THE SUFFOLK WALKING FESTIVAL 2015
9th - 31st May
We have a packed programme of over 90 guided walks for you in this year’s Suffolk Walking Festival, making it our biggest and most exciting yet. The whole county is covered with walks along the Suffolk coast, around our market towns and medieval villages and through the lovely, tranquil countryside that Suffolk is so well known for.

During the three week event, we have an eclectic mix of walks leaving from Brandon Country Park, inviting visitors to explore the beautiful Thetford Forest. These range from the Sketch Book Strolls with an artist, for children and adults; Food Glorious Food, a seven mile walk through the heart of the forest, to the award-winning restaurant at the Elvedon Hall Estate for lunch; a Mini Beast Trail for children and the Brecks Challenge Walk, a 15 mile walk along the new long distance Brecks Trail.

Elsewhere in the county, we have delights such as: A Scottish Visionary and His Fairytale Village starting from Thorpeness on the coast; Worthy Women of Ipswich exploring the lives of remarkable women who have made their mark on our county town; Flinty Adventures through the Suffolk Coast & Heaths Area of Outstanding Natural Beauty; Knights, Dragons and Tudor Mysteries along part of the Stour Valley Path; Beachcombing for Beginners on Felixstowe beach and many, many more.

Some walks include refreshments and there is a good range of distances and levels of difficulty, from energetic to easy and everything in between. Dogs are welcome on many of the walks and some are wheelchair and pushchair friendly.

Please visit suffolkwalkingfestival.co.uk to book your tickets.

We look forward to seeing you soon!

A MESSAGE FROM OUR PATRON

I’m really excited to have been asked to be patron of the Walking Festival - I love Suffolk and I really enjoy walking so what could be better than a Suffolk Walking Festival!! Many others obviously agree with me because the event has grown so much over the last few years.

I first heard about it as the South and Heart of Suffolk Walking Festival when it started in 2007 and there were just 30 walks. This year the programme includes over 90 guided walks and they are right across the county.

There is something for everyone, so whether you like history or food, walking through the woods or along the coast and whether you have a family or you like striding out on your own, you’ll find a walk suitable for you.

Aside from the health benefits of getting out into the fresh air for a bit of exercise, I reckon we spend so much of our time whizzing between the hedgerows in our cars that this is a wonderful chance to slow the pace a little and to see, hear and smell some of the delights of Suffolk.

Lesley

Lesley Dolphin
Producer/Presenter, BBC Radio Suffolk

Partners

The Suffolk Walking Festival is supported by all the local authorities in Suffolk and our appreciation goes especially to our sponsors, Suffolk County Council’s Discover Suffolk Project, Babergh, Forest Heath and Mid Suffolk District Councils and Ipswich and St Edmundsbury Borough Councils. We are grateful to our media partners EADT Suffolk Magazine and BBC Radio Suffolk for their ongoing promotion of our festival and thanks to Costwold Outdoor and Vitavia for their support too. Special and heartfelt thanks to our walks leaders, who make this festival so enjoyable, and to our patron Lesley Dolphin. We are grateful to them all.

Front cover image: Gainsborough painting reproduced by kind permission of Gainsborough’s House, Sudbury
Booking Your Tickets
Please note that it is essential to book your place on all our walks, to enable us to manage the group size.

You can book in person at any of the tourist information centres listed below, or online at suffolkwalkingfestival.co.uk

Aldeburgh: Tel 01728 453637
48 High Street, Aldeburgh IP15 5AB

Bury St Edmunds: Tel 01284 764667
The Apex, 1 Charter Square
Bury St Edmunds IP33 3FD

Ipswich: Tel 01473 258070
St. Stephen’s Church
St. Stephen’s Lane, Ipswich IP1 1DP

Lavenham: Tel 01787 248207
Lady Street, Lavenham CO10 9RA

Lowestoft: Tel 01502 533600
Royal Plain, Lowestoft NR33 0AP

Southwold: Tel 01502 724729
7 Childs Yard, Southwold IP18 6DX

Stowmarket: Tel 01449 676800
Museum of East Anglian Life
Stowmarket IP14 1DL

Sudbury: Tel 01787 881320
The Library, Market Hill
Sudbury CO10 2EN

Further Information
For more information on places to visit and things to see in Suffolk, please go to suffolkwalkingfestival.co.uk

Key to Symbols

1 Please see individual walks for precise location

2 Refreshments available along route or at the beginning/end

WC Toilet facilities are available at the start/end of the walk

Dogs are welcome but must be kept on a lead at all times

Children’s walk

Accessible for pushchair users

Accessible for wheelchair users

Parking
There is parking available at, or close to, the meeting points for all walks. Vehicles are parked at their owners’ risk.

National Rail:
Tel: 0845 7484950 nationalrail.co.uk
Stations include: Beccles, Bury St Edmunds, Diss, Felixstowe, Halesworth, Ipswich, Lowestoft, Manningtree, Needham Market, Saxmundham, Stowmarket, Sudbury, Thetford and Woodbridge.

National Express:
Tel: 0871 7818178 nationalexpress.com
Set down points include: Beccles, Bury St Edmunds, Felixstowe, Ipswich, Lowestoft, Mildenhall, Oulton Broad and Stowmarket.

Transport
Any bus fares, car parking or entrance fees will need to be paid for on the day, unless otherwise stated. For further information on public transport:

National Rail:
Tel: 0845 7484950 nationalrail.co.uk
Stations include: Beccles, Bury St Edmunds, Diss, Felixstowe, Halesworth, Ipswich, Lowestoft, Manningtree, Needham Market, Saxmundham, Stowmarket, Sudbury, Thetford and Woodbridge.

National Express:
Tel: 0871 7818178 nationalexpress.com
Set down points include: Beccles, Bury St Edmunds, Felixstowe, Ipswich, Lowestoft, Mildenhall, Oulton Broad and Stowmarket.

Local rail, coach and bus information
Traveline East Anglia:
Tel: 0871 2002233 travelineeastanglia.co.uk

Equipment and Clothing
Please ensure that you are properly equipped for all walks. Always bring warm and waterproof clothing - just in case! Walking boots are recommended, but otherwise please wear suitable and comfortable footwear. Make sure that you also bring a packed lunch, if necessary, and plenty to drink.

Cancellation and Refund Policy
A walks leader will be at the start of the walk regardless of the weather, but if the walk has to be cancelled due to unforeseen circumstances, we will endeavour to contact you beforehand. Please leave a mobile number if appropriate, when you book.

Refunds will not be given unless a walk is cancelled by the organisers or their agents.

Disclaimer
Whilst we endeavour to make all our walks as safe and as enjoyable as possible, any event attended is done so at your own risk. Due care has been exercised in organising the WALKING FESTIVAL, however the COUNCILS and sponsors accept no liability for loss, accident or injury caused to any person following the routes. You are advised to check your own personal accident cover before taking part.

You need to choose walks within your capabilities; the walk leaders are experienced but must take your word that you are sufficiently fit for the grade of walk you have chosen. In the event of any unforeseen circumstances, the Suffolk Walking Festival partners reserve the right to change or cancel a walk without prior notice.

Children
Children are welcome on most walks but those 16 years of age and under must be accompanied by an adult.

Dogs
Where dogs are permitted on the walks, please keep them on a lead at all times.
1. **LAUNCH WALK: A WOODLAND WANDER**
   - **Location:** Brandon Country Park
   - **Duration:** 1.5 hrs / **Distance:** 1.5 miles
   - **Start & End Ref:** Visitor Centre, Brandon Country Park, Brandon IP27 0SU
   - After the official launch of the Suffolk Walking Festival, enjoy a fascinating wander with the Senior Ranger around historic Brandon Country Park. See the famous arboretum with its impressive collection of Giant Redwoods, Monterey Pines and Copper Beech trees, the ‘haunted’ mausoleum, and the wonderful walled garden.
   - **i:** Please arrive for coffee and cake at 10am. The official launch of the walking festival will take place at 10.30am and the launch walk will leave at 11am.
   - **£5 (includes refreshments and car parking)**

2. **NORDIC WALKING TASTER SESSION**
   - **Location:** West Stow Country Park
   - **Duration:** 1 hr / **Distance:** 2.5 miles
   - **Start & End Ref:** West Stow Country Park near Bury St Edmunds IP28 6HG
   - This walk provides an introduction to Nordic Walking. More than just the latest fitness craze, it turns a walk into a workout that’s fun and suitable for most people. Using Nordic Walking poles gives your upper body a workout too.
   - **£3**

3. **CURLEW RIVER – IN BRITTEN’S FOOTSTEPS**
   - **Location:** Snape Maltings
   - **Duration:** 2-3 hrs / **Distance:** 4-5 miles
   - **Start & End Ref:** On Snape Bridge, Snape Maltings IP17 1SP
   - Walk in the footsteps of Suffolk’s most famous composer. Listen to the eerie call of the birds on the Alde estuary, which inspired Britten to write his ‘Curlew River’. The guides will explain wildlife and music on this relaxed evening walk.
   - **i:** Dark coloured clothing, insect repellent and sturdy footwear are recommended.
   - **£3**

4. **WHERE TWO RIVERS MEET**
   - **Location:** Bury St Edmunds
   - **Duration:** 1.5-2 hrs / **Distance:** 2.5 miles
   - **Start & End Ref:** Abbey Gardens Bury St Edmunds IP33 1LS Meet at the Norman gate (main entrance)
   - Join the Bury Water Meadows Group on an exploration of the rivers and water meadows around Bury St Edmunds. Discover green areas that even many locals don’t know about and find out what’s unique about these rivers in Suffolk.
   - **Free (Donations to the work of the Bury Water Meadows Group are welcome)**

5. **HORSESHOE TRAIL**
   - **Location:** Moulton
   - **Duration:** 5 hrs / **Distance:** 9.5 miles
   - **Start & End Ref:** Moulton Packhorse Bridge, Moulton CB8 8SP
   - This is horse racing country, just a few short gallops from Newmarket. Known locally as the Three Churches Walk, the route takes in the villages of Moulton, Gazeley and Dalham, with much of the walk following the Icknield Way. Look out for thoroughbred horses at the Gazeley Stud or grazing on the village green at Moulton.
   - **i:** We will be stopping for drinks at the Affleck Arms in Dalham (not included)
   - **Free (not suitable for under 12s)**

6. **A RAMBLE AROUND THE MIDDY**
   - **Location:** Wetheringsett
   - **Duration:** 2.5 hrs / **Distance:** 5 miles
   - **Start & End Ref:** Mid-Suffolk Light Railway Museum, Brockford Station, Wetheringsett IP14 SPW
   - Enjoy a circular walk in the countryside around Wetheringsett, starting along the tracks at the Mid-Suffolk Light Railway (The Middy) Museum. No trains will be running that day. The museum will be open.
   - **i:** There are 3 stiles along the route
   - **Adults £3; children 16 and under, free**
7  **ON THE TRAIL OF ST EDMUND!**  
Sunday 10th May, 2pm

Location: Newton Park  
Duration: 3 hrs / Distance: 5 miles  
Start & End Ref: Visitor Centre, Newton Park, Newton Road, Bury St Edmunds IP29 5BD  
Who was Edmund? And where is he? Enjoy a circular walk with Bury Ramblers and discover more about England’s one time Patron Saint who gives our town its name!  
Free

8  **ROUNDING 'THE POINT'**  
Monday 11th May, 10am

Location: Landguard  
Duration: 1.5 hrs / Distance: 2 miles  
Start & End Ref: The Visitor Centre, Off Viewpoint Road, Felixstowe IP11 3TV  
Join the Landguard Ranger on a jaunt that takes you to the southern most point of Suffolk. Discover along the way, why Landguard Nature Reserve is a Site of Special Scientific Interest and learn about its historical significance.  
Free (Donations welcome for bird feeding supplies)

9  **FANTASY VILLAGE AND WWII TRENCHES**  
Monday 11th May, 10am

Location: Thorpeness  
Duration: 3 hrs / Distance: 5-6 miles  
Start & End Ref: On the Green outside the Thorpeness Meare Tearoom IP16 4NW  
Walk through the holiday village of Thorpeness and learn about its former Scottish owner and his social vision. We will carry on to nearby RSPB North Warren reserve and explore one of the best preserved WWII strong points in the country, with pillboxes and trench system.  
It: The walk is over rough, possibly muddy terrain.  
Adults £6; children 15 and under, £3

10  **HISTORY AND HOLINESS**  
Monday 11th May, 10.30am

Location: Bury St Edmunds  
Duration: 1.5 hrs / Distance: 1 mile  
Start Ref: St Saviour’s, Fornham Road, Bury St Edmunds IP32 6AH  
End Ref: Abbey Ruins, Abbey Gardens, Bury St Edmunds IP33 1UJ  
Follow in the footsteps of countless pilgrims making their way to the Abbey of St Edmund and find out about life for the monks living under the Rule of St Benedict. At each stopping point there will be a brief description of the history of the area and a relevant reading from the Rule with some modern day spiritual thoughts.  
It: This tour is led by staff of St Edmundsbury Cathedral. Not suitable for children.  
£4

11  **THE BRECKS CHALLENGE: WALKING THE BRECKS TRAIL**  
Tuesday 12th May, 9am

Location: Brandon Country Park  
Duration: 7-8 hrs / Distance: 15 miles  
Start Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SJ  
End Ref: West Stow Country Park nr Bury St Edmunds IP28 6HG  
New for 2015! Join David Falk, Manager of Brandon Country Park, for the inaugural walk along the new, long distance ‘Brecks Trail’. When completed, the trail will run for over 20 miles through the Suffolk Brecks. For this event we will walk between Brandon and West Stow Country Parks.  
It: Not suitable for young children.  
£15 (Including morning coffee, coach return and parking)

12  **EXPLORE THE GLEM VALLEY**  
Tuesday 12th May, 9.45am

Location: Hardest  
Duration: 5 hrs / Distance: 7.5 miles  
Start & End Ref: Meet at Hardest village sign on the village green IP29 4DH  
This circular Glam Valley walk starts and ends in the picturesque village of Hardest. It passes via Glensford through open farmland with panoramic views of the Suffolk countryside and Tudor houses built when the area was booming due to the wool trade in the 1400s.  
It: Please park around the village green. Lunch stop in Glensford churchyard.  
Adults £5: children 12 and under, free

13  **ALTON WATER AMBLE**  
Tuesday 12th May, 10am

Location: Alton Water, Stutton  
Duration: 2.5 hrs / Distance: 3 miles  
Start & End Ref: Alton Water Car Park off B1080 in Stutton - IP9 2RY  
Easy access trail to Larch Wood and a folly known as the Tattlestone Wonder and back. The trail is suitable for all fitness levels and is wheelchair and buggy friendly. Enjoy views of the river and bring your binoculars for some bird watching.  
It: There may be some undulating paths, but weather permitting, paths should be firm.  
Free

14  **ON THE TRACKS OF PIONEERS**  
Tuesday 12th May, 10.30am

Location: Boxford to Groton and back  
Duration: 1.5-2 hrs / Distance: 2-3 miles  
Start Ref: St Mary’s Church (south side), Boxford CO10 5DU  
End Ref: White Hart, Boxford CO10 5DX  
The walk includes Boxford and Groton churches; fine architecture in Swan Street, quiet country lanes, open fields and woodlands, an ancient mulberry tree, and associations with the Winthrop family, who emigrated to America in 1630.  
It: Not suitable for very young children.  
Adults £5; children 14 and under, £2

15  **DUNWICH HEATH HEALTH WALK**  
Tuesday 12th May, 11am

Location: Dunwich Heath  
Duration: 1 hr / Distance: 1.5 miles  
Start & End Ref: Dunwich Heath and Beach, Dunwich, Saxmundham IP17 3DJ  
Described as one of the most dramatic settings in Suffolk, this heathland provides accessible walking for all. A short Grade 1 Health Walk with wonderful coastal views and plenty of opportunity to use your binoculars to good effect! Plenty of benches along the way and Health Walk leaders to support all levels of walker.  
It: The National Trust has one mobility scooter for this terrain (firm paths) which must be booked in advance (Tel 01728 648 501). Parking charges apply for non-National Trust members.  
Free

16  **A WALK AROUND EYE CASTLE**  
Tuesday 12th May, 2pm

Location: Eye  
Duration: 1.5 hrs / Distance: 1.5 miles  
Start & End Ref: Eye Castle, Eye IP23 7AP  
A walk around Eye Castle will unravel 1000 years of history. Discover how the castle has links to some of Britain’s most notable events. There are 75 steps to the top of the motte and this is an optional part of the walk.  
It: Pushchairs are not able to get to the top of the motte.  
Adults £3: children 15 and under, £1.50
17 THE PONDS OF HELMINGHAM
Wednesday 13th May, 10am

Location: Helmingham Hall Gardens
Duration: 2hrs / Distance: 6 miles
Start & End Ref: The Coach House Tearooms, Helmingham Hall, Helmingham, Stowmarket IP14 6EF

A picturesque and informative walk which explores the various ponds of the Helmingham Estate. Find out how and why they were created for different and interesting uses.

Price: Includes entry to the Grade I Listed gardens for the rest of the afternoon.

Adults £8; children 15 and under, £4; under 5s, free
(Includes entry to gardens)

18 RADAR AND REDSHANKS
Wednesday 13th May, 10.30am

Location: Bawdsey Quay
Duration: 5-6hrs / Distance: 9 miles
Start Ref: TM332381 (this is the car park in the woods, not the one at the end of the road)
End Ref: TM344454

A walk from Bawdsey Quay to the Suffolk Punch Trust via Shingle Street and the RSPB site at Hollesley Marshes. The walk includes about three miles along the beach.

A minibus is provided to return walkers back to the starting point. Not suitable for young children.

Price: £8 (including tea and cake at the Suffolk Punch Trust and minibus return)

19 MELFORD MEANDER
Wednesday 13th May, 11am

Location: Long Melford
Duration: 1.5hrs / Distance: 1 mile
Start Ref: Long Melford Church CO10 9DT
End Ref: Bull Hotel, Long Melford CO10 9JG

A leisurely stroll around Long Melford where you will learn about the importance of the old mill, the Clapton family, and the two wonderful historic houses Kentwell and Melford Halls, which are open to the public.

Price: £8; children 5-14, £2

20 WANDER TO THE WATERFRONT
Wednesday 13th May, 7pm

Location: Ipswich
Duration: 1.5hrs / Distance: 2 miles
Start Ref: Tourist Information Centre, St Stephen’s Church, St Stephen’s Lane, Ipswich IP1 1DP
End Ref: Old Custom House, Key Street, Ipswich, IP4 1BY

A leisurely walk from Ipswich Tourist Information Centre to the vibrant waterfront area, with an opportunity to view some of Ipswich’s key historic buildings and hear fascinating tales of characters associated with the town’s past.

Price: Assistance dogs are welcome on this walk.

£4

21 BENJAMIN BRITTEN’S ALDEBURGH
Thursday 14th May, 10.30am

Location: Aldeburgh & Thorpeness
Duration: 4hrs / Distance: 8 miles
Start & End Ref: Thorpeness Beach Pay & Display Car Park, Thorpeness IP16 4NW

Aldeburgh, once a busy port renowned for fishing and shipbuilding, is now better known for its famous resident, Benjamin Britten. This circular walk starting in Thorpeness takes in beaches, marshes and meadows on the way to Aldeburgh, where we will be stopping for famous Aldeburgh fish and chips!

Price: Lunch is not included in the ticket price. Please bring a packed lunch if not having fish and chips.

£8 (including tea/coffee & scone)

22 A DATE WITH CLARE
Thursday 14th May, 10.30am

Location: Clare
Duration: 1.5hrs / Distance: 1.5 miles
Start Ref: Clare Country Park, CO10 8NW
End Ref: Clare War Memorial, Market Hill, Clare, CO10 8NN

Visit the Augustinian Priory and enjoy a short stroll through the picturesque streets of Clare, to the parish church which stands in the centre of the village.

Price: £8 (includes cream tea and parking)

Adults £5; children 5-14, £2.50

23 MELFORD MEANDER
Thursday 14th May, 11am

Location: Long Melford
Duration: 1.5hrs / Distance: 1 mile
Start Ref: Long Melford Church CO10 9DT
End Ref: Bull Hotel, Long Melford CO10 9JG

A leisurely stroll around Long Melford where you will learn about the importance of the old mill, the Clapton family, and the two wonderful historic houses Kentwell and Melford Halls, which are open to the public.

Price: £5; children 5-14, £2

24 "IF YOU GO DOWN TO THE WOODS TODAY…"
Thursday 14th May, 1pm

Location: Brandon Country Park
Duration: 2.5hrs / Distance: 3.5 miles
Start & End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU

Explore the beauty of Thetford Forest with its mixed woodland, heathland and parkland. Guided by the Senior Ranger of Brandon Country Park, this walk will uncover the history and heritage of the formal parkland and the managed forest estate, seeking out the wildlife and nature in this fascinating corner of The Brecks.

Price: £7 (includes cream tea and parking)

Adults £5; children 5-14, £2

25 FROM RIVER TO RESERVOIR
Friday 15th May, 9.30am

Location: Wherstead
Duration: 6hrs / Distance: 12 miles
Start & End Ref: Suffolk Food Hall, Wherstead, Ipswich, IP9 2AB

A beautiful route passing along footpaths, tracks and lanes from the award-winning Suffolk Food Hall to Alton Water and back, for a delicious cream tea. We’ll pause for lunch at the reservoir and hopefully see a display of bluebells on the return leg.

Price: Adults £7; children 5-16 £4
(includes tea/coffee & scone)

26 VIEWS FROM THE PUNCHBOWL
Friday 15th May, 10.30am

Location: Battisford
Duration: 2hrs / Distance: 4.5 miles
Start & End Ref: Punch Bowl Community Inn, Battisford Tye IP14 2LQ

Starting and finishing at the Punchbowl Inn, following field edge paths and quiet lanes and offering views of the pretty scenery around Battisford. Lunch at the Punchbowl by arrangement to finish the walk.

Price: Orders for lunch will be taken at the start of the walk.

Free

27 COME SOUTH OVER STOKE
Friday 15th May, 2pm

Location: Ipswich
Duration: 1.5hrs / Distance: 2 miles
Start Ref: Old Custom House, Ipswich Waterfront, IP4 1BY
End Ref: Last Anchor, Haven Marina, New Cut East, Ipswich IP3 0EA

Discover the maritime history of Ipswich as we walk along the waterfront, then venture over the bridge to hear the story of Stoke, visit a fine medieval church, an ancient inn and the People’s Hall. Ends at Last Anchor for refreshments.

Price: Assistance dogs are welcome on this walk.

£8 (includes refreshments)
28 BEACHCOMBING FOR BEGINNERS
Friday 15th May, 2.30pm
Location: Felixstowe Beach
Duration: 1.5-2 hrs / Distance: 1 mile
Start Ref: Felixstowe Pier, Undercliff Road West, Felixstowe IP11 2AB
End Ref: Manor Terrace Car Park, Manor Terrace, Felixstowe IP11 2EL
Hornwrack, sea glass, Mermaid’s Purses. All of these evocatively named items have been found on our Suffolk Coast. More of an amble than a walk, exploring and sharing what we find whilst learning what should and shouldn’t be on our shingle beaches.
It: This walk will go ahead whatever the weather except in torrential rain or sea storm conditions.
Wear suitable footwear for walking on shingle stones. Suitable for any child that can walk on their own or be carried on shingle.
Adults £3; children 16 and under, £2

29 THE BRECKS CHALLENGE: WALKING THE BRECKS TRAIL
Saturday 16th May, 9am
Location: Brandon Country Park
Duration: 7-8 hrs / Distance: 15 miles
Start Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SJ
End Ref: West Stow Country Park nr Bury St Edmunds IP28 6HG
New for 2015! Join David Falk, Manager of Brandon Country Park, for the inaugural walk along the new, long distance ‘Brecks Trail’. When completed, the trail will run for over 20 miles through the Suffolk Brecks. For this event we will walk between Brandon and West Stow Country Parks.
It: Not suitable for young children.
£15 (including morning coffee, coach return and parking)

30 A BONNY RAMBLE
Saturday 16th May, 10am
Location: Barking Tye, nr Needham Market
Duration: 2.5 hrs / Distance: 3 miles
Start & End Ref: Village Hall car park, Barking Tye IP6 8HP
Bonny Wood is an ancient coppice woodland, steeped in history. The guided walk will highlight the abundance of wildlife found there.
It: A Suffolk Wildlife Trust, Stowmarket Group event.
Free (donations welcome)

31 NORDIC WALKING TASTER SESSION
Saturday 16th May, 11am
Location: West Stow Country Park
Duration: 1 hr / Distance: 2.5 miles
Start & End Ref: West Stow Country Park near Bury St Edmunds IP28 6HG
This walk provides an introduction to Nordic Walking. More than just the latest fitness craze, it turns a walk into a workout that’s fun and suitable for most people. Using Nordic Walking poles gives your upper body a workout too.
£3

32 A SCOTTISHVISIONARY AND HIS FAIRYTALE VILLAGE
Sunday 17th May, 10am
Location: Thorpeness
Duration: 2 hrs / Distance: 2-3 miles
Start and End Ref: On the Green outside the Thorpeness Meare Tearoom IP16 4NW
Learn about a poor fishing village that has recently become a place for the rich. This guided walk will lead through the once private fantasy village built from 1910 and tell of its founder and his dream of the perfect coastal holiday resort for families.
Adults £6; children 15 and under, £3

33 NEWMARKET - SPORT OF KINGS
Sunday 17th May, 11am
Location: Newmarket
Duration: 1.5 hrs / Distance: 3 miles
Start and End Ref: All Saints pay & display car park, All Saints Road, Newmarket, CB8 8ET
With over 2,000 thoroughbred horses based at Newmarket for training, it is a town utterly devoted to racing, with farriers, saddlers and bookmakers taking the place of conventional shops. This walk takes in many of the sights associated with a quick canter through the world of horse racing, ending at the National Horse Racing Museum for lunch.
It: Lunch is not included in the ticket price. Not suitable for children under 10. The walk is 1.5 hours, but please allow time for lunch and museum visit.
£6 (Includes entrance to National Horseracing Museum)

34 STROLLING IN GAINSBOURGH’S FOOTSTEPS
Sunday 17th May, 1am
Location: Sudbury
Duration: 1.5-2 hrs / Distance: 1.5 miles
Start Ref: The Library, Market Hill, Sudbury. CO10 2EN
End Ref: Gainsborough’s House, 46 Gainsborough’s Street, Sudbury CO10 2EU
Join the Landguard Ranger on a jaunt that takes you to the southern most point of Suffolk. Discover along the way, why Landguard Nature Reserve is a Site of Special Scientific Interest and learn about its historical significance.
Free (Donations welcome for bird feeding supplies)

35 ROUNING ‘THE POINT’
Monday 18th May, 10am
Location: Landguard
Duration: 1.5 hrs / Distance: 2 miles
Start & End Ref: The Visitor Centre, Off Viewpoint Road, Felixstowe IP1 3TW
Join the Landguard Ranger on a jaunt that takes you to the southern most point of Suffolk.

36 THE A-Z OF BURY ST EDMUNDS
Monday 18th May, 10am
Location: Bury St Edmunds
Duration: 3 hrs / Distance: 3 miles
Start & End Ref: Angel Hill, Bury St Edmunds IP33 1LT
An historical tour of the streets of Bury St Edmunds, starting with Angel Hill and walking through the whole alphabet. Not necessarily in alphabetical order however and you will be intrigued as to where we go next!
Adults £5; children over 12, £2; children 12 and under, free
37 WALKING IN THE FOOTSTEPS OF CONSTABLE
Monday 18th May, 1pm

Location: Flatford
Duration: 3 hrs / Distance: 5 miles
Start & End Ref: Bridge Cottage, Flatford CO7 6UL

Join a National Trust guide for a walk through the beautiful Suffolk and north Essex countryside. The walk will visit some of the places and views made famous by the artist John Constable.
It: If you use the National Trust car park at Flatford, there will be a £3.50 charge for non-National Trust members.
Adults £6; children 15 and under, free

38 THE HELMINGHAM ESTATE WALK
Tuesday 19th May, 9am

Location: Helmingham Hall Gardens, Helmingham
Duration: 4 hrs / Distance: 10-12 miles
Start & End Ref: The Coach House Tearooms, Helmingham Hall, Helmingham, Stowmarket IP14 6EF

Our Head Forester will guide you around the Helmingham Estate and tell you about the red and fallow deer within the 400 acre deer park, as well as many fascinating stories regarding historic Helmingham and its ancient trees.
It: A hot lunch with tea/coffee and entry to the Grade 1 Listed gardens is included in the price.
Adults £17; children 15 and under, £12; under 5s free

39 SKETCH BOOK STROLLS
Tuesday 19th May, 10am

Location: Brandon Country Park
Duration: 3 hrs / Distance: 3-5 miles
Start and End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU

A guided walk based on the history of Lavenham Blue broadcloth; how its production brought huge wealth to Lavenham and how we still use some of the sayings from that period. Finishing at the iconic Swan Hotel for a cream tea.
£12 (includes cream tea)

40 LAVENHAM BLUE
Tuesday 19th May, 2.30pm

Location: Lavenham
Duration: 1.5 hrs / Distance: 1 mile
Start Ref: Lavenham Tourist Information Centre, Lady Street, Lavenham CO10 9RA
End Ref: Swan Hotel, High Street, Lavenham CO10 9QA

A guided walk focused on the history of Lavenham Blue broadcloth; how its production brought huge wealth to Lavenham and how we still use some of the sayings from that period. Finishing at the iconic Swan Hotel for a cream tea.
£12 (includes cream tea)

41 FOOD, GLORIOUS FOOD
Wednesday 20th May, 9.30am

Location: Brandon Country Park
Duration: 3 hrs / Distance: 7 miles
Start & End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU
End Ref: The Courtyard at Elveden, London Road, Elveden, Thetford IP24 3TQ

Walk on your stomachs! We start our day at the Copper Beech Tearoom at Brandon Country Park with a morning coffee and tasty treat. We’ll then take a meandering walk into the heart of Thetford Forest along ancient droves before arriving at the award winning Restaurant at The Courtyard at Elveden. Here we will enjoy a light lunch sampling locally sourced produce from the Elveden Estate and surrounding area. It: Dogs are not allowed in the tea room or restaurant.
£20 (including morning coffee, light lunch, coach return and car-parking)

42 KNIGHTS, DRAGONS AND TUDOR MYSTERIES!
Wednesday 20th May, 10am

Location: Bures
Duration: 3-4 hrs / Distance: 4 miles
Start Ref: St Mary’s Church, Bures CO8 5AA
End Ref: Lodge Hills, Wormingford CO6 3AD

Walk from Wormingford visiting on the way the chapel of St Edmund, Walk along the Stour Valley Path and wonder who put the ‘worm’ in Wormingford! The walk will end at Lodge Hills at the site of a Tudor mystery, with views of the Stour Valley.
It: From Wormingford we return to Bures by bus (fare not included). Bring your bus pass if appropriate. Parking may be available at Bures Village Hall.
Adults £5; children 5-14, £2

43 THORNHAM ESTATE, PAST, PRESENT AND FUTURE
Wednesday 20th May, 10am

Location: Thornham Walks, Thornham
Duration: 2 hrs / Distance: 3-4 miles
Start & End Ref: Thornham Walks main car park IP23 8HH

A stroll around the Thornham Estate, learning about its past, present and future. As we walk around this beautiful estate the various wildflowers, trees and bird species will be identified.
Adults £6; children 16 and under, free

44 ACROSS THE MARSHES TO THE CASTLE
Wednesday 20th May, 11am

Location: Orford
Duration: 2 hrs / Distance: 4 miles
Start and End Ref: Orford Car Park IP12 2NU

Orford is one of the prettiest and most historic villages in Suffolk. This walk explores the lonely marshes before heading back through the village, passing the castle and ancient church.
Adults £3; children 15 and under, free

45 BRANDON COUNTRY PARK HEALTH WALK
Wednesday 20th May, 11am

Location: Brandon Country Park
Duration: 1 hr / Distance: 1.5 miles
Start and End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU

A leisurely Grade 1 Health Walk for everyone who enjoys getting out. This is an inclusive walk to enable pushchairs, manual wheelchairs, those with mobility difficulties, young or old to walk in this lovely country park.
It: Free blue badge parking

46 WORTHY WOMEN OF IPSWICH
Wednesday 20th May, 2.15pm

Location: Ipswich
Duration: 1.5 hrs / Distance: 2 miles
Start Ref: Tourist Information Centre, St Stephen’s Church, St Stephen’s Lane, Ipswich IP1 1DP
End Ref: Neptune Café 90-92 Fore Street, Ipswich, IP4 1LB

Walk from the town centre to the waterfront of our historic county town to explore the lives of remarkable women who made their mark on the town – and further afield - as pioneer pilots, entrepreneurs, activists, and artists. Ends at Neptune Café for refreshments (included in price).
It: Assistance dogs are welcome on this walk.
£8 (including refreshments)

47 A MAY MEANDER!
Thursday 21st May, 10am

Location: Great Finborough-Rattlesden
Duration: 4.5 hrs / Distance: 9 miles
Start and End Ref: Great Finborough Public Car Park, IP14 3AH (access via Middlefield Drive, off B1115 in centre of village)

A very pretty circular walk taking in some of Suffolk’s delightful villages and interesting churches. We will stop at a pub for lunchtime refreshments or bring a packed lunch.
It: Lunch not included
Free
48 BARLEY, BEER AND BREWING
Thursday 21st May, 7pm
Location: Ipswich
Duration: 1.5 hrs / Distance: 2 miles
Start Ref: Tourist Information Centre, St Stephen’s Church, St Stephen’s Lane, Ipswich IP1 1DP
End Ref: Briarbank Brewery 70 Fore Street, Ipswich, IP4 1LB
Ipswich has a rich brewing history. On this walk we will begin with an early brewery, discuss the development of the trade in Ipswich, discover some of our lost public houses, and finish at one of our newest brewing enterprises. A complimentary drink is included.
It: Assistance dogs are welcome on this walk.
£8 (including refreshments)

49 SAIL AND RAIL
Friday 22nd May, 10am
Location: Felixstowe
Duration: 1.5 hrs / Distance: 2 miles
Start Ref: Stoke Bridge, Bridge Street, Ipswich
End Ref: Last Anchor, Haven Marina, New Cut East, Ipswich IP3 0EA
Ipswich was once one of the most important ports in the country. Discover the town’s trading heritage from it’s Anglo Saxon roots, through the medieval cloth trade to the vast Victorian expansion. Ends at Last Anchor for refreshments.
It: Assistance dogs are welcome on this walk.
£8 (including refreshments)

50 FLINTY ADVENTURES
Friday 22nd May, 10am
Location: Kessingland
Duration: 2-2.5 hrs / Distance: 4.6 miles
Start and End Ref: Public Car Park off Church Road (south of Church Road), Kessingland NR33 7SG (TM 53325 86123)
Enjoy walking part of the ‘Suffolk Riviera’ in the Suffolk Coast & Heaths Area of Outstanding Natural Beauty. Visit marshes and river valley, fantastic cliffs and the beach, all ‘home’ to many settlers across the centuries.
£8 (includes tea/coffee and cake)

51 CONSTANCE’S CHURCHES
Friday 22nd May, 2.30pm
Location: Stoke by Nayland
Duration: 3 hrs / Distance: 4 miles
Start and End Ref: St Mary’s Church Stoke by Nayland CO6 4QU
The churches at Stoke by Nayland and Nayland have connections with the painter John Constable. This circular walk will visit both villages to explore these connections and other aspects of this section of the Stour Valley.
It: Parking may be available at the Recreation Ground, Church Street, Stoke by Nayland.
Adults £5; children 5-14, £2

52 BEACHTHECOMBING FOR BEGINNERS
Friday 22nd May, 6.30pm
Location: Felixstowe Beach
Duration: 1.5-2 hrs / Distance: 1 mile
Start Ref: Felixstowe Pier, Undercliff Road West, Felixstowe IP11 2AB
End Ref: Manor Terrace Car Park, Manor Terrace, Felixstowe IP11 2EL
Hornwrack, sea glass, Mermaid’s Purse. All of these evocatively named items have been found on our Suffolk Coast. More of an amble than a walk exploring and sharing what we find whilst learning what should and shouldn’t be on our shingle beaches.
It: This walk will go ahead whatever the weather except in torrential rain or sea storm conditions. Wear suitable footwear for walking on shingle stones. Suitable for any child that can walk on their own or be carried on shingle.
Adults £3; children 16 and under, £2

53 GAINSBOURGH TRAIL
MEADOW WALK
Saturday 23rd May, 10am
Location: Sudbury
Duration: 3 hrs / Distance: 3.5 miles
Start and End Ref: Kingfisher Leisure Centre car park, Station Road, Sudbury CO10 2SU
Explore the Valley Walk of the disused Victorian railway line and Thomas Gainsborough’s links with the Sudbury riverside. Enjoy the timeless landscape of the Sudbury Common Lands and learn about its heritage and history. Look out for common and rare wildlife including Britain’s fastest declining wildflower.
It: The walk is on level ground apart from one ramp access from the Valley Walk to the Sudbury Common Lands.
Adults £4; children 12 and under, free

54 NEWMARKET - SPORT OF KINGS
Saturday 23rd May, 11am
Location: Newmarket
Duration: 1.5 hrs / Distance: 3 miles
Start and End Ref: All Saints pay & display car park, All Saints Road, Newmarket, CB8 8ET
With over 2,000 thoroughbred horses based at Newmarket for training, it is a town utterly devoted to racing, with farriers, saddlers and bookmakers taking the place of conventional shops. This walk takes in many of the sights associated with a quick canter through the world of horse racing ending at the National Horse Racing Museum for lunch and a talk.
It: Lunch is not included in the ticket price. Not suitable for children under 10
£6 (Includes entrance to National Horseracing Museum)

55 FANTASY VILLAGE AND WWII TRENCHES
Sunday 24th May, 10am
Location: Thorpeness
Duration: 3 hrs / Distance: 5-6 miles
Start & End Ref: On the Green outside the Thorpeness Meare Tearoom IP16 4NW
Walk through the holiday village of Thorpeness and learn about its former Scottish owner and his social vision. We will carry on to nearby RSPB North Warren reserve and explore one of the best preserved WWII strong points in the country, with pillboxes and trench system.
It: The walk is over rough, possibly muddy terrain.
Adults £6; children 15 and under, £3

56 SUNNY SOUTHWOLD
Sunday 24th May, 10.30am
Location: Southwold
Duration: 3.5-4 hrs / Distance: 7.5 miles
Start and End Ref: The Pier Car Park, North Parade, Southwold IP18 6BN
Southwold is surrounded by river, creek and sea. This walk explores this delightful Victorian town, famous for its pier, beach huts and brewery, before crossing over to the artists’ village of Walberswick. There will be a lunch stop at the famous Mrs T’s Fish & Chips along the harbourside.
It: Lunch is not included in the ticket price. Please bring a packed lunch if not having fish & chips.
£4 (not suitable for under 12s)

www.suffolkwalkingfestival.co.uk
57 WILD WALK
Sunday 24th May, 11am

Location: Brandon Country Park
Duration: 1.5 hrs / Distance: 4 miles
Start & End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU
Join the RSPB for a walk around the woodland and heathland at Brandon Country Park, to find out more about the local wildlife on your doorstep.

Adults £3; children 5-16, £2

58 THREE VALLEYS WALK
Monday 25th May, 9.15am

Location: Nayland
Duration: 7 hrs / Distance: 11.5 miles
Start and End Ref: Nayland Village Hall, Church Lane, Nayland CO6 4JH
A ramble through the Stour, Brett and Box Valleys. This circular walk, starting in the historic village of Nayland, covers a fabulous part of the Dedham Vale Area of Outstanding Natural Beauty. It passes through Stone-by-Nayland, crosses both the Rivers Box and Stour and includes views over the Brett Valley.

Adults £6; children 15 and under, £3

59 IPSWICH IN THE FIRST WORLD WAR
Monday 25th May, 2pm

Location: Ipswich
Duration: 1.5 hrs / Distance: 2 miles
Start Ref: Old Custom House, Ipswich Waterfront, IP4 1YH
End Ref: Arlington’s, 13 Museum Street, Ipswich IP1 1HE
The story of heroes on the battlefield and the stalwart workers on the home front; the contribution made by Ipswich industries and how the war changed our town. Hear about women munition workers, rationing and Zeppelin raids. Ends at Arlington’s Brasserie for refreshments.

£8 (includes refreshments)

60 NIGHTJARS OVER THE HEATH
Monday 25th May, 8.30pm

Location: Snape Warren
Duration: 2 hrs / Distance: 2 miles
Start and End Ref: Snape Warren car park off Priory Lane, Snape IP17 1SD
The first time you hear the mysterious churring of a nightjar at dusk is a moment that stays with you for the rest of your life. Join our guide for an informative evening wildlife walk along the Alde estuary and up to the heath.

Adults £8 (including refreshments); children 12-16, £2; under 12s, free

61 THE A-Z OF BURY ST EDMUNDS
Tuesday 26th May, 10am

Location: Bury St Edmunds
Duration: 3 hrs / Distance: 3 miles
Start & End Ref: Angel Hill, Bury St Edmunds IP33 1LT
An historical tour of the streets of Bury St Edmunds, starting with Angel Hill and walking through the whole alphabet. Not necessarily in alphabetical order however, and you will be intrigued as to where we go next!

Adults £5; children over 12, £2; children 12 and under, free

62 A SCOTTISH VISIONARY AND HIS FAIRYTALE VILLAGE
Tuesday 26th May, 10am

Location: Thorpeness
Duration: 2 hrs / Distance: 2-3 miles
Start and End Ref: On the Green outside the Thorpeness Meare Teasoom IP16 4NW
Learn about a poor fishing village that has recently become a place for the rich. This guided walk will lead through the once private fantasy village built from 1910 and tell of its founder and his dream of the perfect coastal holiday resort for families.

Adults £6; children 15 and under, £3

63 SOME SUFFOLK SECRETS
Tuesday 26th May, 10.30am

Location: Bawdsey Quay
Duration: 3 hrs / Distance: 2 miles
Start and End Ref: Amenity Car Park Bawdsey Quay IP12 3AX
Discover Bawdsey’s wartime secrets on a beach walk from Bawdsey Quay to East Lane. Back to the Quay by minibus for lunch at the Boathouse Café.

Adults £8 (including refreshments); children 12-16, £2; under 12s, free

64 MINI BEAST HUNT
Tuesday 26th May, 11am

Location: Brandon Country Park
Duration: 1 hr / Distance: 1 mile
Start and End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU
Join ‘Ranger Dan’ in a hunt for the mini beasts that live around Brandon Country Park. Discover where they live and what they are. Suitable for children of all ages.

£2

65 MINI BEAST HUNT
Tuesday 26th May, 2pm

Location: Brandon Country Park
Duration: 1 hr / Distance: 1 mile
Start and End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU
Join ‘Ranger Dan’ in a hunt for the mini beasts that live around Brandon Country Park. Discover where they live and what they are. Suitable for children of all ages.

£2

66 ARTISTS ON LEGS
Wednesday 27th May, 10am

Location: Brandon Country Park
Duration: 2.5 hrs / Distance: 1-2miles
Start and End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU
Walk around the Breckland landscape with a local artist. For children age 3-10, looking at landscape patterns with a free sketch book provided. This walk is supported by the Heritage Lottery Funded Breaking New Ground project.

Free
67 STOWMARKET: AN HISTORIC WALK AND TALK ABOUT AN INDUSTRIOUS MARKET TOWN
Wednesday 27th May, 10.30am

Location: Stowmarket
Duration: 1.5 hrs / Distance: 2 miles
Start and End Ref: Stowmarket Tourist Information Centre, Crowe Street, Stowmarket IP14 1DL

This walk will take you around the town, through the market place, and into the Worshipful Company of Weavers Hall where we will explore the history of this town and the people who came here to trade.

£4 or £7 for both Stowmarket walks

68 HOLYWELLS HISTORY HEALTH WALK
Wednesday 27th May, 11am

Location: Holywells Park, Ipswich
Duration: 1 hr / Distance: 1.5 miles
Start & End Ref: Cliff Lane, Ipswich, Suffolk IP3 0PG

This much loved park and beautiful area of woodland and water has become even more accessible since improvements have been made and paths can accommodate most wheelchairs and pushchairs. Join us on this short walk and hear all about the history of this lovely area of Ipswich.

£8 (including refreshments)

69 ABBOT’S HALL, A GARDEN WALK AND TALK
Wednesday 27th May, 2pm

Location: Stowmarket
Duration: 1.5-2 hrs / Distance: 1 mile
Start and End Ref: Stowmarket Tourist Information Centre, Crowe Street Stowmarket IP14 1DL

This walk will take you around the Hall, the walled garden and gardens, including the recently refurbished walled garden.

£4 or £7 for both Stowmarket walks

70 VICTORIAN LAW AND ORDER
Wednesday 27th May, 2pm

Location: Ipswich
Duration: 1.5 hrs / Distance: 2 miles
Start Ref: Tourist Information Centre, St Stephen’s Church, St Stephen’s Lane, Ipswich IP1 1DP
End Ref: Town Hall Café, Cornhill, Ipswich IP1 1DH

This walk will explore the history of the police force in Ipswich and the local crime, from manors to small-pox and barges to bombers.

£4 or £7 for both Stowmarket walks

71 GAINSBOROUGH TRAIL MEADOW WALK
Wednesday 27th May, 6.30pm

Location: Felixstowe Beach
Duration: 2.5 hrs / Distance: 2.5 miles
Start and End Ref: Mill Hotel (outside), Walnut Tree Lane, Sudbury CO10 1BD

This walk will take you around the Victorian railway, exploring Thomas Gainsborough’s links with the town and the Sudbury riverside, enjoying the timeless landscapes of the Sudbury Common Lands and learning about their heritage and history.

£8 (including refreshments)

72 BEACHCOMBING FOR BEGINNERS
Thursday 28th May, 10am

Location: Felixstowe Beach
Duration: 1.5-2 hrs / Distance: 1 mile
Start Ref: Felixstowe Pier, Undercliff Road West, Felixstowe IP11 2AB
End Ref: Manor Terrace Car Park, Manor Terrace, Felixstowe IP11 2EL

This walk will take you to the beach for some beachcombing. You will be unlikely to find anything rare but we will explore and share what we find whilst learning what is and isn’t allowed.

£8 (including refreshments)

73 HORSESHOE TRAIL
Thursday 28th May, 10.30am

Location: Moulton
Duration: 5 hrs / Distance: 9.5 miles
Start & End Ref: Moulton Packhorse Bridge, Moulton, Suffolk CB8 8SP

This walk will take you around the villages of Moulton, Gazeley and Dalham, with much of the walk following the Icknield Way. Look out for thoroughbred horses at the Gazeley Stud or grazing on the village green at Moulton.

£8 (including refreshments)

74 A DATE WITH CLARE
Thursday 28th May, 10.30am

Location: Clare
Duration: 1.5 hrs / Distance: 1.5 miles
Start Ref: Clare Country Park, CO10 8NW
End Ref: Clare War Memorial, Market Hill, Clare, CO10 8NN

This walk will take you through the picturesque streets of Clare, to the parish church which stands in the centre of the village.

£8 (including refreshments)
Duration: 1-1.5 hrs / Distance: 2 miles
Start and End Ref: Museum of East Anglian Life, Stowmarket
A guided walk for families along the museum's river and nature trails. We will be exploring the plants and wildlife of the Suffolk countryside, including protected wet meadows.
It: Waterproof footwear may be needed. Suitable for children age 5 +
Adults £5; children 16 and under, £3

80 DRAGONS AND OTHER LEGENDS
Friday 29th May, 11am
Location: Sudbury
Duration: 1.5-2 hrs / Distance: 1.5 miles
Start and End Ref: Mill Hotel, Walnut Tree Lane, Sudbury CO10 1BD
This walk will explore the area around Ballington Bridge, the oldest part of Sudbury which started with a Bronze Age settlement in 2000BC. Learn quirky facts such as: How did Noah's Ark Lane get it's name? Why was the cat mummified and which dragon won the fight on Ballington bridge?
It: The walk will finish at The Mill Hotel. Afternoon tea will be served (sandwiches, scones, cake, tea/coffee) overlooking the common lands where cattle freely graze.
Adults £14; children 14 and under, £7 (includes afternoon tea)

81 ENGLAND'S SILK CAPITAL
Friday 29th May, 2pm
Location: Sudbury
Duration: 1.5-2 hrs / Distance: 1.5 miles
Start Ref: The Library, Market Hill, Sudbury.
End Ref: Vanners Mill shop, Gregory Street, Sudbury, CO10 2EN
The streets and buildings of Sudbury are steeped in 'silk' history. Find out why Sudbury can proudly claim to be the silk capital of England and why the silk weavers came to Sudbury.
It: The walk will finish at the Vanners Mill shop, Gregory Street where there is silk for sale that has been woven in Sudbury.
Adults £5; children 14 and under, £2.50

82 NIGHTJARS OVER THE HEATH
Friday 29th May, 8.30pm
Location: Snape Warren
Duration: 2 hrs / Distance: 2 miles
Start and End Ref: Snape Warren car park off Priory Lane, Snape IP17 1SD
The first time you hear the mysterious churring of a nightjar at dusk is a moment that stays with you for the rest of your life. Join our guide for an informative evening wildlife walk along the Alde estuary and up to the heath.
It: Bring a small torch, we will walk over rough and uneven ground in the darkness. Dark coloured clothing, insect repellent and closed footwear are recommended.
Adults £6; children 15 and under, £3

83 WHERE TWO RIVERS MEET
Saturday 30th May, 10am
Location: Bury St Edmunds
Duration: 1.5-2 hrs / Distance: 2.5 miles
Start & End Ref: Abbey Gardens Bury St Edmunds IP33 1LS Meet at the Norman gate (main entrance) Join the Bury Water Meadows Group on an exploration of the rivers and water meadows around Bury St Edmonds. Discover green areas that even many locals don’t know about and find out what’s unique about these rivers in Suffolk.
Free (Donations to the work of the Bury Water Meadows Group are welcome)

84 ROUNDING 'THE POINT'
Saturday 30th May, 10am
Location: Landguard
Duration: 1.5 hrs / Distance: 2 miles
Start & End Ref: The Visitor Centre, Off Viewpoint Road, Felixstowe IP11 1JW
Join the Landguard Ranger on a jaunt that takes you to the southern-most point of Suffolk. Discover along the way, why Landguard Nature Reserve is a Site of Special Scientific Interest and learn about its historical significance.
Free (Donations welcome for bird feeding supplies)
86 CURLEW RIVER – IN BRITTEN’S FOOTSTEPS
Saturday 30th May, 7pm
Location: Snape Maltings
Duration: 2-3 hrs / Distance: 4.5 miles
Start & End Ref: On Snape Bridge, Snape Maltings IP17 1SP
Walk in the footsteps of Suffolk’s most famous composer. Listen to the eerie call of the birds on the Alde estuary, which inspired Britten to write his ‘Curlew River’. The guides will explain wildlife and music on this relaxed evening walk.
It: Dark coloured clothing, insect repellent and sturdy footwear are recommended
Adults £6; children 15 and under, £3

87 WALK THE BURMA ROAD
Sunday 31st May, 9.30am
Location: Lavenham
Duration: 2.5 hrs / Distance: 3.5 miles
Start Ref: Cock Public House Car Park, Lavenham CO10 9BA
End Ref: Sweetmeats, Water Street, Lavenham CO10 9RA
Why did the railway come to Lavenham, why did it leave and what was its legacy for the town? This circular walk follows part of the old track to try and answer these questions.
It: No dogs allowed in the tea room. Please note, the tea room is upstairs.
Adults £10; children 5-14, £5

88 NATIONAL STUD WALK
Sunday 31st May, 10.30am
Location: Stechworth
Duration: 6 hrs / Distance: 6.5 miles
Start and End Ref: War Memorial, Church Lane, Stechworth CB8 9TN
A short ‘canter’ along the Devil’s Dyke from the village of Stechworth will see us arrive at Newmarket’s National Stud for lunch and a private tour by coach and on foot. Spring is a great time to visit when there should be lots of foals to see! We will return to Stechworth along the Devil’s Dyke.
It: Ticket price includes entrance to The National Stud, but lunch will be extra.
£11; not suitable for under 10s

89 AWESOME TREES
Sunday 31st May, 2pm
Location: Newton Park
Duration: 2hrs / Distance: 3 miles
Start & End Ref: Newton Park Visitor Centre, Newton Park, Bury St Edmunds IP29 5BD
Take a stroll with one of the park rangers to discover some of the awesome trees in Newton Park. These include massive cedars, spiralling yew, towering redwoods and a lightning struck Douglas Fir.
It: Largely accessible for light wheelchairs. Paths are soil and woodchip in places.
Adults £6; children 15 and under, £3

90 MINI BEAST TREASURE TRAIL
9th - 31st May, from 10am
Location: Brandon Country Park
Duration: 1 hr / Distance: 1.5 miles
Start and End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU
Explore the beautiful woods of Brandon Country Park by following our Treasure Trail. Clues will guide you from tree to tree. Answer all the clues correctly to win a prize!
It: No need to book. Treasure Trails are available from Brandon Country Park Visitor Centre throughout the festival.
£1

91 ORIENTEERING THE BRECKS
9th - 31st May, from 10am
Location: Brandon Country Park
Duration: 2 hrs / Distance: 3 miles
Start and End Ref: Visitor Centre, Brandon Country Park, Brandon IP27 0SU
Take the challenge! Navigate your way through the forest to locate a series of orienteering posts. Some are easy to spot, others will test your skills. The course is done at your own pace with short, medium or long options.
It: No need to book. Course maps available from Brandon Country Park Visitor Centre throughout the festival. Bring a compass!
£2

92 LAVENHAM I-SPY
SELF-GUIDED WALK
9th - 31st May
Location: Lavenham
Duration: 1 hr / Distance: 1 mile
Start and End Ref: Tourist Information Centre (TIC), Lady Street, Lavenham CO10 9RA
An I-Spy walk for children ages 4-14. Photographs and quiz questions for children to spy locations and buildings in the wonderful medieval village of Lavenham. Fun and educational. Prize included!
It: Children will need to be supervised by an adult. Purchase quiz from the TIC. No need to book.
£3
DISCOVER suffolk
Your online guide to exploring Suffolk’s countryside
www.discoversuffolk.org.uk