

Update – October 2026



...and suddenly the Summer is over and Autumn is here!

The temperatures seem to have dropped to what is considered normal for this time of year and it makes it much more comfortable to walk now.

The craziness of Christmas has also begun! Now I have your attention, there is some news about Christmas in this months Update, please read on...

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

First though, some sad news

Lesley recently sent me an email regarding Margery Curtis. This is the email:-

"Today I received some sad news about one of our former Ramblers, Margery Curtis. She sadly died on Monday 14th September after a very short illness, she was 90. She was one of the "Boxford ladies" who regularly walked with us and enjoyed our holidays. As her husband's health deteriorated, they moved into Sudbury and she was often seen around the town and was happy to stop and chat.

Les, her husband, died only a few months ago and she had spent a lot of time caring for him until he went into care.

I have attached a couple of photos that, have been shared on the WhatsApp group in more active days."



2026 AGM – Saturday, 31 October 2026 – Make a note in your Diary!

Our AGM will take place on Saturday, 31 October starting at 11:30 at The Bull, Long Melford, followed by a lunch and short walk. The agenda and reports will be sent to all members in advance of the meeting. Refreshments will be available from 11:00. A buffet lunch will be provided after the meeting by The Bull for those who would like it. This will be at a cost of £12.00 per head and will comprise sandwiches (with vegetarian options), chips, salad, warm sausage rolls, chicken bites and chocolate brownies.

Lunch will need to be ordered and paid for in advance. Please let Alison Walsh know by 21 October 2026 if you would like lunch and let her know if you have any specific dietary requirements. You will also need to send Alison a cheque made payable to "Sudbury Ramblers" for £12.00 or make a BACS transfer to Alison Walsh, 07-01-16, 06028724. Please ensure BACS transfers include your name as the reference. Please send cheques to 65 Bear Street, Nayland, CO6 4HY. Alison's contact details are alisonjwalsh@gmail.com or 07786 398252

Volunteers Wanted

An important part of the AGM is electing officers for our committee. Although two current members of the committee have decided to step down, we have received nominations for all official roles on the committee. However, to maintain the vibrancy of our group and secure its future we are looking for one or two 2 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 number of new members to the group in the last 12 months, many of whom are active walkers, so it would be especially pleasing 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.

Thank you

Many thanks to all those colleagues that have offered to lead a walk during the next few months. We have a good selection of walks, and even one already for January 2027! Any offers to lead any future walks would be greatly appreciated. You can email Peter at peterturner2276@gmail.com or give Peter a call on 07776182860.

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!

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 below 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](#).

Walks And Events For October 2026

Date	Description of walk	Start point and parking	Dist.	Leader and contact details
Friday 9 th Oct 10am	A circular undulating walk from Polstead Church via Bells Hill, 2 stiles, finishing at the top of Polstead Hill by the community shop and The Cock Inn both of which offer refreshments. If planning to eat at The Cock Inn please book first on 01206 263150 by Sunday 4th as they are not open Mon or Tuesdays	Polstead church car park, Polstead, CO6 5BS	5 miles	Deborah S 01255 831573
Thurs 15 th Oct 10 am <u>FOR 10.30 train</u>	Linear walk from Campsey Ash (Wickham Market station) to Woodbridge station via Ufford, varied countryside and expansive views finishing with option to view progress of building of replica Sutton Hoo ship. Refreshments at start at Wickham market station and various options in Woodbridge at the end	Woodbridge station car park IP12 4AU chargeable 5.20 per day. Train ticket £4 or £2.60 group save or railcard can be bought on train	7.5 miles	Lesley P 07922 118910
Monday 19 th Oct 10am	A circular walk around Wickhambrook	Opposite church, Wickhambrook, CB8 8XH	5 miles	Jan W 07976 827999
Wednesday 28 th Oct 10am	A circular stroll around the paths and fields of Belchamp, field edges and small section of road walking. 1 stile £1 donation for cap parking on the day pleased	Recreation ground car park, in middle of the Green, off Gages Rd, Belchamp St Pauls, CO10 7BS	6 miles	Barbara S 01787 277198 Mobile on the day only 07943 169508
Sat 31st Oct 2pm (ish) after AGM and lunch	Short stroll around the footpaths and ways around Long Melford after AGM and Lunch	The Bull Hotel, Hall Street, Long Melford, CO10 9JG Parking available locally	3 miles	Peter T 07776 182860

Walks And Events For November 2026

Date	Description of walk	Start point and parking	Dist.	Leader and contact details
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	To be confirmed – check the website			
W/C 29th Nov Day to be confirmed	A circular walk around Troston, calling in at RAF Honington cafe for a coffee and toilets, about halfway, then Ixworth Thorpe before returning to Troston with its distinctive bricks from the local brickworks. No ploughed fields, good tracks and paths	Parking at playground Livermere Road, Troston, 897721	5 miles	Lesley P 07922 118910
Wed 9th Dec	Christmas Lunch see this Update for more details and how to book			
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 Hil, IP7 6EFI or The Street, Kersey. Walk starts in churchyard at top of the hill.	4.5 miles	Alison 07786 398252
Fri 1st Jan	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

Walking – It's good for you!

It is evident that walking is not only good for your physical health but walking improves your mental health as well. During a walk, chatting to fellow ramblers about common interests and sharing experiences is a huge benefit.

The proof being that Margery at 90 years old was still fit and active.

Our current membership is standing at 177 and new members are always joining us on walks, so if you see anyone that is new to the group, mention to them how lovely we all are!

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 8th of October	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

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. The price for 2 courses is £17 per head and for 3 courses is £19 per head. This is always a most enjoyable event, and we look forward to seeing as many of you as possible. If anyone would like to volunteer to put together a festive quiz, please let Alison know (Mr Mark Kiddy – are you reading this bit?.....hint!)

The menu is included later in this Update, but a booking form will be sent out separately. Please complete the order form and send it with a cheque to Alison Walsh or pay by BACS to Alison. Cheques to be sent to 65 Bear Street, Nayland, CO6 4HY and BACS transfers to 07-01-16, 06028724. Please ensure BACS transfers include your name as the reference. Please let Alison have your payment and completed form by no later than Thursday 5 November 2026.

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

The Sudbury Christmas Tree Festival will be held this year in St Gregory's Church. The festival will open to the public on Tuesday 8th December and run until 4.00pm on Sunday 13th December.

We're inviting members to get creative and make a small Christmas tree ornament inspired by walking, countryside, wildlife or nature.

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 October edition of the Update interesting and useful.

Thank you to all the contributors for this month's 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 dhallinx@gmail.com as my BT email seems to block some incoming emails!

Ramblers Christmas Lunch Menu is on the next page!...



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)