

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

Sun 5-Sep *Leavenheath* TL946365

9:45

Meet near village hall, turning into Leavenheath from A134, drive to end of houses and just before road goes from two lanes to a single track take a right onto Heathlands road, leading to Oaklands Farm, park along road on left 8 miles

Nearest Post Code CO6 4PY

Lat (WGS84) N51:59:36 (51.993276) Long (WGS84) E0:50:01 (0.833730)

David K 07745069819

Sun 19-Sep *Great Bentley-Wivenhoe* TM112214

11:00

Starts at Great Bentley rail station and ends at the station two stops back towards Colchester, Wivenhoe. The trains go at quarter to every hour on a Sunday from Wivenhoe to Great Bentley, take 7 minutes and cost £2.40.

No fee for Great Bentley car park if you are using the train, but only 6 car parking spaces. Nearby village hall car park as alternative. 7 miles

Nearest Post Code CO7 8LA

Lat (WGS84) N51:51:06 (51.851649) Long (WGS84) E1:03:57 (1.065894)

Berenice and Antony 07949470874

Sun 3-Oct *Denston* TL761528

9:45

Meet at Denston village hall. 11 miles

Nearest Post Code CB8 8PW

Lat (WGS84) N52:08:45 (52.145846) Long (WGS84) E0:34:23 (0.572986)

David and Valerie 07879282882

Sun 17-Oct *Cockfield School* TL904547

9:45

Meet at school car park. 8 miles

Nearest Post Code IP30 0LA

Lat (WGS84) N52:09:29 (52.158167) Long (WGS84) E0:46:58 (0.782784)

Lisa and Jamie 07799661710 or 07769824349

Sun 7-Nov *Long Melford - Lavenham via Acton* TL865462

9:45

Meet at 'Old School' car park in Long Melford which is just before the village green (Melford Hall side) 12 miles

Nearest Post Code CO10 9DX

Lat (WGS84) N52:04:59 (52.083164) Long (WGS84) E0:43:16 (0.721185)

Martin 07789809605

Sun 21-Nov *Wakes Colne to Earls Colne* TL897287

9:45

Park at station. Circular walk 9 miles

Nearest Post Code CO6 2DS

Lat (WGS84) N51:55:30 (51.924923) Long (WGS84) E0:45:29 (0.758146)

Jane and Amy 07523982510

Sat 27-Nov *Planning Meeting* 19:00

The Angel Inn, Stoke by Nayland, CO6 4SA

David K 07745069819

Sun 5-Dec *Hartest* Mystery walk TL833525

9:45

7 miles

Nearest Post Code IP29 4DH

Lat (WGS84) N52:08:27 (52.140811) Long (WGS84) E0:40:41 (0.677929)

David and Valerie 07879282882

Sun 19-Dec *Christmas Walk - Castle Heddingham* TL785357

9:45

Meet at a war memorial in church grounds. Christmas lunch after the walk.

Please contact David K to make a reservation. 6 miles

Nearest Post Code CO9 3DG

Lat (WGS84) N51:59:29 (51.991496) Long (WGS84) E0:35:57 (0.599086)

David K 07745069819

For updated information please check the website

www.stourwalkinggroup.co.uk or phone the contact number for the walk.

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 David K on 07745 069819 or David C 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

Stour Walking Group

Your local 20s to 30s walking group

www.stourwalkinggroup.co.uk



**Walks
Programme
Sept 2010 to Dec 2010**