

Ipswich Outdoor Group

We are a friendly group who enjoy a varied outdoor programme in nature, full of day, evening & night walks, runs, swims, sports, cycle rides, climbing, orienteering, geocaching, water sports, volunteering opportunities, caving, skiing and more, beside trips like Peak District weekends or longer UK and overseas holidays. Our members plan every activity, including social meets, and arrange fun events for all.

Group members organise activities across a range of levels, with something suitable for everyone. Most need only average fitness but if you are after anything more strenuous, you will find members with similar interests. Our emphasis is on having fun and meeting people. On many of our trips, we stay at hostels or in tents and share cars to assist non-drivers and be kind to the environment. Founded in 1976, we have around 200 members and are keen to welcome others of any age - single people, couples and families. Most of our members 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.

Prospective members are welcome at many of our local events, whilst overnight trips require group membership. Local walks & cycle rides are great to try first or why not meet us at our monthly social?

Membership Enquiries

www.ipswichoutdoor.org

Email (preferred): enquiries@ipswichoutdoor.org

Or call Christina on 01473 211502

IOG FAQ: www.ipswichoutdoor.org/faq

IOG items available from: www.ipswichoutdoor.org/shop

You are responsible for contacting IOG organisers well in advance to obtain details, let them know of your attendance and about 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 event organisers first. Weekend trips, events at members' houses and commercial activities e.g. cinema, meals etc. must be booked/paid for in advance. We look forward to meeting you! IOG membership is £10 a year, July–June, including benefits such as discounts at many local outdoor/cycling retailers - see IOG website. This leaflet is available in PDF on request: programme@ipswichoutdoor.org

(Front cover: Gale Crag, Lake District
Courtesy of Someone we met on the walk, April 2023)

Where to find us



Monthly social meetings are 20:00 upstairs in [The Thomas Wolsey](#) pub, 9 St Peter's Street, IPSWICH, IP1 1XF every second Monday. Free limited on-street parking. Pay & Display car parks include [Cromwell Square](#), St. Nicholas Street (£2.50 from 14:00 M-F), the [Buttermarket centre](#) (£2 from 19:00) & [Cardinal Park](#), Grafton Way (£1 from 18:00).

Ipswich Outdoor Group is a not-for-profit group run by volunteers elected from the membership. Individual members participate at 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. IOG, as far as the law permits, accepts no liability for loss, damage or injury incurred in relation to a group activity or associated travel.

IOG Committee 2022/23

[1]	Glen Richards	Chair: chair@ipswichoutdoor.org
[2]	Peter Edwards	Vice: chair@ipswichoutdoor.org
[3]	Marie Phelan	secretary@ipswichoutdoor.org
[4]	Sarah Sheppard	treasurer@ipswichoutdoor.org
[5]	Rachael Norris	membership@ipswichoutdoor.org
[6]	'Lou' Rawcliffe	programme@ipswichoutdoor.org
[7]	Simon Fevyer	webmaster@ipswichoutdoor.org
[8]	Bob Hannan	training@ipswichoutdoor.org
[9]	Peter Thorpe	volunteering@ipswichoutdoor.org
[10]	Marie-Louise Karttunen	newsletter@ipswichoutdoor.org
	Members' Representative:	
[11]	Christina Bail	membersrep@ipswichoutdoor.org

Walk • Cycle • Run • Swim



Ipswich Outdoor Group Summer 2023 PROGRAMME



Please contact the organiser at least a few days before events. All marked * MUST be booked in advance. Contact our Programme Editor 'Lou' [programme@ipswichoutdoor.org] to offer events. To share photos or write up an event for the website, email our Newsletter Editor Marie-Louise [newsletter@ipswichoutdoor.org], or post them to the IOG members-only Facebook group.

REGULAR

Tuesday Evening Swim Meet time varies with town centre public pool opening times. Session costs apply. *Peter* [2]

Wednesday Cycle Ride May be during the day or evening. 15 to 25 miles at moderate pace. *Ian* [12]

Wednesday Walks Daytime, typically around 5-6 miles, check online calendar for details. *Lou* [6]

Thursday Evening Run 5-10km from town centre. *Peter* [2]

Saturday Ipswich parkrun / walk 5km 08:40 warm-up, 09:00 start. Pre-register: www.parkrun.org.uk/ipswich. *Peter* [2]

Monthly Climbing Session ~18:30 1st Mon eve of the month at www.avidclimbing.co.uk. Session costs apply. *Peter* [2]

Monthly IOG Social Meeting 2nd Mon, overleaf. *Glen* [1]

JULY

Sat 1 # Ely Elements A 9 miles stroll exploring riverside cathedral city Ely and its environs. *Glen* [1]

Sat 1 Stowmarket Beer Festival A scenic 6 mile stroll followed by a relaxing afternoon. *Lou* [6]

Mon 3 Climbing Session See Regular events.

Fri 7 Beer and Band An evening of live music at the Briarbank Brewery. *Anneliese* [18]

Sat 8 # Thurston Thirst Quencher An 8-10 miles walk and an optional thirst-quencher pub crawl. *Anne* [13]

Sun 9 Melton Walk A 13 mile walk including Melton, Ufford, Bredfield, Boulge, Hasketon and Woodbridge. *Ian* [14]

Mon 10 IOG Social Meeting 2nd Mon, overleaf. Prospective members warmly welcomed! *Glen* [1]

Fri 14 Bentley Evening Walk A 5 mile evening walk finishing at The Case Is Altered pub in Bentley. *Sarah* [4]

Sat 15 Lowestoft Lowdown A fascinating 11 miles mix of marshland, broadland, coastal and urban scenery. *Glen* [1]

Fri 21 Friday Evening Pub Walk in the Foxhall area, finishing at the Shannon. *Ian* [14]

Fri 21 Henley Folk An evening of folk music. *Ian* [12]

Sat 22 # Norwich Neighbourhoods #2 A meander of about 11 miles through Norfolk's capital exploring riverside, country park, and more. *Glen* [1]

Sun 23 Cavendish to Clare Walk A walk of roughly 10 miles

in the Stour valley. *Sarah* [4]

Fri 28 Claydon Circular An evening walk in the Claydon area. *Christina* [11]

Sat 29 Orwell Country Park Walk A 4 mile stroll. *Sally* [15]

Sun 30 Bradfield Beckoning A west Suffolk rural ramble of about 14.5 miles featuring 3 Bradfield villages and Little Welnetham. *Glen* [1]

AUGUST

Fri 4 Evening Amble Henley and Westerfield. *Christina* [11]

Sun 6 North Of Ipswich Walk about 13 miles. *Kate* [19]

Mon 7 Climbing Session See Regular events.

Fri 11 Friday Evening Pub Walk in the Levington area, finishing at the Ship. *Ian* [14]

Sun 13 Knodishall Nomads A tranquil north Suffolk meander of about 12 miles involving Coldfair Green, Aldringham and Leiston. *Glen* [1]

Mon 14 IOG Social Meeting 2nd Mon, overleaf. Prospective members encouraged to meet some new friends! *Glen* [1]

Fri 18 Evening Amble in the Pinewood area. *Christina* [11]

Sat 19 Kelvedon Walk to Coggeshall and back, approx 9 miles. *John* [16]

Sun 20 Suffolk Highest Point Walk A 10.5 mile walk in west Suffolk to Suffolk's highest point via Hawkedon, Stansfield and Denston. *Sarah* [4]

Fri 25 Friday Evening Pub Walk in the Martlesham area, finishing at the Black Tiles. *Ian* [14]

Sat 26 Woodbridge Walk A 5 mile walk along Woodbridge Waterfront. *Sally* [15]

Sun 27 Roam and Romans #2 The latest in the 'Stride and Guide' series, a return to Colchester for a walk of around 6 miles preceding a guided tour of local historical interest with our guide Jim Grundy. *Glen* [1]

SEPTEMBER

Fri 1 Pub Social Come and join us for another merry evening at the Dove. *Simon* [7]

Sun 3 Cattawade Walk via Stutton, Alton Water and Bentley, about 13 miles. *Kate* [19]

Mon 4 Climbing Session See Regular events.

Fri 8 Friday Evening Pub Walk in the Woodbridge area, finishing at the Kings Head. *Ian* [14]

Sat 9 * Dave Bird's BBQ The usual get-together of IOGers featuring Steaks, Beer and general merriment. *Dave* [17]

Sun 10 Creetings Creation A post-BBQ burger-busting walk in the Creetings area. Approx 7 miles. *Dave* [17]

Mon 11 IOG Social Meeting 2nd Mon, overleaf. Both members and non-members cordially invited! *Glen* [1]

Fri 15 Henley Folk An evening of folk music. *Ian* [12]

Sat 16 Woodbridge Wander and Curry 10-12 mile walk from Woodbridge with option of a curry after the walk. *Sarah* [4]

Sun 24 Assington Assignment South Suffolk 12 miles walk taking in Assington, Stone Street and the beautiful Box valley with some superb views. *Glen* [1]

Sat 30 Dedham Vale Walk A 9-10 mile figure of 8 including Dedham, Stratford St Mary and Flatford Mill. *Phil* [20]

SELECTED FUTURE EVENTS

Thu 9 – Mon 13 Nov * Ambleside Trip 4 nights in the Lake District, staying at a large self-catering property. *Sarah* [4]

IOG CALENDAR COLOUR KEY

IOG Outdoor Activities **IOG Overnight Adventures**

IOG Cycling **IOG Social Events** **IOG Family Events**

These walks require travel by train. In case of train strikes, they may be cancelled or substituted with a different walk.

IOG EVENT ORGANISERS THIS QUARTER

[1] – [11] event organisers with committee roles are overleaf

[12]	Ian Harland	ian@harlandfamily.co.uk 07917 766658
[13]	Anne Rawcliffe	anne.rawcliffe@btinternet.com
[14]	Ian Robinson	ianmarkrobinson@yahoo.com
[15]	Sally Ledger	sally.ledger@hotmail.com
[16]	John Mills	jmokapism@yahoo.co.uk
[17]	Dave Bird	davidxoz@btinternet.com
[18]	Anneliese Townsend	anneliesetownsend@hotmail.com
[19]	Kate Wright	kathrynwright123@gmail.com
[20]	Phil Durnford	phildurnford@totalise.co.uk