Suffolk Area Sudbury Group

Founded May 1970

Update – November 2026



Warning!... Christmas stuff starting to appear in Tescos

When not out walking or looking after my grandchildren, I volunteer for the Bury St Edmunds Repair Café – where people bring in things to be fixed – a bit like the Repair Shop on the TV. My speciality is repairing clocks and for some inexplicable reason the East Anglian Daily Times wanted to do an article about my role. What I did not expect was a double page spread! A few Repair Café volunteers including me are due to be on West Suffolk Hospital Radio next Wednesday…if you need my autograph or my photo then you will need to speak to my ~~agent~~ wife (Phyl).

Remember we have our own website where you can find out more details of our walks and any additional walks that may have been added **after or changed** when this update was published, you will find the website here Welcome to the Sudbury Site.

2026 AGM – Saturday, 31 October 2026

Our AGM took place on Saturday, 31 October at 11:30 at The Bull, Long Melford, followed by a lunch and short walk. The number of attendees was 37 which is a good turn out.

The Sudbury Ramblers committee now consists of:

Chair – Alison Walsh
Secretary – Derek Hall
Treasurer – Kevin Walsh
Walks and Events Manager – Andy Fanning
Walks and Events Team – Lesley Pilbrow and Clive Harper
Footpath Secretary – Andy Oliver
Publicity Officers – Lesley Rowland and Cyndi Gosling
Webmaster – Tim Matthews

Volunteers Wanted

To maintain the vibrancy of our group and secure its future we are looking for one or two volunteers to join us in non-officer roles, contributing fresh ideas and helping to run the group.

Please consider putting your name forward – we have welcomed a several new members to the group in the last 12 months, many of whom are active walkers, so it would be wonderful if some of you would be willing to join the committee. If you fancy giving it a go, contact Alison Walsh at alisonjwalsh@gmail.com.

Remembering Janet Penfold: A Life of Walking, Teaching, and Song

Linda Blazey sent me this sad news:-

It is with great sadness that we share the passing of Janet who died recently at the age of 89. Janet lived a life filled with purpose, energy, and a deep love of the outdoors.

Before her retirement, Janet was a familiar face to many local families, teaching at Pot Kiln and Belchamp St Paul schools, and later serving as a governor at Pebmarsh for a number of years. Outside the classroom, her passions were vast and colourful; she was an avid singer in local choirs and spent countless happy hours tending her wonderful garden.

For many years, Janet masterminded a weekly 10-mile walk for her Stour Valley walking group. Her routes were legendary, always interesting, planned with her legendary piece of string and good fun for everyone who came along. In her later years Janet joined Sudbury Ramblers. She quickly became part of our group, sharing her enthusiasm, her local and botanical knowledge, with us on our rambles. Also joining us on some memorable walking holidays. Janet's guiding spirit on our rambles will be missed by all who had the pleasure of walking alongside her.







Walks And Events For November, December and January 2026

As always, included in this months Update, are details of the planned Walks and Events as well as the Wellbeing Walks programme. The Wellbeing Walks are shorter walks run in partnership with the Ramblers and Feel-Good Suffolk.
All these walks in this months Update, are for you to add in your diary. Remember you can also see them by visiting our website:- www.sudburyramblers.org.uk or "click" Welcome to the Sudbury Site.

Date	Description of walk	Start point and parking	Dist.	Leader and contact details
Wed 4th Nov 10:30am	A circular walk from Acton towards Gt Waldingfield via Chilton church before returning via ex wartime airfield. Fairly flat terrain mostly fields and meadows, no stile or bridges, good open views	Playing field car park behind The Crown pub, High St , Acton, CO10 0AT	7.2 miles	Clive H 07535 689779
Wed 11th Nov 10:30am	Linear walk from Lavenham to Melford Green. Stop for refreshments then either walk back to Lavenham via Railway walk, 9 mile walk, or catch no 46 bus by The Bull Hotel back to Lavenham 13.28 or 14.28 bus	Cock Horse car park, Church St, Lavenham, CO10 9SA Chargeable £3 all day	4.5 or 9 miles for circular route	Philip S 07854 179779
Sun 15th Nov 10:30am	A circular walk from Whepstead (meaning where the willow grows), set in rolling Suffolk countryside passing the only St Petronilla church in England, Manston Hall and Plumpton Hall, the source of the River Lark	The White Horse car park, Whepstead, IP29 4SS TL825585	5 miles	Adrian D 07592 013600
Thurs 26th Nov 10:30am	A circular walk from Bradfield woods via Felsham. The ancient woodland of Bradfield Woods has just been included in The Telegraph as one of the Top 20 woodlands to visit. Moderate walk through woods, fields and roads. Parking and toilets at beginning and end of walk.	Bradfield Woods car park, Felsham Rd, Bradfield St George , IP30 0AQ TL 935581	5.4 miles	Andy F 07875 604774
Tues 1st Dec 10:30am	A circular walk around Troston, visiting Troston church with mediaeval wall paintings, along grassy tracks with wide views to Ixworth Thorpe. We will stop at RAF Honington cafe for a coffee and toilets, after 3.5 miles. Before returning to Troston with its distinctive bricks from the local brickworks. No ploughed fields , good tracks and paths.	Parking at playground/ Playing field car park, Livermere Road, Troston, IP31 1EP	5 miles	Lesley P 07922 118910
Wed 9th Dec	**Christmas Lunch see this Update for more details and how to book - Last few spaces!**			**Alison 07786 398252**
Mon 14th Dec 10.30 am	Circular walk from Kersey on the Kersey Upland route. Rolling countryside with wide views of the local area. Quiet lanes, farm tracks and field edges	Street parking Church Hill, IP7 6EFI or The Street, Kersey. Walk starts in churchyard at top of the hill.	4.5 miles	Alison 07786 398252
Fri 1st Jan 11:00am	Annual New Years Day wander across Sudbury meadows to blow away the cobwebs. Possible lunch options in Wetherspoons afterwards	Sudbury Quay car park CO10 2AN TL 871408	4 miles	Keith B 07798 561721

Linear Walk from Wickham Market Station to Woodbridge Station

Thanks to Lesley P who was walk-leader for this 7.5 mile linear walk on the 15th of October, the weather was perfect. Thanks to Andy F for the photos. Here are a selection of some of the photos from Andy to show you what a great day it was.

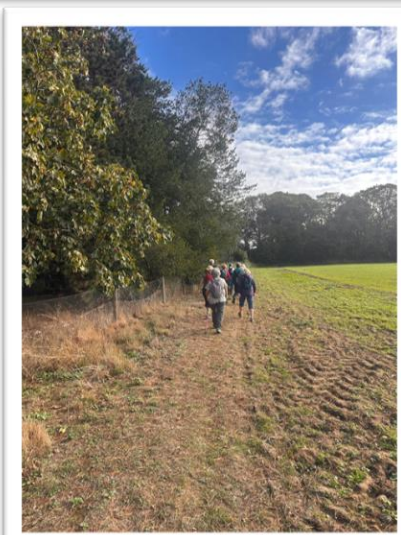
















Ramblers Wellbeing Walks

This month's digest of Ramblers' Wellbeing Walks is provided below. Please note that this is just a small selection of walks in the Sudbury area.

You will find many more walks across the county at https://www.ramblers.org.uk/go-walking/wellbeing-walks or by going to Feel Good Suffolk at https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/

All the Wellbeing Walks are led by experienced volunteers, over easy ground and at a steady pace. You do not need to book to attend a Wellbeing Walk but at your first walk, you will be asked, by the walk leaders, to complete a New Walker Registration Form before the walk starts.

Date	Description of walk	Start point and parking	Duration	Leader contact details
Mondays at 10:00 each week	Going Strong! Get Walking Mondays! Option of two walks. You may be an absolute beginner, in poor health or recovering from poor health but we are here to help you improve your health at your own pace. Whether it's 50 minutes or 50 yards, we will help you along with fresh air and good company. Longer walk goes around Nowton Park taking in all the flora and wildlife.	Nowton Park, Bury Rd, Bury Saint Edmunds IP29 5LU Meet on the grass opposite the cafe and toilet area at Nowton Park.	1hr 15m	Sonny Baldry 07345 438387
Tuesdays at 10:30 each week	Clare Tuesday Walk - a different walk each week around Clare and the Upper Stour Valley. Grade 3 easier / moderate walks. No stiles. Dogs welcome on a short lead	Meet at the Old Goods Shed in Clare Castle Country Park, Malting Ln, Clare, Sudbury CO10 8NW Park at Clare Country Park – charges apply	1hr 30m	Sonny Baldry 07345 438387
Tuesdays at 11:30 each week	Woolpit Village Walk. A circular walk that will take you along local footpaths around the village. Option for lunch at pub after the walk	Meet at The Bull Inn, Woolpit from 11:15 for an 11:30 start. Free parking in village carpark (opposite the church) or at The Bull Inn.	1hr 30m	Sonny Baldry 07345 438387
First Thursday of the month at 10:15 **Next walk on Thursday 5th of November**	Bury St Edmunds monthly town walk. Explore Bury St Edmunds - monthly town walk, grade 2-3, up to 90 mins.	Meet at 10:00 outside Bury Library (opposite Bus Station), IP33 1TZ. Parking, toilets and refreshments are available close by.	1h 30m	Sonny Baldry 07345 438387
Fridays at 14:00 each week	Valley Meadows and Belle Vue Park every Friday afternoon. Grade 2 leisurely walk. Dogs welcome on a short lead.	Meet at Kingfisher Leisure Centre, Sudbury CO10 2SU. For free parking register your car at the leisure centre.	45 minutes	Sonny Baldry 07345 438387
Saturdays at 10:00 am each week	Walk and Talk with Geoffrey	Nowton Park, Bury Rd, Bury Saint Edmunds IP29 5LU Meet on the grass opposite the cafe and toilet area at Nowton Park.	Up to 80 minutes	Geoffrey

Thank you

Once again, as always, huge thanks to all those who have offered to lead a walk during the next few months. We have a good selection of walks, and even one for New Years Day January 2027! Any offers to lead any future walks would be greatly appreciated.

Some of our members are unable to walk on certain days of the week due to other commitments so it is always good to have walks on different days of the week so we can be inclusive to everyone

We are always looking for interesting, different, unusual walks including walks with a bit of local history so please keep those ideas and suggestions coming!

2027 Holiday to Elan Valley Lodge, Wales

Thank you to all those who have booked for the 2027 holiday to Wales. There are still a few rooms left, so if you would like to come along and haven't yet booked, please contact Alison by Wednesday, 4 November.

2026 Christmas Lunch – Wednesday, 9 December – make a note in your diary!

Our annual Christmas lunch will be held on Wednesday, 9 December at The Bull Long Melford at 12:30 for 1:00pm. It's good to see that lots of you have already booked, but there are still a few places left if you would like to come along. Please get in touch with Alison Walsh with your menu choices by no later than Thursday, 5 November. You can contact Alison on 07786 398252 or alisonjwalsh@gmail.com (The menu is on the last page of this Update)

Christmas Lunch Quiz

There must be some quiz setters out there who can devise a table quiz for our lunch. Questions can be as serious or as silly as you like – it's all for fun! If anyone (or a group of you) can turn your hand to this, please let Alison know.

Christmas Tree Festival 2026 – Help Decorate our Ramblers Christmas Tree!

A reminder that the Sudbury Christmas Tree Festival will be held this year in St Gregory's Church from Tuesday 8th December and until 4.00pm on Sunday 13th December. Some fantastic decorations have already been handed over to Cyndi (07932 627478) and Lesley R (07931 282529) but we would like some more please. Please get thinking or crafting as we're sure we have some creative geniuses out there!

It could be anything from a little boot (even with pretend mud!), walking stick or backpack to a leaf, bird, woodland creature, mountain, tree or your favourite piece of walking scenery. You can use whatever materials you like, simple, quirky, colourful or crafty.

It doesn't have to be a masterpiece — wonky, woolly, recycled, rustic or ridiculously creative are all very welcome! In fact, the more character the better!

Maybe your family would like to join in.

And remember there's no such thing as bad crafting … just something that needs more glitter.

And Finally…

I hope that you found your November edition of the Update interesting and useful.

Thank you to all the contributors for this months Update. if you have any ideas or suggestions, for example a review of a recent walk you did or your favourite walk that you would like including on a future Monthly Update then please email me at derekhall122@btinternet.com or maybe use my other email dhalllinx@gmail.com as my BT email seems to block some incoming emails!

Ramblers Christmas Lunch Menu is on the next page!…only a few spaces left…





SUDBURY RAMBLERS
CHRISTMAS LUNCH MENU 9 DECEMBER 2026
£17 for two courses
£19 for three courses

STARTERS

SPICED HONEY WHIPPED FETA (v)
Served with ciabatta shards, roasted peppers and cucumber

MINESTRONE SOUP (v)
Hearty winter vegetable minestrone soup, served with toasted sourdough and salted butter

CHICKEN LIVER & BRANDY PÂTÉ
A rich chicken liver & brandy pâté, served with a spiced pear & fig chutney and toasted sourdough

SOUP OF THE DAY (v gf)
Vegetable soup served with a seeded roll

MAINS

HAND-CARVED ROAST TURKEY
Served with roast potatoes, a Yorkshire pud, seasonal vegetables, sausage stuffing, a pig-in-blanket and gravy

ROASTED SQUASH & SWEET POTATO TART (v gf)
Served with lemon & thyme crushed potatoes, glazed root vegetables and finished with a spiced pear & fig chutney

DESSERTS

CHRISTMAS PUDDING
A proper Christmas pudding rich with fruit and festive spice, served with a jug of warm brandy mince pie sauce

APPLE & BLACKBERRY CRUMBLE
A British countryside classic – warm apple and blackberry crumble served with a choice of custard or clotted cream ice cream

ICE CREAM (gf)