



South and Heart of Suffolk Walking Festival 2011 Saturday 14th May – Sunday 5th June

Taking place between Saturday 14th May and Sunday 5th June, the annual South and Heart of Suffolk Walking Festival will feature around 30 guided walks in a variety of locations to suit different tastes and fitness levels. A different kind of walking festival, it will feature some outings accompanied by a poet plus photographic and twilight walks.

The region, with its softly undulating landscapes, pretty villages and magnificent cultural heritage, is the perfect place to relax and enjoy the fresh air while exploring its countryside on foot.

Walks range from gentle 2-3 mile country rambles and medieval meanders through ancient villages and towns to longer and more energetic outings of up to 12 miles through Suffolk's beautiful countryside. Many include lunch and afternoon tea stops with a chance to sample some fresh local produce, while for others walkers are asked to bring their own picnic.

Special interest outings include on the launch day of Saturday 14th a 'not quite half marathon' a 12 mile walk from Needham Market through to Ipswich along the River Gipping footpath. On Weds 25th May an Archaeological Walk through Hoxne giving an insight into the 'Hoxne Hoard' of Roman finds. On

The South and Heart of Suffolk Walking Festival is organised by Mid Suffolk and Babergh District Councils and sponsored by the Discover Suffolk Project, which aims to encourage local residents and visitors to get out and about in the scenic Suffolk countryside.

Pre-booking is essential for all walks by calling the Tourist Information Centre at either Lavenham on 01787 248207 or Mid Suffolk on 01449 676800; they would also be able to advise on places to stay. Prices range from £2 up to £20 per person (latter includes lunch); dogs are allowed on some walks but must be kept on a lead at all times. Further information can also be found on website www.southandheartofsuffolk.org.uk.

- Ends -

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