

14TH TO 29TH MAY 2022

WALKING FESTIVAL

Suffolk

# THE SUFFOLK WALKING FESTIVAL

OVER  
70 WALKS



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





# WELCOME!!!!

**After a 2-year gap we are delighted to welcome you back to the Suffolk Walking Festival.**

Our new 16-day programme offers over 70 walks including many popular favourites and many brand new. There's the ever popular Walk n' Water river trips in Sudbury; mysterious Orford Ness with Sweep the sheepdog; the Red Barn Mystery, a tragic tale of love lost in deepest Suffolk; and tuning into bats in an ancient woodland on a Twilight Safari.

New walks this year include Hawkedon Horizons exploring west Suffolk's rolling hills and idyllic green villages; walks from Martlesham Creek on the Deben Valley

Delights; stories of smugglers and shipping routes on Dunwich Heath on Turbulence to Tranquillity; Woods, Weavers and Wizards in Lavenham; and Celebrating 75 years at RSPB Minsmere. Plus there are 3 challenging walks from Abbey Gardens to the north, south and east of Bury St Edmunds.

We hope you enjoy this year's Festival as much and the Festival team enjoy putting it together.

**David Falk, Festival Director**



## A MESSAGE FROM OUR PATRON



I'm so excited with the programme for this year's Suffolk Walking Festival. I know as the patron that I am bound to say that, but it's true. We live in a beautiful county

and we are constantly being told to take more exercise so here is the event that ties those together. For over 2 weeks from the 14th May there will be lots of opportunities to get out and take a stroll or stomp and learn about Suffolk. Amongst the 70 walks there

is an opportunity to take a walk with a Ranger on Orford Ness, see a dragon in an outstanding landscape, and find your favourite coast and woodland walks along Suffolk's iconic coastline. David Falk and his team have worked really hard to organise events in every corner of Suffolk and to create a walk to suit you, so have a browse and book yourself in! I've dusted off my trainers and I can't wait to get walking – see you there!!

**Lesley Dolphin**  
Producer/Presenter  
BBC Radio Suffolk

**BBC  
RADIO SUFFOLK**

# THANK YOU!

The Suffolk Walking Festival could never happen without the generosity of so many. Thank you to all our walk leaders, many of whom give up their time voluntarily and put in so much effort creating the walk programme.

Thank you also to BBC Radio Suffolk and especially Lesley Dolphin, the

Festival's Patron; to Archant and especially Jayne Lindill editor of The Suffolk Magazine.

And thank you to all of Suffolk's local authorities and our sponsor, East of England Co-op, who generously support the Festival.

## DISCOVER SUFFOLK

Discover Suffolk is Suffolk County Council's guide to exploring the countryside. Discover 100s of walking, cycling and horse riding trails across the county on [www.discoveruffolk.org.uk](http://www.discoveruffolk.org.uk).

New for 2022 is the Discover Suffolk outdoor app. Download the app and let it guide you around Suffolk's landscape.

There are walks in all parts of the county and new walks are being added all the time.



Look out too for our new QR codes. More and more will be appearing on rights of way signposts providing information on visiting the great outdoors.

## CONTACT US

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

[suffolkwalkingfestival@suffolk.gov.uk](mailto:suffolkwalkingfestival@suffolk.gov.uk)

[@suffolkwalkingfestival](https://www.facebook.com/suffolkwalkingfestival)

[@DiscoverSuffolk](https://www.facebook.com/DiscoverSuffolk)

[@DiscoverSuffolk](https://www.facebook.com/DiscoverSuffolk)

[discoveruffolk](https://www.instagram.com/discoveruffolk)





- Launch Walks
- The Walks

Locations are approximate only. Please visit [www.suffolkwalkingfestival.co.uk](http://www.suffolkwalkingfestival.co.uk) for the full address, and joining instructions.



## FIND OUT MORE

Discover much more about each walk and book your tickets at [www.suffolkwalkingfestival.co.uk](http://www.suffolkwalkingfestival.co.uk)

## KEY TO SYMBOLS:

- Walk start location
- Estimated time
- Walk distance
- Walk fee
- Estimated step count

## PACE RATING

- Own - Whatever pace you feel comfortable at
- Slow - A gentle stroll (up to 2mph)
- Medium - A steady pace (up to 3mph)
- Fast - A strong walk (over 3mph)

## FITNESS RATING

- Easy - Suitable for all (short walk at slow pace)
- Moderate - Used to walking (longer distance at steady pace)
- Hard - Experienced walker (full day's walk at strong pace)

- Car parking (charges may apply)
- Toilet facilities
- Bring a packed lunch
- Wheelchair accessible
- Family-friendly
- Pushchair accessible
- Dogs allowed

## DISCLAIMER

Whilst we endeavour to make all our walks as safe as possible, any event attended is done so at your own risk. Due care has been exercised in organising the WALKING FESTIVAL, however, the COUNCIL 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 should 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.

ONLINE TICKET SALES  
TICKETSOURCE

Online ticket sales are completed via TicketSource who charge a booking fee. This will be added to the cost of your ticket. Free walks do not incur a booking charge.

BOOK TICKETS IN PERSON  
(no booking fee):

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

**Sudbury:** Sudbury Visitor Information Centre, The Town Hall, (Gaol Lane Entrance), Sudbury CO10 1TL. Tel 01787 372331.

All walks must be booked and paid for in advance. Refunds will not be given unless a walk is cancelled by the organisers or their partners.

## LAUNCH JAUNTS

Join us for the launch of the Suffolk Walking Festival in the historic and atmospheric surroundings of Clare Castle Country Park.

and has the only railway within the grounds of a castle!



The park has a long and fascinating history: occupied by the Romans; named 'Clara' in the Domesday Book; a rich history linked to the Norman de Clare family who built the 11th century castle; lost much of the castle's stonework to building the town;

The launch starts at 10:30 with refreshments and nibbles and is open to all who book on one of the Launch Jaunts.

We look forward to seeing you at the launch of the Suffolk Walking Festival.



## 1 SATURDAY 14 MAY 11.30am LAUNCH WALK - CLARE AND THE UPPER STOUR VALLEY

Clare 2 Hours

5 Miles 10,000 £5

A walk into the Upper Stour Valley viewing Clare's natural and unique built heritage.

Arrive at 10.30 for festival launch.

## 2 SATURDAY 14 MAY 11.30am LAUNCH WALK - EXPLORING CLARE CASTLE COUNTRY PARK

Clare 1.5 Hours

2 Miles 4,000 £5

A short stroll through historic Clare Castle Country Park to see its varied green space habitats and heritage. Arrive at 10.30 for festival launch.





# THE WALKS

**3** **BLUEBELL WALK**  
**SATURDAY 14 MAY 9.30AM**  
 📍 Wherstead  
 ⌚ 5 hours 🏃 12 miles  
 🗺️ 24,000 £ £10

A walk taking in the seasonal bluebells, ancient woodlands and Alton Water Reservoir with spectacular views of the Orwell Bridge and the Orwell Estuary. **MED. HARD P WC 🍏**

**4** **EYE AIRFIELD RUNWAY WALK**  
**SATURDAY 14 MAY 2.00PM**  
 📍 Yaxley ⌚ 4 hours  
 🏃 5 miles 🗺️ 10,000 £ £8

A walk with an Airfield Historian around the unused runways of the disused Eye Airfield, home to USAAF 490th Bomber Group in WWII. **SLOW EASY P WC 🍏 🐕**

**5** **BARKING, BATS AND BIRCH**  
**SATURDAY 14 MAY 7.45PM**  
 📍 Barking ⌚ 2 hours  
 🏃 3 miles 🗺️ 6,000 £ £11

After sunset, explore the dark side of ancient woodland Priestley Wood. Tune into the secret world of bats, listen for Muntjac and enjoy refreshing birch sap and woodruff tea. **SLOW EASY P 🍏**

**6** **WESTLETON WIGGLE**  
**SUNDAY 15 MAY 9.30AM**  
 📍 Westleton  
 ⌚ 6 hours 🏃 13 miles  
 🗺️ 26,000 £ £10

A long distance walk using mainly footpaths

**10** **AN INDUSTRIOUS TOWN**  
**MONDAY 16 MAY 10.00AM**  
 📍 Sudbury  
 ⌚ 2 hours 🏃 2 miles  
 🗺️ 4,000 £ £5 🆓 Free

Explore the market town of Sudbury. Hear about its many industries from weaving woollen and silk cloth, to brewing beer, to building barges and boat propellers! **SLOW EASY P WC 🍏 🐕**

**11** **THE FIELDS TELL A STORY AT CAVENDISH**  
**MONDAY 16 MAY 10.30AM**  
 📍 Cavendish ⌚ 2 hours  
 🏃 3.5 miles 🗺️ 7,000 £ £3

A walk with far reaching views of the Stour Valley, and listen to interesting WWII stories at Robb's Farm. **SLOW EASY P 🍏 🐕**

**12** **CIRCULAR WALK FROM ST MARY'S CHURCH AKENHAM VIA ST PETER'S CHURCH CLAYDON**  
**MONDAY 16 MAY 10.30AM**  
 📍 Akenham ⌚ 2 hours  
 🏃 3 miles 🗺️ 6,000 £ £10 🆓 £7.50

A scenic walk from St Mary's Church in Akenham to Claydon to see the vibrant stained glass at the Saxon church of St Peter. **MED. MOD. P 🍏 🐕**

**13** **OUTSTANDING LANDSCAPES - WALBERSWICK TO DUNWICH FOREST CIRCULAR**  
**MONDAY 16 MAY 10.30AM**  
 📍 Walberswick ⌚ 5 hours  
 🏃 8 miles 🗺️ 16,000 £ £10

Enjoy the sights, sounds and smells of Dingle Marshes and Dunwich Forest along the Suffolk Coast Path from Walberswick village green. **MED. MOD. P WC 🍏 🐕**

taking in Leiston Abbey on the way to Leiston, returning via the Sandlings Walk and Eastbridge back to Westleton. **MED. MOD. P 🍏 🐕**

**7** **WALK N' WATER, SUDBURY AND GREAT CORNARD RIVERSIDE**  
**SUNDAY 15 MAY 10.00AM**  
 📍 Sudbury ⌚ 2 hours  
 🏃 2 miles 🗺️ 4,000 £ £6

Join the River Stour Trust for a short boat ride to Great Cornard and walk 1.5 miles back to Sudbury for complimentary refreshments at The Granary Tea Room. **MED. MOD. P WC 🍏**

**8** **GLORIOUS CHRISTCHURCH PARK**  
**SUNDAY 15 MAY 10.30AM**  
 📍 Ipswich ⌚ 2 hours  
 🏃 3 miles 🗺️ 6,000 £ £6

Explore the natural history and built heritage of Christchurch Park with a Blue Badge Guide, through lovely landscape, wildlife and the magnificent trees. **SLOW EASY P WC 🍏 🐕**

**9** **KETTLES, BROOKS AND BRICKS**  
**SUNDAY 15 MAY 2.30PM**  
 📍 Framlingham ⌚ 3 hours  
 🏃 6 miles 🗺️ 12,000 £ £6

A walk from Framlingham Castle to Lampardbrook and over fields to Kettleburgh, returning past Redbricks and via an old railway station. **MED. MOD. P WC 🍏 🐕**

**14** **ORWELL TO ALDERMAN, A JOURNEY THROUGH TIME AND SPACE**  
**MONDAY 16 MAY 11.00AM**  
 📍 Ipswich ⌚ 1.5 hours  
 🏃 3 miles 🗺️ 6,000 £ £9

Encounter alien invaders and hear about the mystery of the ice age River Saracens. Sample a wild herb tisane, spot egrets and jellyfish and maybe see some seals! **SLOW EASY 🍏**

**15** **WALK WITH A RANGER**  
**TUESDAY 17 MAY 9.30AM**  
 📍 Orford ⌚ 3.5 hours  
 🏃 5 miles 🗺️ 10,000 £ £20

Join the National Trust Ranger around Suffolk's Secret Coast, on the unique environment of Orford Ness Nature Reserve, where wildlife now thrives where once weapons were tested. **SLOW EASY P WC 🍏**

**16** **ROLLING SUFFOLK LANDSCAPES, NORTH OF THE STOUR VALLEY**  
**TUESDAY 17 MAY 10.00AM**  
 📍 Long Melford ⌚ 3.5 hours  
 🏃 7 miles 🗺️ 14,000 £ Free

Walk through the River Glem Valley following the Stour Valley Path, around Glemsford to Stanstead and the Great Woods, returning via Kentwell Downs. **MED. MOD. P WC 🍏**

**17** **COAST AND WOODLAND WONDERMENT**  
**TUESDAY 17 MAY 10.15AM**  
 📍 Eastbridge ⌚ 2.5 hours  
 🏃 5 miles 🗺️ 10,000 £ Free

Walk past RSPB Minsmere, see the contemporary glass installation 'A Wing and a Prayer' in abbey ruins, see the sea, before returning via Coastguard Cottages and woodland. **MED. MOD. P WC 🍏 🐕**





**18** **TUESDAY**  
**17 MAY**  
**10.30AM**

**A NORDIC WALK AROUND CLARE AND THE UPPER STOUR VALLEY**

📍 Clare ⌚ 2 hours 🏃 5 miles  
🏃 5 miles 🗺️ 10,000 £ £12

A lovely Nordic Walk in the Upper Stour Valley, taking in Clare Upper Common and beyond. With views of Stoke by Clare and across the valley.

**FAST** **HARD** **P** **WC**

**19** **TUESDAY**  
**17 MAY**  
**11.00AM**

**ICONIC LANDSCAPES - FROM DRAGONS TO REWILDING**

📍 Bures ⌚ 5 hours 🏃 7 miles  
🗺️ 14,000 £ £10

Walk through the Stour Valley's outstanding landscape, see a dragon! and enjoy a tour by Suffolk Wildlife Trust around Hullback's where rewilding is supporting nature recovery.

**MED.** **MOD.** **P** **WC** 🍏 🦋 🐕

**20** **WEDNESDAY**  
**18 MAY**  
**10.00AM**

**EXPLORE ICKWORTH PARK**

📍 Horringer ⌚ 1.5 hours  
🏃 3 miles 🗺️ 6,000 £ Free

Explore Ickworth Park across parkland, through the perimeter woods and beside two lakes, returning past the church and site of the old village.

**MED.** **MOD.** **P** **WC** 🦋 🐕

**21** **WEDNESDAY**  
**18 MAY**  
**10.30AM**

**INSPIRING CLIMATE ACTION**

📍 Thornham ⌚ 2 hours  
🏃 3 miles 🗺️ 6,000 £ £5

Walking around the Thornham Estate we will consider our changing climate and draw inspiration from nature to see how our actions can help recovery.

**SLOW** **EASY** **P** **WC** 🦋 🐕

**22** **WEDNESDAY**  
**18 MAY**  
**10.30AM**

**BEACHES AND BUNKERS**

📍 Lowestoft ⌚ 2.5 hours  
🏃 3 miles 🗺️ 6,000  
£ £5 🦋 £2

**27** **THURSDAY**  
**19 MAY**  
**10.30AM**

**SPARROWS NEST AND SEAFRONT WALK**

📍 Lowestoft ⌚ 1 hour  
🏃 2 miles 🗺️ 4,000 £ Free

From Sparrow's Nest bandstand we'll walk along the seafront, climbing Links Road, the top of Gunton Cliffs and ravine, and Belle Vue Park.

**SLOW** **EASY** **P** **WC** 🦋 🐕

**28** **THURSDAY**  
**19 MAY**  
**11.00AM**

**LITTLE BRADLEY AND THE BEAUTIFUL UPPER STOUR**

📍 Little Bradley ⌚ 3 hours  
🏃 6 miles 🗺️ 12,000 £ £5

A gentle walk in the Stour Valley with far reaching views of surrounding countryside followed by an optional visit to the Anglo-Saxon church of All Saints, Little Bradley.

**MED.** **MOD.** **P** **WC** 🍏 🦋 🐕

**29** **FRIDAY**  
**20 MAY**  
**10.00AM**

**HAWKEDON HORIZONS**

📍 Hawkedon ⌚ 5.5 hours  
🏃 11 miles 🗺️ 22,000  
£ £10

Explore the rolling hills and idyllic green villages of Hawkedon, Denston and Stansfield, passing five lakes, a mill, a hall, and west Suffolk's most stunning views!

**MED.** **HARD** **P** 🍏

**30** **FRIDAY**  
**20 MAY**  
**10.30AM**

**DEBEN VALLEY DELIGHTS**

📍 Easton ⌚ 2.5 hours £ £6  
🏃 5 miles 🗺️ 10,000

Passing a crinkle-crinkle wall, this walk crosses over the River Deben to St Mary's Church and remains of the old priory, then round the former Easton Hall estate.

**MED.** **MOD.** **P** **WC** 🦋 🐕

**31** **FRIDAY**  
**20 MAY**  
**2.00PM**

**WOODS, WEAVERS AND WIZARDS**

📍 Lavenham ⌚ 1.5 hours  
🏃 1.5 miles 🗺️ 3,000 £ £6

Discover the unfolding story of the wool trade

Join a local historian on this walk to explore the defensive role of the area where the remnants tell the story.

**SLOW** **EASY** **P** **WC** 🦋 🐕

**23** **WEDNESDAY**  
**18 MAY**  
**11.30AM**

**TWO RIVERS WALK**

📍 Shotley ⌚ 2.5 hours  
🏃 5.5 miles 🗺️ 11,000 £ £2

Walk beside the Rivers Stour and Orwell, passing through the 'Golden Wood' to Shotley Church and Shotley Marina with unique views of the Port of Felixstowe.

**MED.** **MOD.** **P** **WC** 🦋 🐕

**24** **WEDNESDAY**  
**18 MAY**  
**2.30PM**

**THE RED BARN MYSTERY**

📍 Polstead ⌚ 2.5 hours  
🏃 3 miles 🗺️ 6,000 £ £5

Walk through the countryside around Polstead where little has changed since the famous and intriguing 19th Century murder.

**SLOW** **MOD.** **P** **WC**

**25** **THURSDAY**  
**19 MAY**  
**10.00AM**

**WALK N'WATER, SUDBURY & GREAT HENNY**

📍 Sudbury ⌚ 4 hours  
🏃 3.5 miles 🗺️ 7,000 £ £16

Join the River Stour Trust on a walk to Great Henny. Complimentary refreshments during the midway stop at the Visitor Education Centre. Return to Sudbury by boat.

**MED.** **MOD.** **P** **WC** 🍏 🦋 🐕

**26** **THURSDAY**  
**19 MAY**  
**10.00AM**

**IS KERSEY THE MOST PICTURESQUE VILLAGE IN SUFFOLK?**

📍 Hadleigh ⌚ 5.5 hours  
🏃 12 miles 🗺️ 24,000 £ £10

From Hadleigh this long distance walk follows a lovely, undulating route to the popular village of Kersey.

**MED.** **HARD** **P** **WC** 🍏

and money interwoven with artists, nursery rhymes and blockbuster films, in one of the best preserved medieval villages in England.

**SLOW** **EASY** **P** **WC** 🦋 🐕

**32** **FRIDAY**  
**20 MAY**  
**6.00PM**

**EYE AIRFIELD SHORT WALK**

📍 Eye ⌚ 2 hours 🏃 3 miles  
🗺️ 6,000 £ £8

A gentle walk around the unused runways of the disused Eye Airfield, home to USAAF 490th Bomber Group in WWII.

**SLOW** **EASY** **P** **WC** 🦋 🐕

**33** **SATURDAY**  
**21 MAY**  
**10.30AM**

**THE TWO COUNTIES SHORT WALK**

📍 Clare ⌚ 1 hour 🏃 2 miles  
🏃 2 miles 🗺️ 4,000 £ £5

A lovely gentle walk on both sides of the River Stour, showcasing the best of the countryside close to the town of Clare.

**SLOW** **EASY** **P** **WC** 🦋 🐕

**34** **SATURDAY**  
**21 MAY**  
**10.30AM**

**WALKING THROUGH THE HISTORY OF MENDLESHAM**

📍 Mendlesham ⌚ 2 hours  
🏃 1 miles 🗺️ 2,000 £ £2

Discover Mendlesham's fascinating history through buildings and photographs.

**SLOW** **EASY** **P** 🦋 🐕

**35** **SATURDAY**  
**21 MAY**  
**1.00PM**

**HEDGEROW FORAGE AND CREAM TEA**

📍 Thornham ⌚ 3 hours  
🏃 3 miles 🗺️ 6,000 £ £17

Enjoy a gentle amble foraging for wild foods before sampling scones, jams, jellies and infusions made from foraged items in a 'cream tea on the wild side'!

**SLOW** **EASY** **P** **WC** 🦋 🐕



- 36** **SATURDAY 21 MAY 2.00PM** **TURBULENCE TO TRANQUILITY**  
 Dunwich 3 hours  
 3 miles 6,000 £ £10  
 A brand new tour revealing stories of smugglers and shipping routes to this beauty spot's pivotal role in the success of the D-Day landings.  
 SLOW EASY P WC 🐕
- 37** **SATURDAY 21 MAY 2.00PM** **WALK THE CENTURIES WITH STOWMARKET BELLS**  
 Stowmarket 1.5 hours  
 1.5 miles 3,000 £ Free  
 Follow a story teller as they interweave tales and vignettes of events in the history of the newly augmented and restored peal of bells and frame.  
 SLOW EASY P WC 🐕 🐕 🐕 🐕 🐕
- 38** **SUNDAY 22 MAY 9.30AM** **THE SCENIC STOUR**  
 Stutton 6 hours  
 15 miles 30,000 £ £10  
 A wonderful and varied walk enjoying woodland, the Stour Estuary, Alton Water Reservoir and Woolverstone Park, with donkeys and alpacas too!  
 MED. HARD P WC 🐕 🐕
- 39** **SUNDAY 22 MAY 10.00AM** **TURBULENCE TO TRANQUILITY**  
 Dunwich 3 hours  
 3 miles 6,000 £ £10  
 A brand new tour revealing stories of smugglers and shipping routes to this beauty spot's pivotal role in the success of the D-Day landings.  
 SLOW EASY P WC 🐕
- 40** **SUNDAY 22 MAY 10.00AM** **WALK N'WATER SUDBURY & GREAT CORNARD RIVERSIDE**  
 Sudbury 2 hours  
 2 miles 4,000 £ £6  
 Join the River Stour Trust for a short boat ride to Great Cornard and walk 1.5 miles back to Sudbury for complimentary refreshments at The Granary Tea Room.  
 MED. MOD. P WC 🐕
- 46** **MONDAY 23 MAY 2.00PM** **SHOTLEY POINT STROLL**  
 Shotley Gate 1.5 hours  
 3.5 miles 7,000 £ Free  
 An easy coastal circular walk around Shotley Gate devised and maintained by Shotley Open Spaces.  
 MED. MOD. P WC 🐕 🐕
- 47** **TUESDAY 24 MAY 9.30AM** **WALK WITH A SHEPHERD AND SHEEPDOG**  
 Orford 3.5 hours  
 5 miles 10,000 £ £20  
 Join National Trust Shepherd Andrew and his sheepdog Sweep, on Orford Ness National Nature Reserve to learn how a flock of rare breed sheep maintain this unique environment.  
 SLOW EASY P WC 🐕 🐕
- 48** **TUESDAY 24 MAY 9.30AM** **SOUTH OF THE ABBEY GARDENS, HIKING TO HAWSTEAD**  
 Bury St Edmunds 8 hours  
 16 miles 32,000 £ £10  
 A 16-mile circular walk taking us from Abbey Gardens to the villages of Hawstead, Sicklesmere and Great Whelnetham.  
 MED. HARD P WC 🐕
- 49** **TUESDAY 24 MAY 10.00AM** **MOULTON THREE CHURCHES NORDIC WALK**  
 Moulton 3 hours  
 7 miles 14,000 £ £8  
 A 'Hilly for Suffolk', a 7-mile Nordic Walk with stunning views.  
 MED. MOD. P WC 🐕
- 50** **TUESDAY 24 MAY 10.00AM** **THE GRANARY, THREE MILLS AND OUR RIVER**  
 Sudbury 3 hours  
 3.5 miles 7,000 £ £7  
 Join the River Stour Trust on a country walk in Sudbury visiting historic sites with a complimentary tea/coffee at The Granary Tea Room afterwards.  
 MED. MOD. P WC 🐕

- 41** **SUNDAY 22 MAY 10.30AM** **FAMILY WILDCRAFTS WALK**  
 Brandon 2 hours  
 2 miles 4,000 £ £10  
 Get crafty in the woods! Make things using natural materials such as willow, sticks, leaves, grasses and rushes and keep your creations!  
 SLOW EASY P WC 🐕 🐕 🐕 🐕 🐕
- 42** **SUNDAY 22 MAY 10.30AM** **WALKING THROUGH THE HISTORY OF IPSWICH WATERFRONT**  
 Ipswich 2 hours  
 3 miles 6,000 £ £6  
 Discover the maritime history of Ipswich port from the Anglo-Saxon period to the 21st Century.  
 SLOW EASY P WC 🐕 🐕 🐕 🐕 🐕
- 43** **MONDAY 23 MAY 9.30AM** **NORTH OF THE ABBEY GARDENS, THE GRAND GROUNDS**  
 Bury St Edmunds 8 hours  
 16 miles 32,000 £ £10  
 A challenging and varied long distance walk from Abbey Gardens to the villages of Ingham, Culford, Timworth and Fornham All Saints.  
 MED. HARD P WC 🐕
- 44** **MONDAY 23 MAY 10.00AM** **RSPB MINSMERE AT 75**  
 Westleton 2.5 hours  
 2 miles 4,000 £ £12  
 Celebrate Minsmere's 75th birthday at the peak of the spring migration and nesting season to see amazing birds, insects and flowers.  
 MED. EASY P WC 🐕 🐕
- 45** **MONDAY 23 MAY 10.30AM** **CIRCULAR WALK FROM ST MARY'S CHURCH IN CAPEL VIA ALL SAINT'S, LITTLE WENHAM**  
 Capel St Mary 1.5 hours  
 2.5 miles 5,000 £ £10 🐕 🐕 £7.50  
 A scenic walk to All Saints, Little Wenham, one of Suffolk's best kept secrets with its 13th century flint church, Tudor brick topped tower and medieval paintings.  
 MED. MOD. P 🐕 🐕
- 51** **WEDNESDAY 25 MAY 9.30AM** **EAST OF THE ABBEY GARDENS, THREE VILLAGE WANDER**  
 Bury St Edmunds 8 hours  
 18 miles 36,000 £ £10  
 A challenging and varied 18-mile walk from Abbey Gardens to the villages of Thurston, Pakenham and Rougham.  
 MED. HARD P WC 🐕
- 52** **WEDNESDAY 25 MAY 10.00AM** **GUIDED WALK AROUND HISTORIC AND RURAL EYE**  
 Eye 2.5 hours  
 2 miles 4,000 £ £5  
 A guided walk with local historians to see and hear about the riches of Eye's ancient past.  
 SLOW EASY P WC
- 53** **WEDNESDAY 25 MAY 10.30AM** **THE DENES DIP FARM AND WOODLAND WALK**  
 Lowestoft 2 hours £ £5  
 3 miles 6,000 £ £3  
 A walk exploring the wildlife and natural world of the area.  
 SLOW EASY P WC 🐕 🐕
- 54** **WEDNESDAY 25 MAY 6.00PM** **BADGER WALK**  
 Haverhill 2 hours  
 5 miles 10,000 £ Free  
 An evening walk across the fields towards Kedington, with beautiful views over the surrounding countryside and glimpses of local wildlife.  
 MED. MOD. P WC 🐕
- 55** **THURSDAY 26 MAY 10.30AM** **RIVER LARK CIRCULAR WALK**  
 Mildenhall 1.5 hours  
 3 miles 6,000 £ Free  
 A walk beside the River Lark to Barton Mills to see the Norah Hanbury-Kelk water meadows and nature reserve.  
 MED. MOD. P WC 🐕





**56** **THURSDAY 26 MAY 10.30AM** **A HILL AND A VALLEY RAMBLE, DIPPING A TOE INTO ESSEX**  
 Wiston 2.5 hours  
 3 miles 6,000 £ £5

A walk in Dedham Vale along the Stour Valley, taking in the slope towards Little Horkesley in Essex. MED. MOD. P WC

**57** **THURSDAY 26 MAY 10.30AM** **MARTLESHAM CREEK WITH VIEWS OF THE RIVER DEBEN**  
 Martlesham 1.5 hours  
 3 miles 6,000 £ Free

A pretty walk to Martlesham Creek from the church, across fields, through a boatyard and into woods. MED. MOD. P WC

**58** **THURSDAY 26 MAY 10.45AM** **LACKFORD LAKES CIRCUIT**  
 Lackford 1.5 hours  
 2.5 miles 5,000 £ Free

A mixed terrain walk exploring this marshy breckland nature reserve, with an opportunity to view waterfowl from a hide. MED. MOD. P WC

**59** **FRIDAY 27 MAY 10.00AM** **ROMAN ROADS AND RIVER CROSSINGS**  
 Dennington 3 hours  
 6 miles 12,000 £ £6

A walk towards historic Oakenhill Hall and Badingham crossing an old Roman Road by Clay Hill and traversing the River Alde before returning via Capon's Green. MED. MOD. P WC

**64** **SATURDAY 28 MAY 10.15AM** **WEST STOW AND WORDWELL WANDERINGS**  
 West Stow 5.5 hours  
 26,000 £ £10 13 miles

Enjoy this walk in expansive King's Forest through belts of pine trees to find the River Lark and the impressive grounds at Culford School. MED. HARD P WC

**65** **SATURDAY 28 MAY 10.30AM** **CLARE AND CAVENDISH CIRCULAR WALK**  
 Clare 3 hours 7 miles  
 14,000 £ £5

A lovely walk from Clare along the Stour Valley to Pentlow and Cavendish, returning to Clare on the north side of the valley. MED. MOD. P WC

**66** **SATURDAY 28 MAY 10.30AM** **SHOTLEY AND ERWARTON FARMS AND RIVERS WALK**  
 Shotley 3 hours  
 7.5 miles 15,000 £ £2

A walk alongside both the River Orwell and River Stour connected by lovely farm and meadow land. MED. MOD. P WC

**67** **SATURDAY 28 MAY 10.30AM** **CAMPFIRE MAKE AND BAKE**  
 Thornham 2.5 hours  
 2 miles 4,000 £ £12

Join foraging expert and brush up your whittling skills, make a bread twist damper, then cook it over an open fire in the woods! SLOW EASY P WC

**68** **SUNDAY 29 MAY 10.00AM** **FLATFORD AND CONSTABLE COUNTRY**  
 East Bergholt 5 hours  
 10 miles 20,000 £ £10

A leisurely walk beside the River Stour in the Dedham Vale AONB with time to explore Flatford for lunch before a 'surprise' in the

**60** **FRIDAY 27 MAY 10.00AM** **WALK N' WATER SUDBURY AND GREAT HENNY**  
 Sudbury 4 hours  
 3.5 miles 7,000 £ £16

Join the River Stour Trust on a walk to Great Henny. Complimentary refreshments during the midway stop at the Visitor Education Centre. Return to Sudbury by boat. MED. MOD. P WC

**61** **FRIDAY 27 MAY 10.00AM** **FISH PONDS, COUNTRY LANES AND APPLE ORCHARDS IN HISTORIC EYE**  
 Eye 3 hours  
 6 miles 12,000 £ £5

A walk from the historic centre of Eye over rolling arable farmland, with fish ponds, church ruins, apple orchards, and the site of a large discovery of Roman coins. MED. MOD. P WC

**62** **FRIDAY 27 MAY 10.00AM** **THE RIVER DEBEN AT SUTTON**  
 Sutton 1.5 hours  
 3 miles 6,000 £ Free

A walk on the wild side of the River Deben with summer migrants swooping overhead as leisure craft sail on the water. SLOW EASY P

**63** **FRIDAY 27 MAY 10.30AM** **KNETTISHALL HEATH AND WOODLAND WALK, MEET THE 'GRANDMOTHER TREE'**  
 Knettishall 1.5 hours 3 miles  
 6,000 £ Free

Discover Knettishall Heath Nature Reserve taking in the Peddars Way, the Icknield Way, a burial mound and a meeting with the 'Grandmother Tree'. MED. MOD. P WC

churchyard in East Bergholt! MED. HARD P WC  
**69** **SUNDAY 29 MAY 10.00AM** **WALK N' WATER SUDBURY AND GREAT CORNARD RIVERSIDE**  
 Sudbury 2 hours  
 2 miles 4,000 £ £6

Join the River Stour Trust for a short boat ride to Great Cornard and walk 1.5 miles back to Sudbury for complimentary refreshments at The Granary Tea Room. MED. MOD. P WC

**70** **SUNDAY 29 MAY 10.30AM** **CIRCULAR WALK FROM ST MARY'S CHURCH, WEST STOW VIA ALL SAINTS CHURCH, WORDWELL**  
 West Stow 1.5 hours 2.5 miles  
 5,000 £ £10 £7.50

A scenic walk from St Marys Church, West Stow to All Saints Church, Wordwell, restored by the Victorians but still containing stone carvings and a Norman chancel arch. MED. MOD. P WC

**71** **SUNDAY 29 MAY 10.30AM** **A PUNCHBOWL STROLL**  
 Battisford Tye 2 hours  
 4 miles 8,000 £ £3

Following field edges and green lanes giving pretty views, we'll pause at the small church of St. Mary's, Little Finborough, overlooking a shallow valley. MED. MOD. P WC

**72** **SUNDAY 29 MAY 11.00AM** **SHOTLEY MARITIME HERITAGE WALK**  
 Shotley 2.5 hours  
 5 miles 10,000 £ £2

Discover the fascinating maritime history of Shotley including the role of HMS Ganges, Shotley Church and the Submariners Memorial. MED. MOD. P WC



14TH TO 29TH MAY 2022

THE SUFFOLK

# WALKING FESTIVAL



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