

11TH TO 26TH MAY 2024

THE SUFFOLK WALKING FESTIVAL

57
WALKS



www.suffolkwalkingfestival.co.uk



WELCOME TO THE 16TH SUFFOLK WALKING FESTIVAL!

I've been delighted to watch the Suffolk Walking Festival grow and grow since the very first event in 2008. Over the years we've explored almost every corner of Suffolk, heard some fascinating stories about our county's history, and seen much of our amazing heritage.

The festival is a true partnership and a huge thanks goes to all our walk leaders who bring their expertise, local knowledge, and great enthusiasm to every walk. It's always a thrill to see what walks have been created. Some all-time favourites make a return and there are always some new suggestions.

This year we're delighted to re-visit Orford Ness with its secrets, enjoy mindfulness moments in an ancient wood, and relax on a river trip before a gentle amble. New for 2024 we venture into the Broads National Park with their team of highly knowledgeable rangers, we turn our hand

to creative writing on a Haiku walk, and we're delighted to welcome Ambling African Women, a new walking group based in Ipswich, on a guided walk along the Sailors Path at Snape.

We hope you have a wonderful time exploring Suffolk, hopefully discovering new places you never knew existed, hearing stories you'd never heard before, and uncovering facts that will amaze you.

Suffolk is a truly special county and we're delighted to share it with you.

David Falk, Festival Director



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 festival programme.

Thank you also to BBC Radio Suffolk and Jayne Lindill editor of The Suffolk

Magazine, for spreading the word about the festival.

Thank you to Suffolk's local authorities who generously support the Festival.

And a very special thank you to Lesley Dolphin, the Festival's Patron.

A MESSAGE FROM OUR PATRON...



It's that time of the year again – my favourite – the Suffolk Walking Festival!! I'm so proud to be the patron because it's an event that truly celebrates our lovely county. There is no better way of getting up close and personal with the beautiful countryside and history. David Falk and his team have put together another cracking programme of walks. They are taking place in every bit of the county from West Stow to Walberswick. You'll find them on your doorstep in our towns and villages and in the heart of the countryside discovering our Suffolk wildernesses.

Learn about our Viking history, celebrate the magic of Trees, or join African Ambling Women as they tread the Sailors Path from Snape. It all kicks off at Thornham Walks – I'll see you there!

Lesley Dolphin, Festival Patron



DISCOVER SUFFOLK

Suffolk County Council's Discover Suffolk project promotes hundreds of walking, cycling and horse riding trails all free to download at www.discoversuffolk.org.uk or on the Discover Suffolk App:



SUFFOLK WALKING FESTIVAL 2024

FIND OUT MORE

Find out much more about each walk and book tickets at www.suffolkwalkingfestival.co.uk

NO BOOKING FEES!

TICKET SOURCE

Ticket sales are completed by TicketSource. New for 2024 are no booking fees. You pay the ticket price, not a penny more.

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 agents, or in exceptional circumstances.



CONTACT US

- www.suffolkwalkingfestival.co.uk
- suffolkwalkingfestival@suffolk.gov.uk
- [@suffolkwalkingfestival](https://www.facebook.com/suffolkwalkingfestival)
- [@DiscoverSuffolk](https://www.facebook.com/DiscoverSuffolk)
- [@DiscoverSuffolk](https://www.tiktok.com/@DiscoverSuffolk)
- [@discoversuffolk](https://www.instagram.com/discoversuffolk)



KEY TO SYMBOLS:

-  Walk start location
-  Estimated time
-  Walk distance
-  Walk fee
-  Estimated step count
-  Car parking (charges may apply)
-  Toilet facilities
-  Bring a packed lunch
-  Wheelchair accessible (Please contact the festival if more details are required)
-  Family-friendly (children under 16 accompanied by an adult)
-  Pushchair accessible
-  Dogs allowed



PACE RATING

SLOW Slow - A gentle stroll (up to 2mph)

MED. Medium - A steady pace (up to 3mph)

FITNESS RATING

EASY Easy - Suitable for all (short walk at slow pace)

MOD. Moderate - Used to walking (longer distance at steady pace)

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.

LAUNCH JAUNTS



Join us for the launch of the Suffolk Walking Festival in the beautiful surroundings of Thornham Walks, over 2,000 acres of parkland, farmland and woodland in the very heart of Suffolk.

The Launch starts at 10.00am with refreshments, nibbles, speeches and poems, and is open to all who book on a Launch Jaunt. Launch Jaunts start walking at 11.00.

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

1 SATURDAY 11 MAY 11.00am LAUNCH WALK - PAST, PRESENT AND FUTURE OF THORNHAM ESTATE

Thornham Magna 2 hours
 2 Miles 4,000 £5

Delve into the history of the Thornham Estate on this short walk taking in farmland, woodland and environmental schemes, highlighting a history of diversification and adaptation.

Arrive at 10.00 for Festival Launch.

SLOW **EASY** **P** **WC**

2 SATURDAY 11 MAY 11.00am LAUNCH WALK - DROVERS, FRESCOES AND FOLLIES

Thornham Magna
 2.5 hours
 3.5 Miles 7,000 £5

Discover years of history along an ancient highway, hearing tales of Scottish drovers, before marvelling at remarkable frescos inside a 14th century thatched church, and exploring follies, majestic oaks, and a walled garden.

Arrive at 10.00 for Festival Launch.

MED. **MOD.** **P** **WC**

3 SATURDAY 11 MAY 11.00am LAUNCH WALK - PLANT POWER, MATERIAL, MEDICINES AND MEALS

Thornham Magna
 2.5 hours 3 Miles
 £10 6,000

Celebrate our fascinating cultural relationship with plants and their past uses, folklore and myths on a gentle stroll around the Thornham Estate. We'll nibble forgotten foods, uncover ancient remedies and sample hedge-herb tea.

Arrive at 10.00 for Festival Launch. Suitable for children aged 8+

SLOW **EASY** **P** **WC**



5 **TREES, WOODS AND PEOPLE**

SUNDAY
12 MAY
10.00AM

📍 Thornham Magna

🕒 2 hours

🦶 2 miles 🗣️ 4,000 💷 £5

Explore the trees and woods of the Thornham Estate from majestic oaks to freshly planted saplings.

SLOW EASY P WC ♿ 🦏 🦧 🦉 🦊

6 **WALK 'N' WATER, SUDBURY & GREAT CORNARD RIVERSIDE**

SUNDAY
12 MAY
10.00AM

📍 Sudbury 🕒 2 hours

🦶 2 miles 🗣️ 4,000 💷 £8

Join the River Stour Trust for a short boat ride to Great Cornard before returning on foot along the Gainsborough Trail for complimentary refreshments at the Granary.

MED. EASY P WC 🦏 🦧 🦉 🦊

7 **ALTON WATER ADVENTURE**

SUNDAY
12 MAY
10.00AM

📍 Alton Water 🕒 4 hours

🦶 8 miles 🗣️ 16,000 💷 £8 🦧 £5

An 8-mile walk to learn about the rich heritage of Alton Water. £1 reduced parking (down from £6). Family event for all ages.

MED. MOD. P WC ♿ 🦏 🦧 🦉 🦊

8 **SUNDAY WALKING THROUGH THE HISTORY OF IPSWICH WATERFRONT**

12 MAY
10.30AM

📍 Ipswich 🕒 2 hours 🦶 2 miles

🗣️ 4,000 💷 £6 🦧 Under 12 Free

The Story Of Ipswich Waterfront from earliest times to the 21st Century. Linear walk, end at Stoke Bridge. Suitable for children aged 8+

SLOW EASY P WC ♿ 🦏 🦧 🦉 🦊

9 **UFFORD HERITAGE TRAIL**

SUNDAY
12 MAY
10.30AM

📍 Ufford 🕒 2 hours

🗣️ 6,000 💷 Free 🦶 3 miles

The Ufford Heritage Trail is a leisurely walk around this charming Suffolk village taking in over 30 locations of historic interest and significance.

SLOW EASY P WC 🦏

10 **BREDFIELD, BYNG AND BEYOND**

MONDAY
13 MAY
09.30AM

📍 Bredfield 🕒 3 hours

🗣️ 14,000 💷 Free 🦶 7 miles

A walk from Bredfield through gently undulating fields and lanes to explore the Byng valley, it's ancient history, and landscape.

MED. MOD. P WC 🦏 🦧 🦉 🦊

11 **ISLAND OF SECRETS**

MONDAY
13 MAY
09.30AM

📍 Orford 🕒 3 hours

🗣️ 12,000 🦶 6 miles

💷 £25

Step behind the scenes with the National Trust to uncover what happened on the 'Island of Secrets', Orford Ness.

MED. MOD. P WC ♿ 🦏 🦧 🦉 🦊



12
MONDAY
13 MAY
10.30AM

BULMER, BRICKS & BEYOND

Bulmer 5 hours

10,000 5 miles £10

A circular countryside walk from Bulmer village hall, passing the site of a Roman Villa and stopping at Heritage Brickworks for a guided tour and picnic lunch before returning to the start.

MED. MOD. P WC

13
MONDAY
13 MAY
14.00PM

ESTUARY BIRDS, OTTER VIDEOS & A STUNNING HUMAN ECO-HOME

nr. Southwold 3 hours

5,000 2.5 miles £10

A short river walk spotting signs of otters and estuary birds with the opportunity to tour a remarkable, architect-designed eco-home with the owners. Drinks and cakes available for donation to Suffolk Wildlife Trust.

SLOW EASY P WC

14
TUESDAY
14 MAY
10.00AM

THE GRANARY, THREE MILLS & OUR RIVER

Sudbury 3 hours

10,000 5 miles £8

Join the River Stour Trust on a scenic walk around Sudbury visiting several historic sites with complimentary tea/coffee at The Granary Tea Room afterwards.

MED. MOD. P WC

15
TUESDAY
14 MAY
10.30AM

HAWKEDON CIRCULAR NORDIC WALK

Hawkedon 2.5 hours

10,000 5 miles £10

A stunning 5-mile circular Nordic Walk on well established footpaths with plenty of far reaching views.

20
WEDNESDAY
15 MAY
10.30AM

ANCIENT TRAILS OF CLARE: CASTLE, COMMON, CHURCH, AND PRIORY

Clare 2.5 hours 6,000

3 miles £5 Under 12's free

Take in Clare's most significant buildings and historic sites with highlights of Clare's history from 1066 onwards.

SLOW MOD. P WC

21
WEDNESDAY
15 MAY
10.30AM

RIVER-PATH WONDERS PLANT HISTORY AND STONE-MYSTERY!

Ipswich 2.5 hours 6,000

3 miles £12

Discover an amazing insight into Ipswich's riverside past. Encounter alien invaders, touch ice-age river Saracens and taste a wild herb tisane. Ipswich will never seem the same again!

SLOW EASY P

22
THURSDAY
16 MAY
10.30AM

REEDBED TO HARBOUR ALONG THE RIVER BLYTH

nr. Southwold 4.5 hours 11,000

5.5 miles £12

A walk along the lower estuary of the Blyth to see signs of otter activity, and birds on mud and reedbed, returning through grazing marsh and along the edge of the flood plain.

MED. MOD. P WC

23
THURSDAY
16 MAY
11.00AM

THE HIDDEN HISTORY OF WEST STOW COUNTRY PARK

West Stow 2 hours 4,000

10,000 5 miles £ £10

A stunning 5-mile circular Nordic Walk on well established footpaths with plenty of far reaching views.

MED. MOD. P WC

16 TUESDAY 14 MAY 10.30AM CHEDISTON CHURCH CIRCULAR

Halesworth 2.5 hours

12,000 6 miles £ £9.50

Explore the scenic watershed ridge west of Halesworth, visiting Chediston and the captivating St Mary's Church. Includes sandwich and coffee at The Angel.

MED. MOD. P WC

17 TUESDAY 14 MAY 11.00AM THE STORY OF THE HIGH STREET

Hadleigh 1.5 hours

3,000 1.5 miles £ £5

Ancient buildings, shops and trades make up the story of the High Street. While things lie hidden they won't be overlooked by your guide.

SLOW EASY P WC

18 WEDNESDAY 15 MAY 04.15AM SUNRISE AND DAWN CHORUS NORTH COVE

North Cove 2.5 hours

6,000 3 miles £ £8

Join us for an early morning stroll through the woodlands and marshes of North Cove reserve and to the river Waveney to experience the wonderful wetland dawn chorus.

SLOW EASY P

19 WEDNESDAY 15 MAY 10.00AM WHERE THE FIELDS TELL A STORY

Cavendish 3 hours

7,000 3.5 miles £ £5 £2.50

Exploring the undulating countryside around Cavendish, along quiet roads and across fields.

No toilets. Suitable for children aged 10+

MED. MOD. P WC

11.00AM COUNTRY PARK

West Stow 2 hours 4,000

2 miles £ Free

Enjoy a guided walk around the Country Park and hear stories of the hidden history of the site and its uses over the years. Cafe on site.

SLOW EASY P WC

24 THURSDAY 16 MAY 13.30PM TALES FROM THE RIVER: FUN AND WORK

Honington 2.5 hours 3,000

1.5 miles £ Free

Enjoy a leisurely walk beside the lovely river Blackbourn, hear stories of recreation and trade, and get a sense of the importance of the river in the lives of the two villages that meet along it, Honington and Sapiston.

SLOW EASY P WC

25 FRIDAY 17 MAY 09.30AM WALK WITH A SHEEPDOG

Orford 3.5 hours

7,000 3.5 miles £ £25

Join Andrew, the National Trust Shepherd, and his sheepdog Sweep on a walk around Orford Ness National Nature Reserve. Learn about how the flock of rare breed sheep help maintain this unique environment.

SLOW MOD. P WC

26 FRIDAY 17 MAY 10.00AM WALK 'N' WATER, SUDBURY & GREAT HENNY RIVERSIDE

Sudbury 4 hours

7,000 3.5 miles £ £18.50

Join us for a scenic walk and boat trip along part of St Edmund's Way and Stour Valley Path. Proceeds go towards the restoration, conservation and education of the Suffolk & Essex River Stour Navigation.

SLOW MOD. P WC

27

FRIDAY
17 MAY
10.30AM

WALKING WITH CONSTABLE

📍 East Bergholt ⌚ 5 hours

👤 10,000 🏃 5 miles 💷 Free

Immerse yourself in the footsteps of the legendary John Constable, and see his masterpieces come to life in the very landscapes that ignited his artistic passion.

MED. MOD. P WC 🍏 🐕

28

FRIDAY
17 MAY
20.00PM

TWILIGHT SAFARI - BARKING, BATS & BIRCH

📍 Barking ⌚ 2 hours

👤 6,000 🏃 3 miles 💷 £13

Join wildlife enthusiast Jon Tyler in the Twilight world of ancient Priestly Wood. Experience the secret world of Bats, listen for Muntjac and sip refreshing Birch sap tea. No toilets. Suitable for children aged 10+

SLOW MOD. P 🌿

29

SATURDAY
18 MAY
10.00AM

TURBULENCE TO TRANQUILLITY

📍 Dunwich ⌚ 3 hours

👤 6,000 🏃 3 miles 💷 £10

This is your chance to discover the little-known and fascinating story of Dunwich Heath.

SLOW EASY P WC 🐕

30

SATURDAY
18 MAY
11.00AM

THE HIDDEN HISTORY OF WEST STOW COUNTRY PARK

📍 West Stow ⌚ 2 hours 👤 4,000

🏃 2 miles 💷 Free

Enjoy a guided walk around the Country Park and hear stories of the hidden history of the site and its

35

MONDAY
20 MAY
10.00AM

COAST AND HEATH - FACETS OF A NATIONAL LANDSCAPE

📍 Walberswick ⌚ 3 hours 🏃 4 miles

👤 8,000 💷 £5 🌿 £3

Explore the diverse habitats estuary, heaths and coast of the Coast and Heaths National Landscape. Suitable for children aged 12+

MED. MOD. P WC 🌿 🐕

36

TUESDAY
21 MAY
10.30AM

WALKING THROUGH THE HISTORY OF ENGLAND'S OLDEST TOWN

📍 Ipswich ⌚ 2 hours 🏃 2 miles

👤 4,000 💷 £6 🌿 £4 (children under 14)

The story of Ipswich from earliest times to the 21st Century and how we developed from the headquarters of Prince Readwald to Suffolk's County Town.

SLOW EASY P WC ♿ 🌿

37

TUESDAY
21 MAY
11.00AM

WALKING WITH TREES

📍 Hadleigh ⌚ 1.5 hours

🏃 1.5 miles 👤 3,000 💷 £5

Trees are universal symbols that can be found in many traditions: Celtic, Norse, Greek and Roman. Countless artists and writers have been inspired by them. On this walk you'll encounter some of the town's trees, as ancient and majestic as many of the buildings you'll see.

SLOW EASY P WC ♿

38

TUESDAY
21 MAY
11.00AM

WALBERSWICK WANDER

📍 Southwold ⌚ 3 hours

🏃 4 miles 👤 8,000 💷 Free

An accessible 4-mile circular walk from Southwold Harbour along the River Blyth and the Sandlings Walk to Walberswick.

2 miles Free

Enjoy a guided walk around the Country Park and hear stories of the hidden history of the site and its uses over the years. Cafe on site

31 **SUNDAY**
19 MAY
10.00AM **TURBULENCE TO**
TRANQUILITY

Dunwich 3 hours

3 miles £10 6,000

This is your chance to discover the little-known and fascinating story of Dunwich Heath.

32 **SUNDAY**
19 MAY
10.00AM **WALK 'N' WATER,**
SUDBURY & GREAT
CORNARD RIVERSIDE

Sudbury 2 hours 2 miles

£8 4,000

Join the River Stour Trust for a short boat ride to Great Cornard before returning on foot along the Gainsborough Trail for complimentary refreshments at the Granary.

33 **SUNDAY**
19 MAY
13.30PM **HAIKU GINKO IN**
HALESWORTH

Halesworth 2.5 hours

4 miles £12 8,000

Discover how to write haiku with two local authors as we take a contemplative walk in the Blyth valley from Halesworth to the chapel ruin in Mells. Bring a notebook and pen!

34 **MONDAY**
20 MAY
09.30AM **WALK WITH A RANGER**

Orford 3.5 hours

6 miles 12,000 £25

Join one of the National Trust Rangers on a walk around Suffolk's Secret Coast – Orford Ness National Nature Reserve. Learn about this unique environment and the wildlife that now thrives where once weapons were tested.

An accessible 4-mile circular walk from Southwold Harbour along the River Blyth and the Sandlings Walk to Walberswick.

39 **WEDNESDAY**
22 MAY
10.00AM **BOAT AND BOAT**
ALONG THE WAVENEY

Carlton Colville 5 hours

4 miles 8,000 £12 £8

Enjoy a relaxing boat trip from Carlton Marshes along the River Waveney to North Cove moorings with a guided walk back, or walk first and relax on the return boat trip. Suitable for children aged 15+

40 **WEDNESDAY**
22 MAY
10.30AM **A CHURCH, A CASTLE,**
CAMPAIGNERS AND A
CHOREOGRAPHER

Eye 2.5 hours

3 miles 6,000 £7 Free

A journey through the historical tapestry of Eye, a true Suffolk gem. Unveil the town's hidden secrets as you amble through its historic sites. Suitable for children aged 14+

41 **WEDNESDAY**
22 MAY
10.30AM **WALKING THROUGH**
THE HISTORY OF
MENDLESHAM

Mendlesham 2 hours

1.5 miles 3,000 £2

Join us to explore Mendlesham, its historical buildings, photographs, and landmarks, while discovering the tales of the Mendlesham martyrs, and others.

42 **WEDNESDAY**
22 MAY
10.30AM **DEBEN AND THE COAST**
- STATION-TO-STATION
WALK

Trimley St Mary Free

4.5 hours 8 miles 16,000

Trimley station to Felixstowe station, via beautiful countryside made up of valleys, farms and panoramic views of the River Deven estuary.

43

THURSDAY
23 MAY
09.30AM

ORFORD NESS OFF THE BEATEN TRACK

Orford 5 hours
 7.5 miles 15,000 £25

Join National Trust staff for a longer walk on Orford Ness visiting paths not generally open to the public.

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

44

THURSDAY
23 MAY
10.00AM

AMBLING AFRICANS @ SNAPE MALTINGS

Snape 1.5 hours
 3.5 miles 7000 Free

Join African Ambling Women, a new walking group based in Ipswich, for a lovely walk from Snape Maltings along the Sailors Path beside the River Alde.

MED. **EASY** **P** **WC**

45

THURSDAY
23 MAY
10.00AM

BORDERLANDS OF THE RIVER STOUR

Sudbury 4.5 hours

7.5 miles 15,000 Free

Join a stroll through the timeless and unspoiled Stour Valley. Enjoy walking along riverside paths and open glades, through farmland and woodlands to viewpoints overlooking the landscape that inspired Thomas Gainsborough.

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

46

THURSDAY
23 MAY
10.00AM

SPECTACULAR SPRING WILDLIFE AT RSPB MINSMERE

Minsmere 2.5 hours 2 miles
 4,000 £10 £5

Discover the spectacular variety of spring wildlife at RSPB Minsmere. Spot nesting Avocets, gulls and terns, listen to magnificent birdsong and glimpse beautiful butterflies flitting from flower to flower. Suitable for children aged 8+

SLOW **EASY** **P** **WC**

47

51

FRIDAY
24 MAY
10.30AM

THE BEAUTIFUL UPPER STOUR

Little Bradley 3.5 hours
 7.5 miles 15,000 £5

A delightful walk with far-reaching countryside vistas of the Upper Stour Valley including a visit to Plunder Wood and Paddle Hole End.

MED. **MOD.** **P** **WC**

52

SATURDAY
25 MAY
10.00AM

THE MAGIC AND WISDOM OF TREES A FOREST BATHING EXPERIENCE

Great Cornard 3 hours 2 miles
 4,000 £18

Celebrate the magic and wisdom of trees and their impact on our health and wellbeing as we wend our way through the remnants of this ancient oak wood. Suitable for children aged 12+

SLOW **EASY** **P** **WC**

53

SATURDAY
25 MAY
11.00AM

HADLEIGH PAST AND PRESENT

Hadleigh 1.5 hours
 1.5 miles 3,000 £5

Join a local guide on a walk around the ancient town and enjoy stories of a Viking King, a fearless long distance aviator, and an artist and plantsman.

SLOW **EASY** **P** **WC**

54

SATURDAY
25 MAY
13.00PM

HEDGEROW FORAGE AND WILD CREAM TEA

Thornham Magna
 3 hours 2 miles

4,000 £20

A gentle amble around Thornham Walks with local forager Jon Tyler, investigating and sampling some seasonal wild foods. Finishing

glimpse beautiful butterflies flitting from flower to flower. Suitable for children aged 8+

SLOW EASY P WC ♿ 🦿 🐕

47 **THURSDAY**
23 MAY
10.30AM

BROXTED ESTATE ACCESSIBLE WALK

📍 Stradishall ⌚ 1.5 hours

🏃 2 miles 🗣️ 4,000 £ Free

A circular walk designed specifically for accompanied wheelchair users and unaccompanied motorised wheelchair users. The walk takes participants on a circuit of the fascinating and historic Broxted Estate near Stradishall.

SLOW EASY P ♿ 🦿 🐕

48 **FRIDAY**
24 MAY
10.00AM

MYSTERIES, MURDER AND MIRACLES

📍 Bildeston ⌚ 3 hours

🏃 3 miles 🗣️ 6,000 £ £5 🦿 £2.50

A journey from Bildeston to Chelsworth and back, through beautiful countryside, discovering local history as we walk. Suitable for children aged 10+

MED. MOD. P WC ♿ 🦿 🐕

49 **FRIDAY**
24 MAY
10.00AM

WALK 'N' WATER, SUDBURY & GREAT HENNY RIVERSIDE

📍 Sudbury ⌚ 4 hours 🏃 3.5 miles

🗣️ 7,000 £ £18.50

Join us for a scenic walk and boat trip along part of St Edmund's Way and Stour Valley Path. Proceeds go towards the restoration, conservation and education of the Suffolk & Essex River Stour Navigation.

SLOW MOD. P WC 🍷 🐕

50 **FRIDAY**
24 MAY
10.00AM

THE MAGIC & WISDOM OF TREES A FOREST BATHING EXPERIENCE

📍 Great Cornard ⌚ 3 hours

🏃 2 miles 🗣️ 4,000 £ £18

Celebrate the magic and wisdom of trees and their impact on our health and wellbeing as we wend our way through the remnants of this ancient oak wood. Suitable for children aged 12+

SLOW EASY P WC ♿ 🦿 🐕

4,000 £ £20

A gentle amble around Thornham Walks with local forager Jon Tyler, investigating and sampling some seasonal wild foods. Finishing off with a 'cream tea on the wild-side'. Cafe available on site. Suitable for children aged 8+

SLOW EASY P WC ♿ 🦿 🐕

55 **SUNDAY**
26 MAY
10.00AM

WALK 'N' WATER, SUDBURY & GREAT CORNARD RIVERSIDE

📍 Sudbury ⌚ 2 hours

🏃 2 miles 🗣️ 4,000 £ £8

Join the River Stour Trust for a short boat ride to Great Cornard before returning on foot along the Gainsborough Trail for complimentary refreshments at The Granary.

MED. EASY P WC 🐕

56 **SUNDAY**
26 MAY
10.00AM

CLARE AND CAVENDISH CIRCULAR WALK

📍 Clare ⌚ 3 hours

🏃 7 miles 🗣️ 14,000 £ £5

Starting in Clare Castle Country Park, this walk strikes east along the valley floor of the River Stour before reaching Pentlow and Cavendish, then returning along the Stour Valley Path.

MED. MOD. P WC ♿ 🦿 🐕

57 **SUNDAY**
26 MAY
11.00AM

THE LONG LONG STORY OF MELFORD A VILLAGE ON THE GREEN

📍 Long Melford ⌚ 2 hours

🏃 1.5 miles 🗣️ 3,000 £ Free

Join our walk around the beautiful village of Long Melford and discover its long, long history, buildings, trades and people.

SLOW EASY P WC ♿ 🦿 🐕



11TH TO 26TH MAY 2024
THE SUFFOLK

WALKING FESTIVAL

OUR PARTNERS

BBC

RADIO SUFFOLK

EAST ANGLIAN DAILY TIMES

SUFFOLK



Suffolk
County Council



Forest Heath • St Edmundsbury

West Suffolk
working together



Alton Water



Broads Authority

CDH

Cambridge Digital Humanities



UNIVERSITY OF CAMBRIDGE
Cambridge University Libraries



The Fitzwilliam Museum
CAMBRIDGE



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