

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: Whole Hog 2023

Courtesy of Anni Meehan, October 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 2023/24

[1]	Glen Richards	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]	Kate Wright	newsletter@ipswichoutdoor.org
Members' Representative:		
[11]	Christina Bail	membersrep@ipswichoutdoor.org

Walk • Cycle • Run • Swim



Ipswich Outdoor Group

Winter 2024

PROGRAMME



Please contact organisers 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 [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 [12]*
Wednesday Cycle Ride May be during the day or evening. 15 to 25 miles at moderate pace. *Ian [13]*
Wednesday Walks Daytime, typically around 5-6 miles, check online calendar for details. *Lou [6]*
Thursday Evening Run 5-10km from town centre. *Peter [12]*
Saturday Ipswich parkrun / walk 5km 08:40 warm-up, 09:00 start. Pre-register: www.parkrun.org.uk/ipswich. *Peter [12]*
Monthly Climbing Session ~18:30 1st Mon eve of the month at www.avidclimbing.co.uk. Session costs apply. *Peter [9]*
Monthly IOG Social Meeting 2nd Mon, overleaf. *Glen [1]*
Monthly Jazz by the Waterfront Meet 19:00 at St Peter's, College St for 19:45. www.jazzbythewaterfront.com Tickets £10 in advance or £12 on the door. *Ian [13]*
Monthly Pub Social last Friday at the Dove. www.dovestreetinn.co.uk/ Come along and find out more about the group. No presentations or agenda, just a few drinks and a few laughs. From 7.30pm. *Simon [7]*

JANUARY

Mon 1 Climbing Session Probably not on New Years Day. Contact *Peter [9]* if interested in climbing in January.
Sat 6 Shrubland Park Walk A leisurely winter wander through Shrubland Park and the surrounding area, including the site of the old workhouse and a tunnel under the A14. Approx 10 miles. *Lou [6]*
Mon 8 IOG Social Meeting 2nd Mon, overleaf. Prospective members warmly welcomed! *Glen [1]*
Fri 19 Pub Games Evening at the Duke of York. *Julia [14]*
Fri 19 Henley Folk An evening of folk music. *Ian [13]*
Sun 14 Hollesley Hobnob A circular stroll of 7 to 8 miles including the southern fringe of Rendlesham Forest and visiting the local Shepherd and Dog pub afterwards. *Glen [1]*

Sun 21 Stowmarket Surroundings A route around the central, northern and western parts of Stowmarket and Onehouse village are included in this walk of circa 10 miles. A shorter alternative of 4 miles is also possible. *Glen [1]*
Fri 26 Pub Social at the Dove. Non-members welcome. *Simon [7]*
Sun 28 Iken Cliffs and Snape Walk 10-12 mile walk from Iken Cliffs passing through Tunstall Forest, Snape and Snape Warren. *Sarah [4]*

FEBRUARY

Sun 4 Fornham Fellowship A wander of around 11 miles from Bury St Edmunds through the villages of Fornham St Martin, Fornham St Genevieve and Fornham All Saints. *Glen [1]*
Mon 5 Climbing Session See Regular events. *Peter [9]*
Fri 9 Volunteering Opportunity for nature lovers in Suffolk area. Day 1 of 3, details to be confirmed. *Peter [9]*
Sun 11 Fynn Valley Walk A 9 mile circular walk from Rushmere Heath via Playford, Little Bealings and Kesgrave. *John [15]*
Mon 12 IOG Social Meeting 2nd Mon, overleaf. Prospective members encouraged to meet some new friends! *Glen [1]*
Fri 16 Henley Folk An evening of folk music. *Ian [13]*
Sat 17 Barn Dance at Clopton Village Hall. *Ian [13]*
Sun 18 Manningtree and Mistley Walk 12 mile walk from Manningtree passing through Mistley, Bradfield and Lawford. *Sarah [4]*
Fri 23 Volunteering Opportunity day 2 of 3. *Peter [9]*
Fri 23 Pub Social at the Dove. Non-members welcome. *Simon [7]*
Sun 25 Waldingfields Wanderlust The villages of Acton, Great Waldingfield and Little Waldingfield feature in this rural stroll of about 10 miles. *Glen [1]*

MARCH

Sat 2 - Sun 3 * Outdoor and Wild Country First Aid Course Public course, IOG members encouraged to attend. *Bob [8]*
Mon 4 Climbing Session See Regular events. *Peter [9]*
Sat 9 Orford Walk 12 mile walk from Orford passing through Sudbourne Marshes and Sudbourne, returning via Orford Castle. *Sarah [4]*
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 [13]*
Sat 16 Wivenhoe Wander A 7 mile-ish hike from Wivenhoe, followed by a wander around three of the pubs. Relatively easy to reach by train. *Tony [16]*
Sun 17 Colchester Walk 10 miles. *Gerry [17]*
Sun 17 Volunteering Opportunity day 3 of 3. *Peter [9]*
Fri 22 Pub Social at the Dove. Non-members welcome. *Simon [7]*
Sun 24 Framlingham Fringes The gently undulating and pleasant countryside around scenic Framlingham is traversed in this ramble of about 10 miles, but a shorter walk of about 5 miles will also be on offer. *Glen [1]*
Fri 29 – Tue 2 * Lake District Easter Trip in a large house in remote Eskdale. *Sarah [4]*

SELECTED FUTURE EVENTS

25-29 April * Peak District Trip returning to Edale. *Sarah [4]*

IOG CALENDAR COLOUR KEY

IOG Outdoor Activities **IOG Overnight Adventures**
IOG Cycling **IOG Social Events** **IOG Family Events**

IOG EVENT ORGANISERS THIS QUARTER

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

[12]	Peter Edwards	samwise@bagshot-row.org
[13]	Ian Harland	ian@harlandfamily.co.uk 07917 766658
[14]	Julia Capon	julia.capon@hotmail.co.uk
[15]	John Mills	jmokapism@yahoo.co.uk
[16]	Tony Scott	a.scott720@btinternet.com
[17]	Gerry Grundy	gerry.grundy@ntlworld.com