

Update – September 2026



Normal British Summer Has Resumed

The 30 degree plus heatwaves that we have been experiencing this Summer have seemingly dissipated (for now) and we experienced a new thing happening recently, lots water droplets descending from the sky...I think we call it "rain".

The lower temperatures makes it much more comfortable to walk now.

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](http://www.sudburyramblers.org.uk)

A Useful "App"...?

Did you ever want to know what bird it was that you could hear but not see?

There is a great, easy to use (and free!) App that you can download on your smart phone called Merlin Bird ID



As always, included in this months Update are details of the Wellbeing Walks programme. These are shorter walks run in partnership with the Ramblers and Feel Good Suffolk.

As usual all these walks are listed in this months Update 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](http://www.sudburyramblers.org.uk).

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 3rd of September	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

Walks And Events For September 2026

Date	Description of walk	Start point and parking	Dist.	Leader and contact details
Sat 5 th Sept 10am	Norfolk walk. Holkham Hall and beach. A circular walk from Holkham Hall grounds via The Burnhams back along Holkham's spectacular sandy beach. This is a self drive with car sharing and must be booked see newsletter for full details. Non driver places dependant on drivers offering seats	Long Melford Old School car park, CO 10 9DX	9 miles or self guided 5 miles using service bus return from Burnham Overy Staithe	Lesley P 01787 280392 or 07922118910
Wed 9 th Sept 10am	A circular walk from Belchamp Walter via Hill Farm Gestingthorpe, Goldingham Hall and Belchamp Hall. Mainly on field edge paths	Waits Farm, Belchamp Walter CO10 7AR (please note that Waits Farm is 400 yards west of postcode)	6 miles	Richard T 07754 602887
Friday 18 th Sept 10am	A circular walk via Henny Street to Loshes Meadow crossing the River Stour returning via Little Cornard and the country park	Gt Cornard Country Park car park, Blackhouse Lane, (near allotments) Gt Cornard, CO10 0GY	7.5 miles	Linda B 07980 058988
Tuesday 22 nd Sept 10am	A circular walk from Hundon via Hundon Hall, Clopton Hall skirting Poslingford to return to Hundon on field paths and country lanes. Several stiles	Hundon Village Hall car park or North Street opposite the village Hall, CO10 8EE	5.6 miles	Andy F 07875 604774
Tuesday 29 th Sept 10am	A circular walk around Wormingford. Fields edges and country lanes. As we are parking at the pub, please patronise the pub even if only for a drink. Food can be pre ordered before walk sandwiches are recommended by leader!	The Crown pub car park, Wormingford, CO6 3AB	5 miles	Brenda 07795 258204

Holkham Hall and Beach Walk

Just a note on the above walk on September 5th. Lesley reminds anyone who is coming on this walk, that they need to contact Lesley to check that if they are that driving, they are happy to offer a lift to anyone who would like to go. I am sure the driver could do with the company and perhaps a free cuppa and cake!

Walks And Events For October 2026

Date	Description of walk	Start point and parking	Dist.	Leader and contact details
Friday 9th 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 4 th as they are not open Mon or Tuesdays	Polstead church car park, Polstead, CO6 5BS	5 miles	Deborah S 01255 831573
Thurs 15th 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 19th Oct 10am	A circular walk around Wickhambrook	Opposite church, Wickhambrook, CB8 8XH	5 miles	Jan W 07976 827999
Wednesday 28th 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

Consent for Photos

Occasionally members submit fantastic photos of recent walks, and I do my best to include them in the next Update.

However, there are some who would prefer not to be in any of the photos as the Update of course gets published online on our website.

If anyone would rather not be in any photos that may end up in an Update, perhaps make it known to the Walk Leader and anyone taking photos. Perhaps you could volunteer to be the photographer!

Walk Leaders Tip of the Month – Contacting the Emergency Services for a Medical Incident

In the March 2026 Update we provided some guidance about what to do if someone is taken ill on a walk. To supplement that guidance, we have set out here how to contact the Emergency Services if this is necessary.

- If you are in an area with road access, phone 999 and ask for an ambulance
- In a remote area with no road access call 999 and ask for the Police – then ask for the relevant emergency rescue service
- If you are in an area with reduced phone signal, use emergency SMS to text a message to 999 – in the text state the service you need, what the emergency is and where the emergency is. Be as specific as possible about the location ideally using WhatThreeWords. An example of a good text is 'Ambulance. Man having heart attack. Outside Nibbles Pizza. Glossop Road. Sheffield' The emergency services will respond to you asking for more information or telling you help is on its way.

• But to do this you need to register your phone with the emergency services. Here's how:

- o Using your mobile phone text REGISTER to 999
- o You will receive a reply by text which clearly explains what to do next.
- o Follow the simple instructions and you will receive a text reply telling you your phone is registered.

We are always looking for more walks – have you got a favourite walk? Or have an idea for a walk?

Our thanks to all those colleagues that have offered to lead a walk during the next two months. Hopefully, it may have cooled a little making walking more comfortable. We have a good selection of walks throughout September and October. 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!

And Finally...

I hope that you found your September 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 dhallinx@gmail.com as my BT email seems to block some incoming emails!