

Unless otherwise stated, meet for all walks at 09:45am

Sun 2-Aug 13:00 Earls Colne TL856290 Meet at Queens Road car park, behind the co-op off the High Street 6.5 miles
Berenice 07949 470874

Sun 9-Aug North Ipswich Countryside Bike ride TM215477.–
Countryside Cycle Ride North of Ipswich. Meet at 9:45 Playford village hall car park. This will be at a gentle pace of around 10 mile per hour with lots of stops and two or three pubs. It will be on quiet tarmac country roads suitable for any bike. Note since this is biking people take part at their own risk. 25 miles
David C. 07918 675664

Sun 16-Aug 9:45 Mersea Island TM001131 Meet at the seafront car park off Coast Road opposite the turning for Firs Road. Cross the Strood (causeway) from the mainland onto Mersea Island. Turn right towards West Mersea and the main town. Drive through the town, heading for the sailing mooring and chandlers area at the western tip of the island. The public car park is on the seafront.

Numbers for Boat trip by today please. 13 miles
Cheryl & Barry 07974 010889

Sun 30-Aug 10:45 Sudbury to Henny Street by boat. TL872408
Join us on a little boat trip down the Stour to Henny Street where we'll stop for lunch at the Henny Swan. Then wander back along the Stour Valley Path to Sudbury. The boat trip is £5. Meet at Quay Theatre and Granary Tea Room car park on Quay Lane. 3 miles
David & Valerie 07879 282882

Sun 6-Sep Weekend away - Cotswolds. Details to be confirmed.

Sat 12-Sep Chappel Beer Festival A walk is being organised by Hike Essex to this annual event.

Sun 20-Sep 10:15 Castle Hedingham TL784355 9:45 Meet at the church 8 miles
David K. 07745 069819

Sun 4-Oct 9:45 Hadleigh and beyond TM027426 Meet at the long stay car park behind the High Street. This walk will also have the delights of our AGM where a new committee will be chosen. 10 miles
Jamie 07799 661710

Sat 17-Oct 10:30-11:00 Thames Path to Greenwich Meet at Liverpool St station near the Wetherspoons pub. You will need a travelcard for the return journey. 8 miles
John 07986 031717

Sun 1-Nov 9:45 Playford TM215477 Meet at Playford Village Hall car park. 9 miles
David C. 07918 675664

Sun 15-Nov 11:00 Orford TM424496 Meet at the car park on the road to the quay and opposite the Jolly Sailor Inn. Note there is a charge for this car park. 6 miles
Rachel 07936 863220

Sat 28-Nov 19:30 Brewers Arms, Polstead Join us for an evening meal and create the next programme.
Jamie 07799 661710

Sun 6-Dec 9:45 Stoke by Nayland TL985364 Meet at the recreation ground car park. 14 miles
Martin 01787 211828

Sun 20-Dec 9:45 Bures TL908339 This will be a morning walk and back to Bures for a Christmas lunch. Meet at the recreation ground car park. 6 miles
Jamie 07799 661710

For updated information please check the website
www.stourwalkinggroup.co.uk or phone the contact number for the walk.

Stour Walking Group

Your local 20s to 30s walking group

www.stourwalkinggroup.co.uk

Useful information

The group meets at the start point at 9.45am, with the aim of starting the walk at 10.00am. Please let the walk leader know if you intend to come on a walk or if you are going to be late. The walk leader's contact details are in the programme or phone Jamie on 07760 128964 or David on 07918 675664. Most walks finish around 3.30pm although some longer walks may finish slightly later.

The majority of walks include a pub stop for liquid refreshments, but we do not stay long enough to eat. It is recommended that you bring a packed lunch and other snacks, water bottles (especially in the summer) and a flask of hot drink in the winter.

Please bring waterproof clothing (jacket and over trousers), warm clothing (plenty of layers) gloves, hats, scarf etc... appropriate to the time of the year. Remember, the weather can change rapidly throughout the day. Walking trousers (but not jeans) are recommended, especially if it looks like rain! Walking boots are recommended for all walks.

Please try to share lifts where possible to reduce congestion at the start point (and the impact on the environment). Members are spread around the Suffolk and North Essex regions, so there may be someone going your way!

The Ramblers Association exists to promote enjoyment of the countryside by foot. It protects footpaths, campaigns for public access and defends the beauty of the countryside as well as supporting the formation and running of Groups such as ours.

The Stour Walking Group is a member of the RA. Benefits for group RA members include, the group's walk programme and newsletters, participation in group activities, details of national walking events, the RA Yearbook & accommodation guide, The Rambler (quarterly magazine produced by RA) and discounts at many outdoor clothing and equipment shops.

Potential new members are welcome to join us for a couple of walks before becoming members. Joining is easy, just ask a committee member for a RA application form or join up on-line on the RA website. Please state on your form (in the group box) that you wish to be allocated to the 'Stour Walking Group (SK8)'.

Hope to see you on a walk soon!

Keep up to date with our website at:

www.stourwalkinggroup.co.uk

As part of the Ramblers Association. Registered Charity no: 1093577



**Walks
Programme
Aug 2009 to Dec 2009**