCIAL Mon 9 IOG Social Meeting** [TO BE CONFIRMED] Upstairs at the Thomas Wolsey pub, 8pm. Prospective members encouraged to meet some new friends! Glen - 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**
- WALK Sun 15 Nudging Nedging** Bildeston, Chelsworth, Nedging Tye and Naughton feature in this 9 miles wander. Glen - glen-richards@sky.com
- CYCLE ★ Wed 18 Weekly Cycle Ride**
- WALK ★ Wed 18 Weekday Walk**
- SWIM ★ Wed 18 Evening Swim**
- RUN ★ Thu 19 Evening Run**
- SOCIAL Fri 20 Henley Folk** Venue to be confirmed, from 8pm. Ian - ian@harlandfamily.co.uk
- RUN ★ Sat 21 Ipswich area parkrun/walk**

- WALK Sat 21 Wilford Bridge, Sutton Hoo and Methersgate Quay Walk** 10 mile circular walk from Melton walking some of the King Charles III Coast path. Sarah - sarahsheppard101@hotmail.co.uk
- SOCIAL Sat 21 Barn Dance** At Clopton Village Hall. Ian - ian@harlandfamily.co.uk
- WALK Sun 22 Hadleigh Walk** Jenny - jenny.soper@googlemail.com
- SOCIAL Mon 23 Ipswich Film Society - All of us strangers.** Trudi - trudi@ipswichfilmsociety.org.uk
- CYCLE ★ Wed 25 Weekly Cycle Ride**
- WALK ★ Wed 25 Weekday Walk**
- SWIM ★ Wed 25 Evening Swim**
- RUN ★ Thu 26 Evening Run**
- SOCIAL Fri 27 Pub Social** At the Dove Street Inn from 7.30pm. Simon - simonfevyer@gmail.com
- RUN ★ Sat 28 Ipswich area parkrun/walk**
- TRAINING Sat 28 - Sun 1 Mar ▲ Outdoor First Aid Course** IOG members benefit from subsidised costs. Bob - training@ipswichoutdoor.org

MARCH

- WALK Sun 1 Buxhall Bustling** A 9-mile winding countryside walk involving Buxhall, Shelland and Harleston. Glen - glen-richards@sky.com
- CLIMB Mon 2 Climbing Session** ~18:30 at www.avidclimbing.co.uk. Session costs apply. Peter - 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**
- TRIP AWAY Fri 6 - Tue 10 ▲ Peak District Trip** Staying at the Crewe & Harpur, a former pub, in the Peak District village of Longnor. Sarah - sarahsheppard101@hotmail.co.uk
- RUN ★ Sat 7 Ipswich area parkrun/walk**

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.

- SOCIAL Mon 9 IOG Social Meeting** [TO BE CONFIRMED] Upstairs at the Thomas Wolsey pub, 8pm. Both members and non-members cordially invited. Glen - chair@ipswichoutdoor.org
- SOCIAL Mon 9 Ipswich Film Society - Anatomy of a fall.** Trudi - trudi@ipswichfilmsociety.org.uk
- 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**
- WALK Sun 15 Darsham Drifters** Yoxford and Darsham localities are visited on this 9 mile walk. Glen - glen-richards@sky.com
- CYCLE ★ Wed 18 Weekly Cycle Ride**
- WALK ★ Wed 18 Weekday Walk**
- SWIM ★ Wed 18 Evening Swim**
- RUN ★ Thu 19 Evening Run**
- SOCIAL Fri 20 Henley Folk** At Henley Community Centre, from 8pm. Ian - ian@harlandfamily.co.uk
- RUN ★ Sat 21 Ipswich area parkrun/walk**
- WALK Sun 22 Bawdsey, Alderton and Ramsholt Walk** 11.5 mile circular walk from Bawdsey walking some of the King Charles III Coast path, including the newly opened section between Bawdsey and Ramsholt. Sarah - sarahsheppard101@hotmail.co.uk
- SOCIAL Mon 23 Ipswich Film Society - The pervert's guide to ideology.** Trudi - trudi@ipswichfilmsociety.org.uk
- CYCLE ★ Wed 25 Weekly Cycle Ride**
- WALK ★ Wed 25 Weekday Walk**
- SWIM ★ Wed 25 Evening Swim**
- RUN ★ Thu 26 Evening Run**
- RUN ★ Sat 28 Ipswich area parkrun/walk**
- WALK Sat 28 Essex Way Walk** Linear walk from Manningtree to Colchester Park and Ride. Approx 10-11 miles. Miriam - mimburns54321@gmail.com