

# Ipswich Outdoor Group is all about having fun and meeting people

We are a friendly group who enjoy a varied programme of outdoor activities. We meet up for walks in the town and countryside, cycle rides, runs, conservation projects, swimming and much more.

We also go on trips away, such as long weekends to the Peak or Lake District or longer holidays in the UK and occasionally overseas. We often stay in large houses, hostels or tents in out-of-the-way locations, and we share cars to assist non-drivers and be kind to the environment.

Our members arrange all the events. There are activities suitable for all; most only require average fitness, but if you want something more challenging you will probably find other members with similar interests.

**IOG membership is only £10 a year and entitles you to discounts at many local outdoor/cycling retailers.**

You are welcome to attend a few of our local events before you join to see if the group is right for you. You must be a member of the group to join us on trips that include an overnight stay.

Local walks are great events to try first, or why not meet us at our monthly social at The Thomas Wolsey pub?

## Around 200 members

The group was founded in 1976 and has around 200 members. We welcome people of any age - singles, couples and families. Most of the group 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.

Visit our website to find out more

 [www.ipswichoutdoor.org](http://www.ipswichoutdoor.org)

**CONTACT THE GROUP / MEMBERSHIP ENQUIRIES**

Email (preferred): [enquiries@ipswichoutdoor.org](mailto:enquiries@ipswichoutdoor.org)

Or call Christina on 01473 211502

## Join us at our regular social meetings

Prospective members are welcome to come to our social meetings to find out more about the group.

We look forward to meeting you



We meet on the second Monday of every month at 20:00 upstairs in The Thomas Wolsey pub, 9 St Peter's Street, Ipswich, IP1 1XF.

Free limited on-street parking. Pay & Display car parks include:

**Cromwell Square,**  
St. Nicholas Street (£2.50  
from 14:00 Monday-Friday)



**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 their 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. Ipswich Outdoor Group, as far as the law permits, accepts no liability for loss, damage or injury incurred in relation to a group activity or associated travel.

(Cover picture: Group members in Snowdonia - Simon Fevyer)

# Ipswich Outdoor Group Programme - Spring 2024



## Get out there and enjoy life

Walk, cycle, run, swim & much more



# Spring Programme

If you are not a member of the group and would like to join us on any of these events, please contact the organiser for further information; their contact details are shown after the event description. Please contact organisers a few days before events. Events marked ▲ must be booked in advance.



## WEEKLY EVENTS

★ Events marked with a star are held every week. You can find more information about them here:

**SWIM ★ Evening Swim** Meet time varies with town centre public pool opening times. Session costs apply. *Peter - samwise@bagshot-row.org*

**WALK ★ Weekday Walk** Typically around 5-6 miles. Check online calendar for details: [www.ipswichoutdoor.org/programme/](http://www.ipswichoutdoor.org/programme/) *Lou - lou.gifeth@gmail.com*

**RUN ★ Evening Run** 5-10km from town centre.

*Peter - samwise@bagshot-row.org*

**RUN ★ parkrun/walk** Ipswich Area, 5km, 08:40 warm-up, 09:00 start.

Pre-register: [www.parkrun.org.uk/ipswich](http://www.parkrun.org.uk/ipswich). *Peter - samwise@bagshot-row.org*

**CYCLE ★ Cycle Ride** May be during the day or evening. 15 to 25 miles at moderate pace. *Ian - ian@harlandfamily.co.uk 07917 766658*

## APRIL

**CLIMB ★ Mon 1 Climbing Session**  
~18:30 at [www.avidclimbing.co.uk](http://www.avidclimbing.co.uk).  
Session costs apply.

*Peter - peter.3.thorpe@gmail.com*

**CYCLE ★ Wed 3 Cycle Ride**

**WALK ★ Wed 3 Weekday Walk**

**SWIM ★ Wed 3 Evening Swim**

**RUN ★ Thu 4 Evening Run**

**RUN ★ Sat 6 parkrun/walk**

**WALK ★ Sun 7 Great Bentley Walk**

An 8 mile walk from Great Bentley to Wivenhoe.

*John - jmokapism@yahoo.co.uk*

**SOCIAL ★ Mon 8 IOG Social Meeting**

Upstairs at the Thomas Wolsey pub, 8pm. Prospective members warmly welcomed! Come along and find out more about the group.

*Glen - chair@ipswichoutdoor.org*

**CYCLE ★ Wed 10 Cycle Ride**

**WALK ★ Wed 10 Weekday Walk**

**SWIM ★ Wed 10 Evening Swim**

**RUN ★ Thu 11 Evening Run**

**RUN ★ Sat 13 parkrun/walk**

**WALK ★ Sat 13 Trimley Marshes Walk**  
Morning circular walk around Trimley Marshes. Approx 6 miles.

*Angela - angela.bell22@btinternet.com*

**WALK ★ Sun 14 Badley Organised**

An undulating stroll of about 10 miles featuring Badley, Combs and Combs Ford areas.

*Glen - glen-richards@sky.com*

**CYCLE ★ Wed 17 Cycle Ride**

**WALK ★ Wed 17 Weekday Walk**

**SWIM ★ Wed 17 Evening Swim**

**RUN ★ Thu 18 Evening Run**

**SOCIAL ★ Fri 19 Pub Social**

At the Dove Street Inn from 7.30pm.

[www.dovestreetinn.co.uk/](http://www.dovestreetinn.co.uk/)

Come along for a fun social evening with the group. No presentations or agenda, just a few drinks and a few laughs.

*Simon - simonfevyer@gmail.com*

**SOCIAL ★ Fri 19 Henley Folk**

A fun evening at Henley Community Centre, from 8pm.

*Ian - ian@harlandfamily.co.uk*

*07917 766658*

**RUN ★ Sat 20 parkrun/walk**

**WALK ★ Sun 21 Semer Strut**

The attractive and hilly backdrops to Semer, Whatfield and Lindsey are encircled in this loop of around 10 miles.

*Glen - glen-richards@sky.com*

**CYCLE ★ Wed 24 Cycle Ride**

**WALK ★ Wed 24 Weekday Walk**

**SWIM ★ Wed 24 Evening Swim**

**TRIP AWAY ★ Thu 25 - Mon 29 ▲ Peak**

**District Trip** Staying at a large self-catering property in Edale. *Sarah - sarahsheppard101@hotmail.co.uk*

**RUN ★ Thu 25 Evening Run**

**RUN ★ Sat 27 parkrun/walk**

## MAY

**CYCLE ★ Wed 1 Cycle Ride**

**WALK ★ Wed 1 Weekday Walk**

**SWIM ★ Wed 1 Evening Swim**

**RUN ★ Thu 2 Evening Run**

**WALK ★ Fri 3 Evening Pub Walk** Foxhall/

Bucklesham walk, approximately

4.5 miles with visit to Bucklesham

Shannon Pub after the walk.

*Ian - ianmarkrobinson@yahoo.com*

**RUN ★ Sat 4 parkrun/walk**

**WALK ★ Sat 4 Bluebell Walk** 9-10 mile

walk from Pinewood seeking out

Bluebells in ancient woodland. *Sarah - sarahsheppard101@hotmail.co.uk*

**WALK ★ Sun 5 Hither Horringer**

Interesting green corridors feature in this 10-12 mile exploration of west and southwest Bury St Edmunds, taking in Horringer village.

*Glen - glen-richards@sky.com*

**CLIMB ★ Mon 6 Climbing Session**

~18:30 at [www.avidclimbing.co.uk](http://www.avidclimbing.co.uk).

Session costs apply.

*Peter - peter.3.thorpe@gmail.com*

**CYCLE ★ Wed 8 Cycle Ride**

**WALK ★ Wed 8 Weekday Walk**

**SWIM ★ Wed 8 Evening Swim**

**RUN ★ Thu 9 Evening Run**

**WALK ★ Fri 10 Christina's Evening**

**Amble** Approx 5 miles near Alton Water.

*Christina - chrissibail@gmail.com*

**SOCIAL ★ Fri 10 Henley Folk** A fun evening

at Henley Community Centre, from 8pm.

*Ian - ian@harlandfamily.co.uk*

*07917 766658*

**RUN ★ Sat 11 parkrun/walk**

**WALK ★ Sun 12 Hartest Walk** Hartest

circular walk of 13 miles, taking in Brockley, Hawkedon and Boxted. Lots of views over and across the scenic valleys and undulating landscapes. Option to

cut to 11 miles if it's too hot or wet.

*Andy - uphillsdnrrivers@outlook.com*

**SOCIAL ★ Mon 13 IOG Social Meeting**

Upstairs at the Thomas Wolsey pub,

8pm. Prospective members welcome.

*Glen - chair@ipswichoutdoor.org*

**CYCLE ★ Wed 15 Cycle Ride**

**WALK ★ Wed 15 Weekday Walk**

**SWIM ★ Wed 15 Evening Swim**

**RUN ★ Thu 16 Evening Run**

**TRIP AWAY ★ Fri 17 - Sun 19 ▲**

**Southwold Camping Trip**

A weekend under canvas near the

sunny seaside. *Anneliese - anneliesetownsend@hotmail.com*

**RUN ★ Sat 18 parkrun/walk**

**WALK ★ Sat 18 Southwold Steps**

A jaunt of about 10 miles through and around Southwold and Reydon.

*Glen - glen-richards@sky.com*

**SOCIAL ★ Sat 18 Barn Dance** At Clopton

Village Hall with the Hosepipe Band.

*Ian - ian@harlandfamily.co.uk*

*07917 766658*

**CYCLE ★ Wed 22 Cycle Ride**

**WALK ★ Wed 22 Weekday Walk**

**SWIM ★ Wed 22 Evening Swim**

**RUN ★ Thu 23 Evening Run**

**WALK ★ Fri 24 Evening Pub Walk**

Newbourne/Waldringfield walk,

approximately 5 miles with visit to

Newbourne Fox pub after the walk.

*Ian - ianmarkrobinson@yahoo.com*

**RUN ★ Sat 25 parkrun/walk**

**WALK ★ Sat 25 In the Footsteps**

**of Kings** 9 mile linear walk between

Melton and Wickham Market via

Ufford. 3 pubs on route. Train back

afterwards. *Claire -*

*c/o enquiries@ipswichoutdoor.org*

**CYCLE ★ Wed 29 Cycle Ride**

**WALK ★ Wed 29 Weekday Walk**

**SWIM ★ Wed 29 Evening Swim**

**RUN ★ Thu 30 Evening Run**

**WALK ★ Fri 31 Christina's 3 Parks**

**Walk** Evening walk of approx 5 miles

around some of Ipswich's parks.

*Christina - chrissibail@gmail.com*

**SOCIAL ★ Fri 31 Pub Social**

At the Dove Street Inn from 7.30pm.

[www.dovestreetinn.co.uk/](http://www.dovestreetinn.co.uk/)

*Simon - simonfevyer@gmail.com*

## JUNE

**RUN ★ Sat 1 parkrun/walk**

**WALK ★ Sat 1 Beccles Walk** A walk in

the Beccles area, via Geldeston and

Angles Way, approx 7 miles. *Angela -*

*angela.bell22@btinternet.com*

**WALK ★ Sun 2 Melton Walk**

9 mile walk from Melton taking in

Ufford and Eyke. *Sarah -*

*sarahsheppard101@hotmail.co.uk*

**CLIMB ★ Mon 3 Climbing Session**

~18:30 at [www.avidclimbing.co.uk](http://www.avidclimbing.co.uk).

Session costs apply.

*Peter - peter.3.thorpe@gmail.com*

**CYCLE ★ Wed 5 Cycle Ride**

**WALK ★ Wed 5 Weekday Walk**

**SWIM ★ Wed 5 Evening Swim**

**RUN ★ Thu 6 Evening Run**

**WALK ★ Fri 7 Evening Pub Walk**

Shotley/Erwarton walk,

approximately 6 miles with a visit

to the Bristol Arms pub after the walk.

*Ian - ianmarkrobinson@yahoo.com*

**RUN ★ Sat 8 parkrun/walk**

**WALK ★ Sat 8 Shrubland Park Walk** A

leisurely 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 - lou.gifeth@gmail.com*

**WALK ★ Sun 9 Trimley Walk**

A 10 mile circular walk around Trimley.

*John - jmokapism@yahoo.co.uk*

**SOCIAL ★ Mon 10 IOG Social Meeting**

Upstairs at the Thomas Wolsey pub,

8pm. Both members and non-members

cordially invited. Come along and find

out more about the group.

*Glen - chair@ipswichoutdoor.org*

The Programme page of our website is updated frequently and may show events that have been added after the printing of this leaflet.  
[www.ipswichoutdoor.org/programme/](http://www.ipswichoutdoor.org/programme/)

You are responsible for contacting IOG event organisers well in advance to obtain details, let them know of your attendance and report 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 the event organiser first.