

Cake Walk

u3a SHORT WALK – AKA “CAKE WALK”

In early 2023 we set up a walking group for people who find the five miles walked by the ‘Walk and Talk’ group a bit too much but who, nevertheless, like to get out into the countryside with friends for some exercise. So a Short Walk was set up, which now has a thriving membership.

Why “Cake Walk”? Well, we like to set off from a local café at around 1015 and walk for two to three miles, returning to the café for coffee or tea and, of course, cake. We normally operate on the first Friday of the month. The walks are generally local to Stowmarket although we have had some excellent walks further afield, such as near Shotley vineyard where we enjoyed a glass of wine as well!

If you are interested in joining the group, please contact either Robert Bradshaw on rbradshaw433@btinternet.com or Anna Bradshaw on anna.bradshaw1@btinternet.com.