

Stepping Out In Suffolk

Waveney Area Walks

Summer 2017
July
to
September



Health WALKS



One Life Suffolk

Helping local people live healthier lives



One Life Suffolk

Welcome to the Summer 2017 programme Walking for Health brochure.

Each walk description will give you information on the grade, time, distance and other possible features on the walk so you will be able to choose walks to suit you. Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. Postcodes are given for the meeting place or the nearest postcode to parking location.

Walks are graded so you can be sure they are suitable to your ability:

1

On easy, good, flat surfaces

2

Mostly one level, can be muddy

3

Some moderate slopes, good surfaces

4

More challenging, may include steeper slopes, rough ground or mud in wet weather


5

As grade 4, but may include one or two stiles

On your first Health Walk we will ask you to fill out a Health Questionnaire which the walk leaders will have available for you on the day or alternatively download a copy at:

www.onelifesuffolk.co.uk

and bring it to your first walk. At the start of each walk a register is filled in to keep a record of the number of walkers attending. Our Health Walks, are accredited to the national body Walking for Health who are funded by Macmillan Cancer Care under the umbrella of The Ramblers. They are led by trained volunteer walk leaders to ensure that they are effective and above all, enjoyable!

Please note: Dogs are not permitted on any of the Health Walks in  Waveney. This may change in the future as our Health Walks programme grows. Sorry for any inconvenience caused.



Please note: Extreme weather conditions may result in a walk being cancelled. If this happens, or you would like to clarify please see the website or contact Client Services on 01473 718193.



Please note: Due to the nature of the walks it is important to wear appropriate clothing, that is easy to move in and suitable footwear such as trainers/walking boots.



Get on board and catch a bus to your walk! Finding out routes and times has never been easier: www.suffolkonboard.com

Walking can...

Make you feel good. Give you more energy. Reduce stress & help you sleep better. Keep your heart 'strong'. Reduce blood pressure. Help you to manage your weight.

Why is walking the perfect activity for health?

- Almost everyone can do it.
- You can do it anywhere & anytime.
- It's a chance to make new friends.
- It's free & you don't need to book or have special equipment.
- You can also start slowly & build up gently

Volunteer with Stepping Out In Suffolk

We want everyone to live happier and healthier lives. Help us achieve this by volunteering with your local Walking for Health Scheme. We need people to lead and assist with walks, develop new routes or provide office support. Full training and support is provided.

If you want to get active, meet new people and make a difference to you local community, we'd love to hear from you.

Contact Name: Emma Freeman

Email: emma.freeman@onelifesuffolk.co.uk

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk



One Life Suffolk

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Waveney Health Walks

Monday 3rd July **BECCLES MARSH TRAIL/WORLINGHAM WALL**
NR34 9EJ
10.30am
 Grade 4
 80 min/3.7 miles

Meet at 10.30 am for a prompt start at the small car park near the allotments off Morrison's A146 roundabout at the edge of Beccles. Morrison's store has a cafe and toilets. This delightful walk starts on wide easily walked level track across the marshes with extensive views across the water meadow and dykes with cows grazing. It moves onto the Worlingham Wall which is a shallow raised bank, originally built to provide protection against flooding. This meanders through belts of trees, grasses and wild flowers, it is uneven in places. The route then follows the River Waveney for about 1 kilometre, before turning back through the marshes along a wide track meandering back to the car park. No road walking, a lovely walk through a water meadow landscape. **Beccles WFH Derek & June**

Tuesday 4th July **KESSINGLAND BEACH/BENACRE SLUICE**
NR33 7SF
10.30am
 Grade 3
 80 min/3.3 miles

Meet at 10.30 a.m. for a prompt start at the Beach Car Park Church Road. Turn off the A12 into Whites Lane, after ¾ mile this road becomes Church Road then shortly after the junction turn right into Beach Car Park. Care needs to be taken going down the steps to the promenade. The walk proceeds along a grass/sand dune stretch set back 400 yards from the sea and crosses over the sluice gate of the River One Hundred. It then proceeds beside a lake formed by excavation of gravel used to construct the runway at Ellough airfield in the early 1940's. At one point, you are walking with the sea on your immediate left. An exhilarating walk. There are refreshment and toilet facilities at the end of the walk. **Beccles WFH Molly & backmarker**

Wednesday 5th July **WORLINGHAM MARSH LANE TO RIVER BANK**
NR34 7PD
2pm
NEW WALK
 Grade 3
 60-80 min/1.8 miles

Meet at 2pm for a prompt start. Take A146/and or Beccles/Worlingham Road to Worlingham roundabout on A146. Go left, right, or straight on at the roundabout as appropriate and enter Marsh Lane. Almost immediately turn right off Marsh Lane, proceed around bends, then park up beside the road. This is the old Norwich/ Lowestoft Road. This is an out and back walk which proceeds down Marsh Lane to the level crossing. It is all road walking but passes through lovely open countryside. The walk can be extended by proceeding over the level crossing and carrying straight on down a track to the river. Toilet and refreshments are available at the Three Horseshoes Pub at North Cove. **Beccles WFH Martin & Carole**

Friday 7th July **GELDESTON CHURCH**
NR34 0LX
10.30am
 Grade 4
 90 min/3.8 miles

Turn left opposite the village hall in Gillingham and proceed towards Geldeston, park at the church ready for a prompt start at 10.30 a.m. Some lane and field path walking, we also cross over the A143 twice, care needed. A lovely walk and you can take refreshments in nearby Geldeston where toilet facilities are also available. **Beccles WFH Roger & Maureen**

Monday 10th July **SOUTHWOLD INLAND**
IP18 6TB
10.30am
 Grade 3
 90 min/3.75 miles

Meet at 10.30 a.m. for a prompt start at the water tower car park on the edge of Southwold. The walk takes in some common land, field tracks and crosses over some roads. It is a delightful walk in countryside surrounding Southwold. Café/toilets in Southwold. **Beccles WFH Derek & June**

Tuesday 11th July **STOVEN**
Meet at Stoven Green for a prompt start at 10.30a.m. Coming from Beccles, turn left at Brampton crossroads and after 9/10ths of a mile turn left, Stoven Green is on the right. A lovely walk involving some minor road walking, field tracks and through a wooded area. A good possibility of seeing deer. This walk avoids Further Green Farm. **Beccles WFH Mike & backmarker**

NR34 8ER
10.30am
Grade 4
90 min/3.5 miles

Wednesday 12th July **BECCLES QUAY RIVERBANK TOWARDS GELDESTON**
Meet 2p.m. at Beccles Quay cafe for a prompt start (parking available at Beccles Quay car park) we walk along beside the river Waveney towards Geldeston. Tea and toilets are available at the end of the walk at Beccles Quay. **Beccles WFH Carole & Martin**

NR34 9BH
2pm
Grade 1
60 min/1.5 miles

Friday 14th July **HENSTEAD CHURCH**
Meet at 10.30 a.m. for prompt start at Henstead Church car park which can be accessed either from the Beccles or Wrentham roads. The walk does involve some road walking but also includes several field tracks. Care needs to be taken as we come off a field track onto Henstead road and walk a short distance up this road. A lovely walk but can be very muddy in wet conditions. **Beccles WFH Mike & backmarker**

NR34 7LD
10.30am
Grade 4
90 min/3.5 miles

Monday 17th July **BECCLES BOAT HOUSE HILLS**
Meet at Beccles Quay car park ready for a prompt start at 10.30 a.m. The first part of the walk leads us along the Gillingham Dam where single file is appropriate due to overhanging wing mirrors on vehicles. We cross the A146 once and after that it is mostly field tracks and walking along the river bank. Glorious views from Boat House Hills over the river, Waveney Valley and Beccles. There are two stiles. Café/toilet facilities available at Quay. **Beccles WFH Roger & Maureen**

NR34 9BH
10.30am
Grade 5
90 min/3.3 miles

Tuesday 18th July **BARSHAM CHURCH**
Meet at 10.30 a.m. ready for a prompt start at the lay-by on the Beccles/Bungay Road/B1062 near Barsham Church. A truly delightful walk and one which is steeped in history. The walk is mainly on field, footpaths and tracks, with some road walking Inc. by the side of the Beccles/Bungay Road – which we cross twice where care needs to be taken. Horatio Nelson’s mother, Catherine Suckling was born at Barsham Church rectory. Captain Maurice Suckling who gave Nelson his first post at the age of 12 on a Royal Navy ship is buried in the Church. Oliver Cromwell oversaw a troop of cavalry at Barsham Old Hall. **Beccles WFH Molly & backmarker**

NR34 8HJ
10.30am
Grade 3
85 min/3.25 miles

Wednesday 19th July **BECCLES COMMON**
Meet at 2 p.m. Beccles Common car park at the end of Common Road South ready for a prompt start. This walk although short, walks around the perimeter of the Common and crosses over the golf course at times. Steeped in history, e.g. Boney’s Island, now a fenced-off wooded area, but troops were stationed here in the Peninsular war and in run up to Waterloo. Café/toilet available. **Beccles WFH Martin & Carole**

NR34 9BY
2pm
Grade 1
60 min/1.5 miles

Friday 21st July **NORMANSTON PARK/IVY HOUSE**
Meet 10.30 a.m. at Normanston Park just off Peto Way in Lowestoft ready for a prompt start. This delightful walk passes Lake Lothing and proceeds alongside Oulton Broad taking in Nicholas Everitt Park, then heading on towards Carlton Marshes. Part of the pathway floods at high tide when we must make a small detour. Mostly footpaths, tracks and park land but the route includes steep steps over the railway bridge, some uneven ground, two stiles near Ivy House Hotel. Café/toilets available. **Beccles WFH Derek & June**

NR32 2QB
10.30am
Grade 5
90 min/3.75 miles

Monday 24th July **DITCHINGHAM/BATH HILLS**
Meet at 10.30 a.m. Green Lane car park at Ditchingham ready to start. A lovely walk, passing by the home of Ryder Haggard. Care needs to be taken along a foot path beside the main Bungay/Norwich road, and when crossing this road. Marvellous views are to be had looking down through woodland onto Bungay Common. Refreshment/toilets available in nearby Bungay.
Beccles WFH Derek & June

Tuesday 25th July **NORTH COVE RIVER & MARSH**
Meet at 10.30 a.m. for a prompt start at the North Cove Church lay-by near the Three Horseshoes Public house. This is a very nice walk involving some lane walking and along the banks of the River Waveney, as well as walking on marsh tracks. We cross over two-level crossings so care needs to be taken here. Refreshment and toilet facilities are available at the pub. **Beccles WFH Molly & backmarker**

Wednesday 26th July **GUNTON WOODS**
Meet at Gunton St. Peters church on Gunton Church Lane ready for a prompt start at 2pm, park with care on the road. The walk proceeds through Gunton Woods as a marked footpath, care may be needed due to exposed tree roots in some parts of the woods. This is a walk with lots of colour dependant on the season with snowdrops in the winter, wild orchids in the summer and changing colours on the trees. There are no toilet facilities in Gunton Woods but available nearby. Tea/Coffee stop after the walk. **Beccles WFH Carole & Martin**

Friday 28th July **BECCLES/DUNBURGH/RIVER BANK**
Meet at Beccles Quay car park ready for a prompt start at 10.30 a.m. This walk involves some minor road walking but also includes a delightful walk for about two miles along the Norfolk bank of the River Waveney. The walk leads us along the Gillingham Dam where single file is appropriate due to overhanging wing mirrors on vehicles. We cross the main road twice. Toilets and cafe at Quay. **Beccles WFH Roger & Maureen**

Monday 31st July **LOUND LAKES**
Meet at the Suffolk Wildlife Car Park off Hall Road ready for a prompt start at 10.30 a.m. Walking is mostly on paths in the Lound Lakes reserve with a short distance of road walking in Hobland Road. A lovely walk with glorious views. **Beccles WFH Derek & June**

Tuesday 1st August **PYE'S MILL/LODDON**
This walk starts promptly at 10.30 a.m. from the car park at the end of Pye's Mill Road. Some minor road walking and we must cross the A146 twice where care needs to be taken. There are some field tracks. The early part of the walk is notable for the wooden carving of a woman whose shopping is falling from her bag and carved items from her basket can be found at intervals along the walk. Refreshments/toilet available in nearby Loddon. **Beccles WFH Roger & Maureen**

Wednesday 2nd August **BECCLES QUAY CAFÉ/RIVERBANK TO SAILING CLUB**
Meet 2p.m. at Beccles Quay cafe for a prompt start, parking available at Beccles Quay car park. We walk along beside the river Waveney to the sailing club and then return by the Marsh trail and riverbank. Café/toilets available at Beccles Quay. **Beccles WFH Martin & Carole**

NR34 9BH

2pm

Grade 1

60 min/1.5 miles

Friday 4th August **MUTFORD WOOD**
Meet at 10.30 a.m. ready to start at Mutford Village Hall car park which is just off The Street, Mutford. This is a lovely walk which features some lane walking, field tracks and woodland. **Beccles WFH Bob & Jean**

NR34 7UR

10.30am

20p charge to park

Grade 4

90 min/3.5 miles

Monday 7th August **BARSHAM CHURCH**
Meet at 10.30 a.m. ready for a prompt start at the lay-by on the Beccles/Bungay Road/B1062 near Barsham Church. A truly delightful walk and one which is steeped in history. The walk is mainly on field, footpaths and tracks, with some road walking Inc. by the side of the Beccles/Bungay Road – which we cross twice where care needs to be taken. Horatio Nelson's mother, Catherine Suckling was born at Barsham Church rectory. Captain Maurice Suckling who gave Nelson his first post at the age of 12 on a Royal Navy ship is buried in the Church. Oliver Cromwell oversaw a troop of cavalry at Barsham Old Hall. **Beccles WFH Derek & June**

NR34 8HJ

10.30am

Grade 3

85min/3.25miles

Tuesday 8th August **RINGSFIELD CHURCH**
Meet at Ringsfield village hall car park ready for a prompt start at 10.30 a.m. This walk is mostly field tracks with some minor road walking. The views are expansive and it is worthwhile visiting the Church. There are no toilet or refreshment facilities other than at the local pub, or in Beccles Town. **Beccles WFH Mike & backmarker**

NR34 8NT

10.30am

Grade 3

75 min/2.5 miles

Wednesday 9th August **PAKEFIELD/LOWESTOFT PROMENADE**
Meet at 2 p.m. near the Jolly Sailor pub in Pakefield to start promptly. Car parking is free in All Saints Road, NR33 OJN. The walk has a small amount of road walking but most of it is on footpaths and along Lowestoft Promenade. A very bracing seafront walk. Refreshment and toilet facilities are available. **Beccles WFH Carole & Martin**

NR33 OJS

2pm

Grade 1

60 min/1.5 mile

Friday 11th August **WESTHALL**
Park in Westhall village car park ready for a prompt start at 10.30am. Some minor road walking but also field tracks and country paths. A short detour on route allows you to visit the church. Refreshment and toilet facilities are available at the pub in the village. **Beccles WFH Roger & Maureen**

IP19 8RQ

10.30am

Grade 4

90 min/3.8 miles

Monday 14th August **ILKETSHALL ST. ANDREW COMMONS**
Park on the grass in front of Ilketshall St. Andrew church ready for a prompt start at 10.30 a.m. This walk is mostly field tracks and country paths with a small amount of lane walking. You pass over Great, Perdyke and Little Commons. One stile. A lovely walk. **Beccles WFH Bob & Jean**

NR34 8HX

10.30am

Grade 5

90 min/3.4 miles

Tuesday 15th August

METTINGHAM CASTLE

Meet at the lay-by on the B1062 Beccles to Bungay Road just before Mettingham Church and the Tally-Ho tea rooms ready for a prompt start at 10.30 a.m. The walk, which can be hilly in places takes us to Mettingham Castle, a fortified Manor House formed by Sir John de Norwich who was given a licence to crenulate his existing Manor House on the site in 1432. Country paths, tracks and some road walking. Care to be taken crossing the B1062 which we do twice. A very interesting walk. Refreshments and toilets available at the Tally-Ho tea rooms and in nearby Beccles.

Beccles WFH Molly & backmarker

NR35 1TL

10.30am

Grade 4

90 min/3.5 miles

Wednesday 16th August

NICHOLAS EVERITT PARK AND BROAD

Meet at 2 p.m. at the gated entrance to Nicholas Everitt park ready for a prompt start. The walk is around the park and alongside Oulton Broad. A delightful area to walk. Refreshments and toilets available. Please note the car park is pay and display. **Beccles WFH Martin & backmarker**

NR33 9JT

2pm

Grade 1

60 min/1.5 miles

Friday 18th August

NORTH COVE

Meet at 10.30 a.m. for a prompt start at the North Cove church lay-by near the Three Horseshoes Public house. This walk crosses the A146 twice and although there is some road walking, the walk is mostly along country paths and field tracks. A lovely walk. Refreshment and toilet facilities are available at the Three Horseshoes Public house. **Beccles WFH Bob & Jean**

NR34 7PH

10.30am

Grade 4

90 min/3.5 miles

Monday 21st August

DITCHINGHAM/BROOME PLACE

Meet at the car park in Green Lane Ditchingham ready for a prompt start at 10.30 a.m. A very pleasant walk on some minor roads, field tracks and through some wooded areas. There are some hills and one awkward stile. We cross Broome Heath on our return. Refreshment/toilets are available in nearby Bungay. **Beccles WFH Derek & June**

NR35 2RD

10.30am

Grade 5

80 min/3.4 miles

Tuesday 22nd August

KESSINGLAND MARSHES

Meet at 10.30 a.m. for a prompt start at the Beach Car Park Church Road. Turn off the A12 into Whites Lane, after $\frac{3}{4}$ mile this road becomes Church Road then shortly after the junction turn right into Beach Car Park. Some minor road walking and country lanes. A very pleasant walk. Café/pub/toilet facilities available. **Beccles WFH Molly & backmarker**

NR33 7SF

10.30am

Grade 4

75 min/2.5 miles

Wednesday 23rd August

LODDON TOWN WALK/CHURCH PLAIN

Meet 2 p.m. at Loddon Church Plain car park ready for a prompt start. The walk involves some road walking but also includes footpaths and walking on the riverbank near Pye's Mill. Refreshment and toilet facilities are available in Loddon. **Beccles WFH Carole & Martin**

NR14 6LX

2pm

Grade 2

60 min/1.5 miles

Friday 25th August

SHIPMEADOW/BARSHAM

Park on the grass verge in front of Shipmeadow Church adjacent to the B1062 Beccles/Bungay Road ready for a prompt start at 10.30 a.m. We must cross the B1062 twice and with some care because of blind bends. Mostly field tracks but several stiles. When possible (i.e. no bull in the field) we cross over to the Locks Inn where toilet and refreshment facilities are available. **Beccles WFH Roger & Maureen**

NR34 8HA

10.30am

Grade 5

75 min/2.2 miles

Monday 28th August
NR31 9AU
10.30am
Grade 3
90 min/3.75 miles

LOUND LAKES - Bank Holiday Walk
Meet at the Suffolk Wildlife Car Park off Hall Road ready for a prompt start at 10.30 a.m. Walking is mostly on paths in the Lound Lakes reserve with a short distance of road walking in Hobland Road. A lovely walk with glorious views. **Beccles WFH Derek & June**

Tuesday 29th August
NR34 9EJ
10.30am
Grade 4
80 min/3.7 miles

BECCLIS MARSH TRAIL/WORLINGHAM WALL
Meet at 10.30 am for a prompt start at the small car park near the allotments off Morrison's A146 roundabout at the edge of Beccles. Morrison's store has a cafe and toilets. This delightful walk starts on wide easily walked level track across the marshes with extensive views across the water meadow and dykes with cows grazing. It moves onto the Worlingham Wall which is a shallow raised bank, originally built to provide protection against flooding. This meanders through belts of trees, grasses and wild flowers, it is uneven in places. The route then follows the River Waveney for about 1 kilometre, before turning back through the marshes along a wide track meandering back to the car park. No road walking, a lovely walk through a water meadow landscape. **Beccles WFH Mike & backmarker**

Wednesday 30th August
NR34 9QB
2pm
Grade 3
60 min/1.5 miles

BECCLIS TOWN WALK
Meet at 2 p.m. at the entrance to Beccles Tesco store. We walk to St. Michael's church along Ballygate, past the museum, turn right at the end and right again to Puddingmoor then back to Tesco Store entrance. If you are feeling well off we take tea at the Waveney House Hotel, if not we seek refreshment at Tesco. Toilet facilities available. **Beccles WFH Martin & Carole**

Friday 1st September
NR33 8HU
10.30am
Grade 4
80 min/2.75 miles

CARLTON MARSHES
Meet Suffolk Wildlife Trust car park Carlton Marshes reserve for a prompt start at 10.30 a.m. From Beccles take the A146 towards Oulton Broad turning left down Burnt Hill Lane, the Wildlife Centre is signposted opposite the entrance to this lane. The walk is totally on marsh tracks and proceeds for a short distance along the banks of the River Waveney. There is no open access to toilet/refreshment facilities but may be available by prior booking – The Reserve Team 01502 564250. **Beccles WFH Roger & Maureen**

Monday 4th September
NR14 6BU
10.30am
Grade 3
80 min/3.1 miles

HARDLEY STAITHE
Meet at 10.30 a.m. at Hardley Staithe car park ready for a prompt start. Take the road from Loddon to Chedgrave and look for Hardley Road on the right. Follow this for approx. 1.75 miles to Hardley Church and proceed straight on to Hardley Staithe. The walk is along footpaths beside the rivers Yare and Chet. Worth a visit to Hardley Church to look at the 15th Century font. Villagers have worshipped here since Norman times and there are Piscina wall paintings of St. Christopher and St. Katherine. Refreshment and toilet facilities available in nearby Loddon. **Beccles WFH Derek & June**

Tuesday 5th September
NR34 8HJ
10.30am
Grade 3
85min/3.25miles

BARSHAM CHURCH
Meet at 10.30 a.m. ready for a prompt start at the lay-by on the Beccles/Bungay Road/B1062 near Barsham Church. A truly delightful walk and one which is steeped in history. The walk is mainly on field, footpaths and tracks, with some road walking Inc. by the side of the Beccles/Bungay Road – which we cross twice where care needs to be taken. Horatio Nelson's mother, Catherine Suckling was born at Barsham Church rectory. Captain Maurice Suckling who gave Nelson his first post at the age of 12 on a Royal Navy ship is buried in the Church. Oliver Cromwell oversaw a troop of cavalry at Barsham Old Hall. **Beccles WFH Molly & backmarker**

**Wednesday 6th
September**

NR33 7SF

2pm

Grade 3

80 min/2 miles

KESSINGLAND BEACH TO BENACRE SLUICE

Meet at 2 p.m. at Beach Car Park Church Road for a prompt start. Turn off the A12 into Whites Lane, after ¾ mile this road becomes Church Road then shortly after the junction turn right into Beach Car Park. We turn right out of the car park, walk down to the promenade, then walk along the promenade and grassy sand dune area to the sluice. We then re-trace our steps. Refreshment and toilet facilities are available at the cafe near the car park. **Beccles WFH Martin & backmarker**

**Friday 8th
September**

NR34 8DL

10.30am

Grade 4

90 min/3.5 miles

SHADINGFIELD/REDISHAM

Meet at 10.30 a.m. for a prompt start at Park Farm on the edge of Shadingfield. If driving from Beccles on the A145 turn right off the main road onto Mill Road near the large water tower which is clearly visible from the main road. Drive up this road for about 200 metres and take the first turn left up to the farm, which is at the end of this minor road on the right. Parking is on the concrete hard standing, with the permission of the farmer. The walk crosses the railway line twice across high stiles but it is a delightful excursion across fields and along some little used footpaths and unmade farm tracks. There is some road walking along Redisham Road. The walk can be very muddy in wet weather. **Beccles WFH Mike & backmarker**

**Monday 11th
September**

IP18 6TB

10.30am

Grade 4

90 min/3.8 miles

SOUTHWOLD

Meet at 10.30 a.m. at the water tower using the car parking area on the Common. This walk is one of our favourites. It leads across the golf course and then follows the river right down to the sea. After walking across a sand dune area, we walk the entire length of the promenade up to the pier where toilet/refreshments are available. After crossing a marshy area, we proceed over the main road and re-join the golf course. **Beccles WFH Derek & June**

**Tuesday 12th
September**

NR34 7UR

10.30am

20p charge to park

Grade 4

80 min/2.7 miles

MUTFORD HALL

Meet at 10.30 a.m. ready to start at Mutford Village Hall car park which is just off The Street, Mutford. Lovely countryside tracks and some road walking. Two stiles. A very lovely walk. **Beccles WFH Mike & backmarker**

**Wednesday 13th
September**

NR32 2QB

2pm

Grade 1

60 min/1.5 miles

NORMANSTON PARK/OLD RAILWAY LINE

Meet ready for a prompt start at 2 p.m. at the Normanston Park car park just off Peto Way. We start out by going across Peto Way and join a track which leads into the old railway line which has been surfaced with tarmac. We walk up this trackway for a while and then re-trace our steps to get back to the car park. Refreshment/toilet facilities are available at Normanston Park. **Beccles WFH Martin & Carole**

**Friday 15th
September**

NR34 8NT

10.30am

Grade 3

75 min/2.5 miles

RINGSFIELD CHURCH

Meet at Ringsfield village hall car park ready for a prompt start at 10.30 a.m. This walk is mostly field tracks with some minor road walking. The views are expansive and it is worthwhile visiting the Church. There are no toilet or refreshment facilities other than at the local pub, or in Beccles Town. **Beccles WFH Roger & Maureen**

**Monday 18th
September**

IP17 3EN

10.30am

Grade 4

90 min/3.8 miles

DUNWICH/WOODS & TRACKS

Meet at the beach car park at the end of the High Street bearing left just beyond the Ship Inn. We start promptly at 10.30 a.m. This is a delightful walk, mostly on tracks and through woodland with a marshy area and a small amount of road walking. The main walk can be extended a further 15 minutes to take in Greyfriars wood and Abbey with some lovely sea views. Refreshments/toilets available at the car park area or at the Ship Inn. **Beccles WFH Derek & June**

Tuesday 19th September
NR34 7PH
10.30am
Grade 4
80 min/3.5 miles

NORTH COVE RIVER & MARSH
Meet at 10.30 a.m. for a prompt start at the North Cove Church lay-by near the Three Horseshoes Public house. This is a very nice walk involving some lane walking and along the banks of the River Waveney, as well as walking on marsh tracks. We cross over two-level crossings so care needs to be taken here. Refreshment and toilet facilities are available at the pub. **Beccles WFH Molly & backmarker**

Wednesday 20th September
NR32 4LF
2pm
NEW WALK
Grade 2
60-90 min/1.5 miles

GUNTON WOODS
Meet at Gunton St. Peters church on Gunton Church Lane ready for a prompt start at 2pm, park with care on the road. The walk proceeds through Gunton Woods as a marked footpath, care may be needed due to exposed tree roots in some parts of the woods. This is a walk with lots of colour dependant on the season with snowdrops in the winter, wild orchids in the summer and changing colours on the trees. There are no toilet facilities in Gunton Woods but available nearby. Tea/ Coffee stop after the walk. **Beccles WFH Carole & backmarker**

Friday 22nd September
NR34 7TH
10.30am
Grade 4
90 min/4 miles

ELLOUGH
Meet 10.30 a.m. prompt parking on the roadside at Sandpit Lane, just off Beccles/Ellough Road. Some road walking and along field tracks. At the end of the walk you can visit Posh Pigs for a lovely meal. Toilet facilities are available there also. **Beccles WFH Bob & Jean**

Monday 25th September
NR31 6EZ
10.30am
Grade 2
75 min/3 miles

GORLESTON
Meet for a prompt start at 10.30 at the car park south end of Marine Parade. Access this by turning right off the A12 Lowestoft/Yarmouth Road (travelling north) at the Toby Carvery roundabout taking the third exit into Links road and carry on into Yallop Avenue. Turn left at the sea front onto Marine Parade and take the first right into the car park. The walk is principally on the cliff top promenade and associated footpaths. Care needs to be taken on local roads and steps. **Beccles WFH Derek & June**

Tuesday 26th September
NR34 8NT
10.30am
Grade 5
75 min/3.5 miles

RINGSFIELD/WESTON
Meet at 10.30 a.m. ready for a prompt start parking in the village hall car park at Ringsfield. We cross over the railway line twice where there are stiles, we also walk beside the A145 Beccles/Blythburgh road a short distance and do this single file. **Beccles WFH Molly & backmarker**

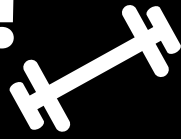
Wednesday 27th September
NR33 0JN
2pm
Grade 3
60 min/1.7 miles

PAKEFIELD COASTAL & INLAND
Meet ready for a prompt start at All Saints Road car park at 2pm. All Saints Road is just before the Trowel and Hammer pub turning right off Pakefield Street. We head south along the beach cliff top and then head inland on minor roads and estate roads. We must cross the A12 twice. Refreshment and toilet facilities are available at the Tramway Hotel. **Beccles WFH Martin & Carole**

Friday 29th September
NR14 6BU
10.30am
Grade 3
80 min/3.1 miles

HARDLEY STAITHE
Meet at 10.30 a.m. at Hardley Staithe car park ready for a prompt start. Take the road from Loddon to Chedgrave and look for Hardley Road on the right. Follow this for approx. 1.75 miles to Hardley Church and proceed straight on to Hardley Staithe. The walk is along footpaths beside the rivers Yare and Chet. Worth a visit to Hardley Church to look at the 15th Century font. Villagers have worshipped here since Norman times and there are Piscina wall paintings of St. Christopher and St. Katherine. Refreshment and toilet facilities available in nearby Loddon. **Beccles WFH Roger & Maureen**

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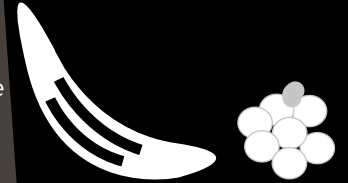


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