



CTC SUFFOLK SUNDAY RIDES from Ipswich

Coordinator: **Kathryn Kirton 07815 198 316**

Start: Sunday Rides leave from Crown Pools at **9.30am** sharp unless otherwise shown.

It is advisable to carry **FOOD AND DRINK** as this is **not always available** at the lunch stop. **For the Leisurely Paced Rides** lunch is generally a **picnic**.

Date	Start	Type	Elevenses	Lunch	Tea	Leader	Email or Mobile
28 th June		LP	Wheelers, Hadleigh	Long Melford	Hollowtrees, Semer	Andy Terry	07922 772 001
		MP		Wickham St Paul	Nayland Anchor		
5 th July	09:15	LP	Craft Nurseries, Lawford	Boxted	St Mary's Church, Raydon		
		MP		Bures		Derek Worrall	07903 993 120
12 th July		LP	Easton Farm Park Café	Laxfield	Garnet's Gardens, Hacheston	Philip Hancock	hancocks82@gmail.com
		MP		The Good, the Bad and the Hungry, Wingfield	Nourish Café, Helmington Hall		
19 th July		LP	Heart's Delight, Lawford	Wivenhoe	Dedham	Andy Terry	07922 772 001
		MP	Skylark Social, Ardleigh			Anna Brennan	07530 070 587
26 th July		LP	Felixstowe Ferry	Orford	The Station House, Campsea Ashe		
		MP	Garden Café, Bromeswell	Thorpeness	The George, Wickham Market		
2 nd August		LP	Wheelers, Hadleigh	Bures	St Mary's Church, Raydon	Philip Hancock	hancocks82@gmail.com
		MP					
9 th August		LP	The Teapot, Stonham Barns	Thornham Walks	Nourish Café, Helmington Hall	Margaret Hancock	hancocks82@gmail.com
		MP	Debenham	Eye	The Teapot, Stonham Barns		

Date	Start	Type	Eleveses	Lunch	Tea	Leader	Email or Mobile
16 th August	09:00	LP	221B Bakers, Framlingham	Iken Cliffs	The Garden Café, Bromeswell	Andy Terry	07922 772 001
	09:00 TBC	MP	Peasenhall	Sizewell Tea	Garnet's Gardens, Hacheston	Paul Fenton	07484 643 356
23 rd August		LP	The Tea Room, Munnings Art Museum, Dedham	Beaumont Quay	Constable Park	Philip Hancock	hancocks82@gmail.com
		MP	Church View Café, Mistley	Homestead Café, Weeley	National Trust Tea Room, Flatford	Derek Worrall	07903 993 120
30 th August	09:15	LP	Café Como, Brent Eleigh	Felsham	Alder Carr, Needham Market	Andy Terry	07922 772 001
	09:00	MP	Wally's Shed Café, Acton	Clare Country Park	The White Horse, Edwardstone	Anna Brennan	07530 070 587
31 st August Bank Holiday	10:00	LP / MP	Regal Cinema, Stowmarket	n/a	n/a		
6 th September		LP	Tea on the Quay, Mistley	Great Bromley	St Mary's Church, Raydon	Andy Terry	07922 772 001
		MP	Mill Street Deli, Nayland	Lavenham			
13 th September		LP	Wheeler's, Hadleigh	Assington	Hollow Trees, Semer		
		MP		Bures	The Anchor Inn, Stratford St Mary		
20 th September	09:15	LP	Marsh Barn Café, Hollesey Bay	Blaxhall	Woodbridge	Philip Hancock	hancocks82@gmail.com
		MP		Orford Tea Room	Woodbridge		
27 th September		LP	Ashfield Village Hall	Eye	The Teapot, Stonham Barns	Margaret Hancock	hancocks82@gmail.com
		MP		Laxfield	Valley Farm Café		