

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

Sun 3-Jan 9:45 Bures TL908339 This will be a morning walk and back to Bures for a New Year lunch. Meet at the recreation ground car park. 6 miles
Jamie 07799 661710

Sun 17-Jan Halstead 11:00

TL812306 Lat (51.944818) Long (0.635675)
Chappel St car park (pay and display) 7 miles
Amy and Jane 0799817487 or 07835226612

Sat 23-Jan Bowling 7:45

Stikes Bowling Alley, Sudbury. Contact Berenice or Antony a few weeks before to confirm attendance.
Berenice and Antony 07949470874

Sun 7-Feb Fordham 9:45

TL927286 Lat (51.922996) Long (0.801663)
Car park off Ponder's Rd. Figure of eight, 5 miles followed by 4 miles.
9 miles total
Jamie 07799661710

Sun 21-Feb Dunwich 11:00

TM477677 Lat (51.922996) Long (0.801663)
Car park near coastguard cottages NT car park (£4) 6 miles
Rachel 07936863220

Sun 7-Mar Manningtree - Dedham 9:45

TM094322 Lat (51.949291) Long (1.046356)
Circular walk starting at Manningtree railway station car park £1 charge for the day. 8.5 miles
Berenice & Antony 07949470874

Sat 13-Mar Planning Meeting 7:30pm

The Beagle, Old Hadleigh Road Sproughton, IPSWICH, IP8 3AR
David C 07918675664

Sun 21-Mar The Cam, Colleges and Cambridge 9:45

TL442542 Lat (52.167669) Long (0.107748)

Please note we've changed the start of this walk to the Trumpington Park and Ride (just off J11 M11). Meet by the centre for a walk along the Cam and by the Cambridge Colleges up to Fen Ditton then back to the town centre. We'll use the bus to get back to the car park and tickets are £1.80 which we will get from the town centre.

9 miles David & Valerie 07879282882

Sun 4-Apr Playford figure of 8 9:45

TM215477 Lat (52.083782) Long (1.230694)
Meet at Playford village hall 9 miles
David C 07918675664

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!

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

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

Jan 2010 to Apr 2010