

## ITINERARY FOR SPRING TOUR - Sunday 21<sup>st</sup> May to Thursday 25<sup>th</sup> May 2017

We are going to Suffolk – an agricultural county with a Heritage Coast that has seen invasion by the Angles and the Danes. Over the centuries, it has also mustered defences against the threat of invasion by the French, the Dutch and most latterly by the Nazis. However, these days the threat is from the sea. Yet, as we shall see, the defences against coastal erosion give rise to much controversy.

We will visit a number of towns, each with unique features – mediaeval streets, beach huts, churches built in the boom of the wool trade, a working tidal mill, an 18<sup>th</sup> century factory, the homes of an artist and a composer. We can rest by riversides and walk in gardens and stroll on the beach. We will explore a castle, a fort, a ruined priory and a stately home. We may even get on a boat or visit a brewery or go up a lighthouse.

Our accommodation has been booked at UFFORD PARK – an hotel with a golf course and a spa. Half board is provided (Dinner at 7pm) and free access to the pool, gym, sauna, steam room and Jacuzzi in the health club. It lies just over a mile from the A12, north of WOODBRIDGE.

Travel will be in an executive coach with all necessary facilities.

The details below of the sites to be visited are definite, but the order of days 2, 3 and 4 may alter. It depends on the arrangements with the 'Stately Home'. Furthermore the matter of the tides may affect the timing. A final Itinerary will be issued nearer our departure date.

NT= National Trust (only charge to non-members will be the Guildhall at Lavenham.)

EH – English Heritage (as an educational group we get into sites free).

Please note that (lunch) or (tea) indicates time to wander around the town.

The possible boat trip is at Snape Maltings; the Adnams Brewery Tour and the lighthouse are at Southwold: all would incur extra charges and would be a matter of personal choice.

### THE 5 DAY TOUR:

Day 1 – Depart East Finchley Station → coffee stop at Flatford Mill (Constable Country) (NT) → Framlingham Castle (former seat of Dukes of Norfolk)(EH) and Church (tombs) → Ufford Park (UP)

Day 2 – UP → Landguard Fort on the River Orwell (EH) → Woodbridge (lunch) → Woodbridge Tidal Mill → UP

Day 3 – UP → Snape Maltings → Aldeburgh (Britten & Pears 'Red House') (lunch) → Leiston Abbey (EH – ruins) → Leiston Long Shop (agricultural and industrial museum) → UP

Day 4 – UP → Blythburgh Church → Southwold (lunch) → A Stately Home → UP

Day 5 – UP → Lavenham (Guildhall NT) (lunch) → Sudbury(Gainsborough's House) (tea) → East Finchley Station

Frank Kelsall & Helena Green

If you have any queries or suggestions please email [helena.green@talktalk.net](mailto:helena.green@talktalk.net)