

A walk takes place on a Saturday of each month (date arranged to suit walk leader); walks vary in length from 7 to 13 miles and include coastal Suffolk and Essex, as well as the countryside. There are usually 18 to 20 of us on each walk. We start at 11am, take a packed lunch, and there is generally the opportunity to eat together at a pub following a walk. Those who wish to take it in turns to organise a Saturday walk.

For details of our current programme ring 01206 322453.