

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 Arbor House 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 monthly social meetings to find out more about the group

We meet on the second Monday of every month at 8pm upstairs at The Arbor House pub, 43 High Street, Ipswich, IP1 3QL

If coming by car it's recommended to use Crown car park in Claude Street, IP1 3HS. Upon exiting the car park on foot, turn right, follow Claude Street around the perimeter of the car park and then briefly uphill, bearing left at the top to meet High Street. You will see The Arbor House pub opposite.

If travelling by bus, Tower Ramparts bus station is about a ten minute walk away via Crown Street and High Street.



Scan this QR code to find The Arbor House on Google Maps



Our members enjoy a wide range of activities, including parkrun and more leisurely walks in the countryside



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: Stainforth Force, IOG Easter trip 2025 - Simon Fevry)

IPSWICH OUTDOOR GROUP Programme - Spring 2026



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/

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** Either daytime or a nice 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

APRIL

- CYCLE ★ Wed 1 Weekly Cycle Ride**
- WALK ★ Wed 1 Weekday Walk**
- SWIM ★ Wed 1 Evening Swim**
- RUN ★ Thu 2 Evening Run**
- TRIP AWAY Fri 3 - Fri 10**
- ▲ **North Wales Trip** Easter trip to Bontnewydd, a village in North Wales. Kate - kathrynwright123@gmail.com
- RUN ★ Sat 4 Ipswich area parkrun/walk**
- CLIMB Mon 6 Climbing Session** ~18:30 at www.avidclimbing.co.uk. Session costs apply. Peter - peter.3.thorpe@gmail.com
- CYCLE ★ Wed 8 Weekly Cycle Ride**
- WALK ★ Wed 8 Weekday Walk**
- SWIM ★ Wed 8 Evening Swim**
- RUN ★ Thu 9 Evening Run**

- RUN ★ Sat 11 Ipswich area parkrun/walk**
- WALK Sat 11 Shotley Walk** Shotley wild flower walk. 5.5 miles. Angela - angela.bell22@btinternet.com
- WALK Sun 12 Saxmundham Walk** 8.5m circular walk of Saxmundham. John - jmokapism@yahoo.co.uk
- SOCIAL Mon 13 IOG Social Meeting** Upstairs at the Arbor House pub, 8pm. Prospective members welcome. Glen - chair@ipswichoutdoor.org
- SOCIAL Mon 13 Ipswich Film Society** The teacher who promised the sea. Trudi - trudi@ipswichfilmsociety.org.uk
- CYCLE ★ Wed 15 Weekly Cycle Ride**
- WALK ★ Wed 15 Weekday Walk**
- SWIM ★ Wed 15 Evening Swim**
- RUN ★ Thu 16 Evening Run**

- SOCIAL Fri 17 Henley Folk** At Henley Community Centre, from 8pm. Ian - ian@harlandfamily.co.uk
- SOCIAL Fri 17 ▲ Book Night** Limited spaces. Sarah - sarahjolan@btinternet.com
- RUN ★ Sat 18 Ipswich area parkrun/walk**
- WALK Sat 18 Essex Way Walk** Linear walk from Manningtree to Colchester (park and ride, not City Centre). Approx 10-11 miles. Miriam - mimburns54321@gmail.com
- WALK Sun 19 Shotley Peninsula Walk** Including a section across the peninsula and coastal walks on both the Stour and the Orwell. Around 10.5 miles. Phil - pdurnford13@gmail.com
- CYCLE ★ Wed 22 Weekly Cycle Ride**
- WALK ★ Wed 22 Weekday Walk**
- SWIM ★ Wed 22 Evening Swim**
- RUN ★ Thu 23 Evening Run**
- SOCIAL Fri 24 Pub Social** At the Dove Street Inn from 7.30pm. Come along for a few drinks and a few laughs. Simon - simonfevyer@gmail.com
- RUN ★ Sat 25 Ipswich area parkrun/walk**
- WALK Sat 25 Bluebell Walk** 8-10 mile walk from the Pinewood area of Ipswich into the Woods to see the bluebells. Sarah - sarahsheppard101@hotmail.co.uk
- WALK Sat 25 Round the Deben** A new route made possible by the opening of sections of the King Charles III path. Options of 16 or 25 miles. Paul - p.m.jordan@btinternet.com
- WALK Sun 26 Hundon Hinterland** 10.5 mile stroll around rural west Suffolk's undulations followed by a visit to Hundon's Rose & Crown pub. Glen - glen-richards@sky.com
- SOCIAL Mon 27 Ipswich Film Society** Close. Trudi - trudi@ipswichfilmsociety.org.uk
- CYCLE ★ Wed 29 Weekly Cycle Ride**
- WALK ★ Wed 29 Weekday Walk**
- SWIM ★ Wed 29 Evening Swim**
- RUN ★ Thu 30 Evening Run**

MAY

- RUN ★ Sat 2 Ipswich area parkrun/walk**
- WALK Sat 2 Marks Tey to Bures Walk** 10.5 mile linear walk from Marks Tey to Bures. John - jmokapism@yahoo.co.uk

- WALK Sun 3 Metfield Mettle** A 10 to 12 miles country stroll. Glen - glen-richards@sky.com
- CLIMB Mon 4 Climbing Session** ~18:30 at www.avidclimbing.co.uk. Session costs apply. Peter - 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**
- WALK Fri 8 Evening Pub Walk** Woodbridge 4.5 miles, post walk drinks at the Kings Head. Ian - ianmarkrobinson@yahoo.co.uk
- RUN ★ Sat 9 Ipswich area parkrun/walk**
- WALK Sun 10 Felixstowe Ferry and Falkenham Marshes Walk** 10 mile circular walk from Felixstowe Ferry via Falkenham Marshes, walking some of the King Charles III Coast path. Sarah - sarahsheppard101@hotmail.co.uk
- SOCIAL Mon 11 IOG Social Meeting** Upstairs at the Arbor House pub, 8pm. Prospective members warmly welcomed. Glen - chair@ipswichoutdoor.org
- SOCIAL Mon 11 Ipswich Film Society** Puzzle, a suburban mother discovers a talent for solving complex puzzles. Trudi - trudi@ipswichfilmsociety.org.uk
- 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** At Henley Community Centre, from 8pm. Ian - ian@harlandfamily.co.uk
- RUN ★ Sat 16 Ipswich area parkrun/walk**
- WALK Sat 16 Fancy Dress Walk** Celebrate the IOG 50th Anniversary Year in 70s style with a fancy dress walk through Ipswich. Anneliese - anneliesetownsend@hotmail.com
- SOCIAL Sat 16 Barn Dance** At Clopton Village Hall. Ian - ian@harlandfamily.co.uk
- WALK Sun 17 Polstead Walk** A walk of around 8 miles in the Polstead area. Jenny - jenny.soper@googlemail.com
- CYCLE ★ Wed 20 Weekly Cycle Ride**
- WALK ★ Wed 20 Weekday Walk**
- SWIM ★ Wed 20 Evening Swim**
- RUN ★ Thu 21 Evening Run**

- WALK Fri 22 Evening Pub Walk** Foxhall 4.5 miles, followed by drinks at the Bucklesham Shannon. Ian - ianmarkrobinson@yahoo.co.uk
- RUN ★ Sat 23 Ipswich area parkrun/walk**
- WALK Sat 23 Newmarket Navigation** Group rail travel to explore the area around the home of British horse racing. Expect a walk of around 12 miles. Glen - glen-richards@sky.com
- CYCLE ★ Wed 27 Weekly Cycle Ride**
- WALK ★ Wed 27 Weekday Walk**
- SWIM ★ Wed 27 Evening Swim**
- RUN ★ Thu 28 Evening Run**
- SOCIAL Fri 29 Pub Social** At the Dove Street Inn from 7.30pm. Simon - simonfevyer@gmail.com
- RUN ★ Sat 30 Ipswich area parkrun/walk**
- WALK Sat 30 - Sun 31**
- ▲ **Sandlings Walk** A two day Sandlings Walk with overnight stop at Blaxhall Ship. Each day just under 30 miles. A warm up for the 50 mile walk the following month. Rachael - rachael.a.norris@gmail.com
- WALK Sun 31 Stradbroke Stomp** Countryside to the south of Stradbroke will be traversed in a walk of about 10 miles. Glen - glen-richards@sky.com

JUNE

- CLIMB Mon 1 Climbing Session** ~18:30 at www.avidclimbing.co.uk. Session costs apply. Peter - peter.3.thorpe@gmail.com
- CYCLE ★ Wed 3 Weekly Cycle Ride**
- WALK ★ Wed 3 Weekday Walk**
- SWIM ★ Wed 3 Evening Swim**
- RUN ★ Thu 4 Evening Run**
- TRIP AWAY Fri 5 - Sun 7 ▲ Birthday Beer Camp** At Shottisham Campsite, the usual mix of Barbecue, Beer and Birthday Cake. Lou - lou.gifeth@gmail.com
- RUN ★ Sat 6 Ipswich area parkrun/walk**
- WALK Wed 7 Manningtree to Wivenhoe Walk** Linear walk from Manningtree to Wivenhoe. Approx 11 miles. John - jmokapism@yahoo.co.uk

- SOCIAL Mon 8 IOG Social Meeting** Join us upstairs at the Arbor House pub, 8pm. Prospective members welcome, come along and find out more about the group. Glen - chair@ipswichoutdoor.org
- CYCLE ★ Wed 10 Weekly Cycle Ride**
- WALK ★ Wed 10 Weekday Walk**
- SWIM ★ Wed 10 Evening Swim**
- RUN ★ Thu 11 Evening Run**
- RUN ★ Sat 13 Ipswich area parkrun/walk**
- WALK Sat 13 Otley Walk** 13 mile circular walk from Otley to Helmingham Hall and Ashbocking. Kate - kathrynwright123@gmail.com
- WALK Sun 14 Martlesham to Waldringfield Walk** 10 mile circular walk from Martlesham walking some of the King Charles III Coast path, including the new section between Martlesham Creek and Waldringfield. Sarah - sarahsheppard101@hotmail.co.uk
- CYCLE ★ Wed 17 Weekly Cycle Ride**
- WALK ★ Wed 17 Weekday Walk**
- SWIM ★ Wed 17 Evening Swim**
- RUN ★ Thu 18 Evening Run**
- RUN ★ Sat 20 Ipswich area parkrun/walk**
- WALK Sat 20 Suffolk Wool Towns Walk** A 50 miler to celebrate 50 years of the IOG. Rachael - rachael.a.norris@googlemail.com
- CYCLE ★ Wed 24 Weekly Cycle Ride**
- WALK ★ Wed 24 Weekday Walk**
- SWIM ★ Wed 24 Evening Swim**
- RUN ★ Thu 25 Evening Run**
- SOCIAL Fri 26 Pub Social** At the Dove Street Inn from 7.30pm. Come along for a few drinks and a few laughs. Simon - simonfevyer@gmail.com
- RUN ★ Sat 27 Ipswich area parkrun/walk**
- WALK Sat 27 Lowestoft Locality** Carlton Marshes, Carlton Colville, the Suffolk Coast Path and Lowestoft South Beach feature in this marshland, urban, farmland and seaside wander of about 11 miles. Glen - glen-richards@sky.com

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.