Stepping Out in Suffolk

Health Walks
July, Aug, Sept & Oct ‘15
DATE ORDER

Walking can... Make you feel good. Give you more energy.
Reduce stress & help you sleep better. Keep your heart 'strong'.
Reduce blood pressure. Help you to manage your weight.

Why is walking the perfect activity for health?
Almost everyone can do it. You can do it anywhere & any time.
It's a chance to make new friends.
It's free & you don't need special equipment.
You can start slowly & build up gently.

Health Walks are..... Free and you do not need to book.
All are Welcome...... Health Walks are graded with approximate times and distances to suit all walkers abilities.
Our walks are...... led by trained volunteer walk leaders to be effective and above all enjoyable.

Get On Board! Could you catch a bus to your walk?
Finding out routes and times has never been easier
www.suffolkonboard.com

Contact us if you would like more information:
Health Walks Team, Livewell Suffolk, Adelphi House, Turret Lane, Ipswich. IP4 1DL
Tel: 01473 229292. email: info@livewellsuffolk.org.uk
Or download a programme at: www.livewellsuffolk.org.uk
Let’s Get Started!

Each walk description will give you information on the grade, time, distance and other possible features on the walk so you will be able to choose walks to suit you. Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes.

If you’re looking for something more challenging? How about our progression walks covering more varied terrain and over 90 minutes in length which are supported as part of Live Well Suffolk.

All walks are graded so you can be sure they are suitable to your level.

1. On easy flat good surfaces
2. Mostly on the level, can be muddy
3. Some moderate slopes, good surfaces
4. More challenging, may include steeper slopes, rough ground or mud in wet weather
5. As grade 4 but may include one or two stiles

(Postcodes are given for the meeting place or the nearest building to)

On your first Health Walk we will ask you to fill out a Health Questionnaire which the walk leaders will have available for you on the day or alternatively download a copy at:


and bring it completed your first walk. At the start of each walk a register is filled in to keep a record of numbers of walkers and who is attending. Our Health Walks are fully supported by Live Well Suffolk, we are accredited to the national body Walking for Health who are funded and supported by Macmillan Cancer Care under the umbrella of The Ramblers.

* DOGS on Health Walks - Please note: Most walks will state if they are dog friendly or not due to volunteers personal feelings and/or areas that the walks are taking place not permitting dogs. If a walk does not state either then please accept that it is not advisable to bring your dog. Always keep your dog on a short lead during a Health Walk. We cannot accept any dogs loose on a Health Walk as this may cause accidents for other walkers.

** Extreme weather conditions may affect your decision to go on a walk as well as there being the possibility of a walk being cancelled. If a walk is cancelled our office reception will be aware and there will be a notice on our web pages as well as an email sent out to all who have requested email updates from Stepping Out in Suffolk. If you are worried about being safe on a walk because of the weather our advice is never to take any risks.
Wednesday 1st July
Thornham walks
Post Code IP23 8HH
Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable. Parking is free for those attending the Health Walk but the normal car parking charge applies at other times. Annual car parking passes are available. Toilets and tea rooms on site

Grade 3
3.5 miles, 1 hr 30 mins
Led by Helen Sibley and Mike Carter

Thursday 2nd July
HAVERHILL - MEADOWS ESTATE
Post Code: DB9 7LY
Meet at 10.45am at Sainsbury’s car park for an 11.00 am start.
Walk up to the new Meadowlands housing estate to the play park and return via Howe Rd, cross Withersfield Rd at the traffic lights and walk through Cambridge Way back to Sainsbury’s café. Grade 2. 1hr

Led by David Payne, Lynne Thomas, Poppy Brown

Thursday 2nd July
Wild Card/Request Walk
Post code: TBA
Meet at 11.00am
For more information on the walk and grade etc. Contact Mick Smith 07957 433096 or micksmith@aol.com

Led by Forest Heath Walk Leaders

Friday 3rd July
Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance. A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3  60 - 75mins

Led by Woodbridge Walk Leaders

Monday 6th July
Free Get Walking Mondays! Newton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.

Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.

Led by Bury Walks Leaders

Monday 6th July
Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park. Grade - 3 / approx... 1 hour

Led by ActiLives (formally Town & Bridge Project)

Monday 6th July
Bus and one way walk - Bramford to Ipswich
Post Code: IP1 3DN
Meet at 10.15 at Tower Ramparts bus station in Ipswich. We have been asked to repeat this very popular walk along the banks of Ipswich’s river. We will catch the First bus 89 to Bramford picnic site and then walk along the Gipping Valley footpath to return to the Ipswich waterfront where this walk ends. Along the way there are old woods and meadows as well as some modern industrial and residential developments as we approach Ipswich. The walk is mainly along flat good surfaces, with one ascent and descent in the woods. There are some points where you can reduce the length and the time of the walk, and return directly to the town centre.

No stiles. There are plenty of cafes and toilets at the Ipswich waterfront.

Grade 3
4 miles
2 hours

Led by Daphne Turner and Rae Corrigan
Monday 6th July
Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 
45 mins 
Led by forest Heath Walk Leaders

Tuesday 7th July
New Walk - tale of two Rivers, Abbeygate, Bury St. Eds
Post code: IP33 1LS / Map ref: 855642
Meet at 10.15am for a 10.30am start at the Abbeygate. A mixture of town & country footpaths with some pavement walking. This walk is taken from the new publication ‘A Tale of Two Rivers’ & will include stops for historic & landscape information. Car parks nearby. Toilets & refreshments available.
Grade 2 - 3 
3 miles/approx. 1.5 - 2 hours 
Led by Bury Walk Leaders

Tuesday 7th July
Morning walk - Felixstowe
Post code: IP11 3TW / Map ref: 284 320
Meet at 10.45am at the Viewpoint Café, Viewpoint Road. Café and Toilets available. Walk is towards Manor Road car park and back, near the sea front. Some uneven surfaces.
Grade 3 
Approximately 2 miles 
About 80 minutes 
Led by Jenny Mundin

Tuesday 7th July
Snape and River Alde
Post Code IP17 1SP 
Map ref: TM393575
Meet at 10:30am in Snape Maltings overflow car park which is right at the back through the buildings. We will walk the river wall over to the woods, and on up to the open access land. This is a nice link on soft heath land, which eventually joins the Sailors Path. We also join it and head back towards Snape, going through woods, then back along the river wall again to The Maltings. May be muddy on river wall if wet. Toilets & refreshments available at the Maltings. Dogs welcome on a short lead. Please arrive early if you are a new walker.
Grade 3 approx 3½ miles/1¾ hours 
Led by Maggie Jennings and Fiona Foreman

Wednesday 8th July
RSPB North Warren nature reserve walk
Post code: IP14 4NW Map ref: TM 473595
Meet at 10.30am at Thorpeness Mere – meet on the village green next to the Meare, adjacent to the public toilets. Pay and Display car parking available in public car park opposite the village green. Walks starts at 10.45am. A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve. The walk includes a mixture of woodland, heathland and boardwalk through a reedbed. Short stretch of footpath that is steep and narrow. Approx. 3.5 miles. Approx. 1.5 hours. Opportunity for lunch at end of walk.
Grade 2 
Led by RSPB volunteers trained as Health Walk Leaders.

Wednesday 8th July
Sutton - longer walk
Post code: IP12 3DJ (nearest Sutton Hoo)
Meet for 10.30am start at Sutton Heath car park on B1083. Pass the Sutton Hoo entrance and continue on a long, straight stretch of B1083. Car park is on left at bend in road. A walk on sandy heathland.
Grade 5 
3.25 miles 
1.5 hours 
Led by Cynthia Ginos and Helen Howe
Wednesday 8th July
Haughley
Post code IP14 3PL
Meet at 10.45am outside the bus shelter on the corner of Old Street and Station road. Please park considerably in the village. A circular walk on mostly good tracks with one section on rough ground. No stiles.
Grade 3 3.75miles 1.5hrs. Led by Jim Harrison and David Green

Thursday 9th July
GT WRATTING, WEST
Post Code: CB9 7HA
Meet at 10.45am at Karro Factory car park for an 11.00 start. We walk up to the water tower and return via Gt Wratting church. Refreshments available at Red Lion PH, Gt Wratting
Grade 4 1 to 1.1/4hrs Led by Anthea & David Payne and Jim Foster

Thursday 9th July
Evening Walk - Kettleburgh area
Postcode: IP13 7JT / Map Reference 264 601
Meet at 6.00pm in Kettleburgh Chequers Car Park, The Street, Kettleburgh (pub aware, facilities available afterwards). Walk is to west side of Kettleburgh, nearly all on tracks and field edge paths.
Grade 4 Approx 4 miles or 6.4 km 1.5 to 2 hours Led by Nigel Meadows mobile 07804 820853

Thursday 9th July
Sudbury
Post code: CO10 2SU
Meet at 12.00pm at the Kingfisher Leisure Centre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 4 - 5 60mins Led by Babergh walk leaders.

Thursday 9th July
Mildenhall River Lark and Barton Mills
Post code: IP28 7HG
Meet at 11.00am next to the signpost of the River Lark map. Next to the car park. A combination of pavements, tracks and grassy surfaces. Some uneven. A bridge to cross and steps at the beginning and end of the walk. Roads to cross. Can be muddy and slippery in places. Toilets at the start/finish point.
Parking is free in the recreation way car park. Approx: 2.3 miles
Grade: 3 60 - 90 mins Led by Forest Heath Walk Leaders

Monday 13th July
Felixstowe Sea Front
Post code: IP11 2AE
Meet at 10.45am outside the Leisure Centre entrance.
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe. An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.
Grade: 1 (2 if a greater distance) Led by Trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 13th July
Free Get Walking Mondays! Newton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits. Led by Bury Walks Leaders

Monday July 13th
Wickham Market
Post Code: IP13 QOX map Ref TM302559
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill. Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899
Grade 1+ and 3/5 split of groups Led by Isabel Smith & Wickham Leaders
Monday 13th July  
Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2  
45 mins  
Led by Forest Heath Walk Leaders

Tuesday 14th July  
Sudbury SHORTER walk
Post code: CO10 2AN
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 1 - 2  
30mins gentle walk.  
Led by Babergh walk leaders.

Tuesday 14th July  
Kesgrave Tesco to Mill Stream
Post Code: IP5 2FU
Meet 10.30 at Kesgrave Tesco Ropes Drive. Parking in Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich. A stroll through pine woods, along the Mill Stream and back past the stadium/toilets and refreshments available at Tesco or the Cafe 66 in the Scout HQ before and after/ dogs on short leads allowed.
Grade 4  
3.7miles/ 2hours 
Led by Lyn & Graham Parker

Tuesday 14th July  
Rendlesham Pavement Walks
Post code: IP12 2JW
Meet at 9.30am at the GP surgery, Acer Road, Rendlesham.
Length of walk: 0.6 mile, about 30 mins. Opportunity to do another 30 mins if you are keen!
Sadly NO dogs on this walk.
These walks are suitable for all, especially people managing pain; those recovering from surgeries; people new to walking and wheelchair users and parents with buggies. Come and have a stroll and meet some other village people 😊
Sadly there are no refreshments on this walk. Toilets at GP surgery on Tuesday walks only.
Grade 1  
Led by Susie Enoch  
info@head-to-toe-health.co.uk  
/Txt or call 0777 364 3195. Landline: 01394 461147

THIS IS NOT PART OF THE WALK: But “Jars of Clay” at Rendlesham Mews has a new coffee shop and they are happy that we can use their toilets if you want to walk there after the walk. (main road no pavements).

Wednesday 15th July  
Walberswick
Post code: IP18  
Map ref: TM484744
Meet at 10.00am in the Hoist car park, Lodge Road.
Join the Natural England Reserve Manager for a walk around the beautiful heathland on the Suffolk Coast National Nature Reserve. The walk starts from the car park at Hoist Covert and takes in Tinker’s Heath, East Sheep walks and finally East Hill with spectacular views of the reedbed and coast. 3.5km walk.
Grade 2  
1 hour  
Led by Paul Lacey

Thursday 16th July  
WILSEY WOODS
Post Code:  
CB9 0EP
Meet at 10.45am at Haverhill Leisure Centre for an 11.00 am start. We walk along past the tennis courts, under the railway bridge, through the housing estate and on to the underpass. We go up Ruffles Rd and down Millfields Way to another underpass, which leads us to a small cul-de-sac, then up a fairly steep footpath leading to Wilsey Woods. We walk through the woods and then back through the housing estate to the Leisure Centre. Refreshments available at Leisure Centre
Grade 4  
1 hr 
Led by Peter & Beryl Wilkens, Lynne Thomas & Lian Watkin

Thursday 16th July  
Newmarket Devils Dyke
Post code: CB8 0TQ
Meet at 11.00am at A1304 Barbara Stradbroke Avenue. Turn in at the National Stud exit on the roundabout and parking at the end of road at the Devils Dyke. Level 2: Flat walk along the flat beside the dyke and July racecourse. Slightly uneven in places.
Level 3/4 For the more adventurous moderate/steep gradients walking along the top of the Devils Dyke. Can be muddy and slippery in places. Refreshments and toilets on this walk at the end on the National Stud.
Parking is free. Approx: 3 miles.  
Grade: 2 and 3 - 4  
60 - 90 mins  
Led by Forest Heath Walk Leaders
Friday 17th July Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3 60 - 75mins. Led by Woodbridge Walk Leaders

Friday 17th July Cockfield/Bull’s Wood
Post code: IP30 0LA / Map ref: 904548
Meet at 10.15am for a 10.30am start in the community centre car park next to Cockfield School. Cockfield is south east of Bury St. Edmunds, off the A1141 Lavenham road. The community centre is on a minor road signedposted school and church. A walk with wide ranging views along farmland tracks, minor roads and through Bull’s Wood Suffolk Wildlife Trust Reserve. Free parking. No refreshments/toilets.
Grade: 3 3.5 miles/approx. 90 mins Led by Bury Walk Leaders

Monday 20th July Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park. Grade - 3 / approx.. 1 hour Led by ActivLives (formally Town & Bridge Project)

Monday 20th July Free Get Walking Mondays! Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits. Led by Bury Walks Leaders

Monday 20th July Great Finborough
Post Code IP14 3AT
Meet at 10.30am in the public carpark in Great Finborough, on the left past The Chestnut Horse coming from Stowmarket. This walk takes us over fields and country lanes to the village of Buxhall with some great views across Stowmarket golf course and surrounds. We will walk through the grounds of Buxhall Church and will be able to go into the church if anyone wishes. Refreshments at the end of walk in The Chestnut Horse.
Grade 4 1.5 hours Led by Rae Corrigan and Daphne Turner

Monday 20th July Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 45 mins Led by Forest Heath Walk Leaders

Tuesday 21st July NO CASTLE WALK THIS WEEK - Castle Walks, Framlingham

Tuesday 21st July Morning walk - Felixstowe
Post code: IP11 9JF / Map ref 314 353
Meet at 10.45am at the Brackenbury sports centre, High Road East. Walk is to north east of sports centre and back along near the sea front. Toilets available just over half way round.
Grade 3 Approximately 2 and a half miles About 90 minutes Led by Graham Owen.
Tuesday 21st July
Rendlesham Pavement Walks
Post code: IP12 2JW
Meet at 9.30am at the GP surgery, Acer Road, Rendlesham.
Length of walk: 0.6 mile, about 30 mins. Opportunity to do another 30 mins if you are keen!
Sadly NO dogs on this walk.
These walks are suitable for all, especially people managing pain; those recovering from surgeries; people new to walking and wheelchair users and parents with buggies. Come and have a stroll and meet some other village people 😊
Sadly there are no refreshments on this walk. Toilets at GP surgery on Tuesday walks only.
Grade 1  Led by Susie Enoch info@head-to-toe-health.co.uk / Txt or call 0777 364 3195. Landline: 01394 461147

THIS IS NOT PART OF THE WALK: But “Jars of Clay” at Rendlesham Mews has a new coffee shop and they are happy that we can use their toilets if you want to walk there after the walk. (main road no pavements).

Wednesday 22nd July
Laxfield
Post code: IP13 8DS
Meet outside Laxfield Church at 10.45am ready for a 11am start.
A walk around the outskirts of this picture-postcard village with an opportunity to sample the ales and food in the Kings Head pub, known locally as the Low House.
Grade 3  3 miles mainly on the flat   Led by Jim Harrison and David Green

Thursday 23rd July
Evening Walk - Little Glemham area
Post code: IP13 0BH
Meet at 6.00pm in Glemham Lion car park A12 (pub aware, will open gates at 5.40 - please park at rear of pub, facilities available afterwards). Walk route is to the south west of A12 this time, round edge of Marlesford.
Grade 4  Approx. 3.75 miles or 6.0 km   About 1.5 hours   Led by Nigel Meadows mobile 07804 820853

Thursday 23rd July
WEST WRATTING - No Dogs Please
Post Code: CB21 5LT
Meet at 10.45am at Chestnut Tree PH car park for an 11.00 am start. This is a figure of eight walk to Yen Hall racehorse training stables and return. Refreshments available at the Chestnut Tree PH
Grade 2.  1 to 1.1/4hrs   Led by David & Jean Boxall and Lian Watkin

Thursday 23rd July
Sudbury
Post code: CO10 5PX
Meet at 12.00pm at the Edwardstone White Horse. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 3 - 4  60mins   Led by Babergh walk leaders.

Thursday 23rd July
Dalham
Post code: CB8 8TG
Meet at 11.00am outside the Affleck Arms. ‘Special health check day’ in conjunction with Newmarket Leisure Centre. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Parking available at the pub car park. Refreshments and toilets at the finish point. Approx. 2 miles
Grade: 2  Houldsworth walks 45mins all others 60mins   Led by forest Heath Walk Leaders

Friday 24th July
Short Walk - Brightwell
Post code: IP10 0BJ
Meet at 2.00pm in the car park by the café. Limited parking at The Stable, please car share and have a coffee before or after the session. A 30-40 minute walk through the Fir belt adjacent to the cafe. (Partially Linear walk). Walking at your own pace in the countryside but still near the road system.
Grade: 3  Info 07970 937899   Led by Wickham Leaders

Monday 27th July
West Stow Country Park. Foxgloves in the Forest walk (hopefully).
Post Code IP28 6HG.
Meet at 11.00am in the car park (£2). Refreshments and toilets on site. Flat walking through the forest and along the river overlooking Lackford Lakes reserve. The distance walked along the river is dependent upon the Environmental Agency repairing the breach in the bank of the River Lark. If not complete we will return through the forest. Walk duration about 90 minutes.
Grade 3.   Led by Roger and Jackie Medley.
Free Get Walking Mondays! Nowton Park Bury St. Edmunds

Monday 27th July
Meet at 10.00am at the Newton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Newton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders

Monday 27th July
Meet at 10.45am outside the Leisure Centre entrance.
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.
An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.
Grade: 1 (2 if a greater distance) Led by trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 27th July
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill.
Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899
Grade 1+ and 3/5 split of groups
Led by Isabel Smith & Wickham Leaders

Monday 27th July
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 – 2 Houldsworth walks 45 mins all others 60 mins
Led by forest Heath Walk Lead

Tuesday 28th July
Meet at 10.45am outside the visitor centre. The walk starts at 11.00am. Follow the brown tourist information signs marked RSPB Minsmere off the A12 at Blythburgh or Yoxford. A walk around the lovely RSPB Minsmere nature reserve, right by the sea, home to some of Suffolk’s greatest wildlife. Depending on the weather and walkers’ abilities and preferences, we will take a coastal, woodland, or reedbed route. The visitor centre has a large car park, toilets, café and shop. During the Health Walk you’ll get free access to the reserve, but normal entry fees apply at other times. No dogs are allowed because of breeding birds, except assistance dogs kept on a short lead. Grade: 2 or 3 1.5 - 2 miles/1 - 1.5 hrs
Led by RSPB volunteers trained as Health Walk Leaders

Tuesday 28th July
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 1 - 2 30mins gentle walk.
Led by Babergh walk leaders

Tuesday 28th July
Meet at 9.30am at the GP surgery, Acer Road, Rendlesham.
Length of walk: 0.6 mile, about 30 mins. Opportunity to do another 30 mins if you are keen!
Sadly NO dogs on this walk.
These walks are suitable for all, especially people managing pain; those recovering from surgeries; people new to walking and wheelchair users and parents with buggies. Come and have a stroll and meet some other village people.

Sadly there are no refreshments on this walk. Toilets at GP surgery on Tuesday walks only.

Grade 1  Led by Susie Enoch  info@head-to-toe-health.co.uk / Txt or call 0777 364 3195. Landline: 01394 461147

THIS IS NOT PART OF THE WALK: But “Jars of Clay” at Rendlesham Mews has a new coffee shop and they are happy that we can use their toilets if you want to walk there after the walk. (main road no pavements).

Wednesday 29th July  Chantry Park, Ipswich
Post code: IP2 0BP
Meet at 11.00am in the visitor car park at Hadleigh Road entrance near the Sue Ryder Home for an hours walk around Chantry Park. The walk will be on and off the paths, so please wear suitable shoes. Come and experience yet another beautiful park in Ipswich, and make new friends, all age groups welcome and join us for refreshments at the Chantry Walled Garden Project after the walk. Buses that pass Chantry Park, 7, 15 and 91.
Grade: 4  Led by ActivLives (formally Town and Bridge Project).

Wednesday 29th July  Martlesham Heath WW II airfield and SSSI
Post Code IP5 3SL
Meet at 10.30am at Martlesham Heath village centre outside St Michaels Church/Bus route 66 from Ipswich. A stroll around the heath to see remnants of WW II airfield and SSSI/ toilets and refreshments available at church before and Douglas Bader Pub after/ buggie and children friendly/ dogs on short leads allowed.
Grade 3  Approx. 3miles/ 2 hours  Led by Lyn & Graham Parker.

Thursday 30th July  Denston Village
Post code: CB8 8PW / Map ref: 763528
Meet at 10.45am for 11am start at Denston village hall. 3 miles skirting and occasionally entering the grounds of Denston Hall. Level ground, some edges of fields. Denston is midway between Bury and Haverhill on A143. From Bury pass Wickhambrook village sign, turn left at the bottom of dip. At Denston village turn right over river and immediately left to park at the village hall. May be livestock so no dogs please. No toilet or refreshments.
Grade 3  Approx. 105mins (or 90 mins depending on group)  Led by Roger Medley and Jackie Medley

Thursday 30th July  HAVERHILL FLOOD PARK
Post Code:  CB9 7LY
Meet at 10.45am at Sainsbury’s car park for an 11.00 am start. We cross the road at the mini roundabout, walk up steps onto the flood park bank, turn right and walk round the bank back to the start.
Refreshments at Sainsbury’s café.
Grade 1.  1hr  Led by Poppy Brown, Lynne Thomas and Lian Watkin

Thursday 30th July  Mildenhall Woods
Post code: IP28 7HS
Meet at 11.00am at the Half Moon pub. Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments/toilets at the finish point. Parking in pub car park. Approx: 3 miles
Grade: 2  60 - 90 mins  Led by Forest Heath Walk Leaders

Friday 31st July  Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.
Grade: 2 - 3  60 - 75mins.  Led by Woodbridge Walk Leaders

Monday 3rd August  Free Get Walking Mondays!  Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months. A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders
Monday 3rd August   Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park. Grade - 3 / approx. 1 hour       Led by ActivLives (formally Town & Bridge Project)

Monday 3rd August   Shotley Marina
Postcode IP9 1QJ (nearby)
Meet at 11am at the Shotley Gate marina for a walk around the end of the Shotley peninsula. There are good views firstly across the Orwell to Felixstowe, and then at the other side of the peninsula across the Stour to Harwich and Parkeston Quay. We hope to walk along good dry footpaths, although there may be short muddy sections. Refreshments and toilets at the Shipwreck.
Grade 3   3 ½ miles       Led by Daphne Turner and Rae Corrigan

Monday 3rd August   Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2       45 mins       Led by Forest Heath Walk Leaders

Tuesday 4th August   Bury St. Edmunds West
Post code: IP33 2DE / Map Ref: 847635
Meet at 10.15am for a 10.30am start at the Spread Eagle pub on the A143 Horringer Road (car park entrance on Petticoat Lane). A town walk following the course of the River Linnet to the western outskirts of Bury. Returning through residential areas. On public transport route. Free Parking. Toilets & refreshments available at the pub after the walk.
Grade: 2   2.5 miles/approx. 60 mins Led by Bury Walk Leaders

Tuesday 4th August   Morning walk - Felixstowe
Post code: IP11 9JL / Map ref: 301 357
Meet at 10.45am at The Grove free car park, by the playing fields, just past the new medical centre, north off the Beatrice Avenue / Colneis Road roundabout. No facilities available. Walk is through The Grove and around some paths beyond.
Grade 3   Just under 3 miles. About 90 minutes , or just over.   Led by Nigel Meadows (07804 820853 on day)

Wednesday 5th August   Thornham walks
Post Code IP23 8HH
Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable. Parking is free for those attending the Health Walk but the normal car parking charge applies at other times. Annual car parking passes are available. Toilets and tea rooms on site
Grade 3   3.5 miles, 1 hr 30 mins     Led by Helen Sibley and Mike Carter

Thursday 6th August   LINTON   No Dogs please
Post Code: CB21 4HS
Meet at 10.45 am at The Crown PH car park for an 11.00 am start. We walk through the village and along the riverside path, through a wood to a windmill and watermill. From there we walk to Hildersham village and back via Little Linton. Refreshments at The Crown PH
Grade 3.   1 to 1.1/4 hrs     Led by Maura Green, David & Jean Boxall

Thursday 6th August   Nayland
Post code: CO6 4JH
Meet at 12.00pm at the Nayland Village Hall School. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 4 - 5   60mins       Led by Babergh walk leaders.
Thursday 6th August  
Moulton  
Post code: CB8 8SP  
Meet at 11.00am at Moulton Village Hall, Bridge Street. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross on longer walk, with hills up and down. Beautiful scenery. Parking available at the village hall car park. Refreshments and toilets at the finish point. Parking is free. Distance varies for the ability of the walkers on the day between 2 and 4 miles. Some of the walks are timed with bus routes so don’t forget your bus pass.

Grade: 4  
60 mins  
Led by Forest Heath Walk Leaders

Monday 10th August  
Free Get Walking Mondays! Nowton Park Bury St. Edmunds  
Post code: IP29 5LU  
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months. A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.

Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.

Led by Bury Walks Leaders

Monday 10th August  
Felixstowe Sea Front  
Post code: IP11 2AE  
Meet at 10.45am outside the Leisure Centre entrance.  
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week). Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.

An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.

Grade: 1 (2 if a greater distance)  
Led by Trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 10th August  
Wickham Market  
Post Code IP13 0QX map Ref TM302559  
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill. Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899

Grade 1+ and 3/5 split of groups  
Led by Isabel Smith & Wickham Leaders

Monday 10th August  
Newmarket  
Post code: CB8 0PU  
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.  
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1  
45mins  
Led by Forest Heath Walk Leaders

Tuesday 11th August  
Thorpeness and The coast  
Post Code IP16 4NZ  
Map ref:TM596472  
Meet at 10.30am by the Meare at Thorpeness, and walk up to the House in the Clouds, through woodland, and on to the disused railway track. Walking the even path, we head for the coast, and walk back to Thorpeness. Fairly easy walk, but slightly hard going on the sandy part on route back. Can be muddy in wet weather by the golf course. Toilets and coffee available in Thorpeness. Dogs welcome on a short lead. Please arrive early if you are a new walker.

Grade 3  
Approx. 3 miles  
Led by Maggie Jennings and Fiona Foreman

Tuesday 11th August  
Sudbury SHORTER walk  
Post code: CO10 2AN  
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2  
30mins gentle walk.  
Led by Babergh walk leaders.
Wednesday 12th August  RSPB North Warren nature reserve walk
Post code: IP16 4NW Map ref: TM 473595
Meet at 10.30am at Thorpeness Mere - meet on the village green next to the Meare, adjacent to the public toilets. Pay and Display car parking available in public car park opposite the village green. Walks start at 10.45am. A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve. The walk includes a mixture of woodland, heathland and boardwalk through a reedbed. Short stretch of footpath that is steep and narrow. Approx. 3.5 miles. Approx. 1.5 hours. Opportunity for lunch at end of walk.
Grade 2: Led by RSPB volunteers trained as Health Walk Leaders.

Wednesday 12th August  Shotley
Postcode IP9 1NQ(approx.)
Meet for 10.45a.m. start or when bus 202 arrives, at Shotley village hall car park, which is next to Rose pub. Walk to Erwarton with its association with a queen.
Grade 5  3 miles  .1.5 hours  Led by Cynthia Glinos and Helen Howe

Thursday 13th August  STRAWBERRY FIELDS
Post Code: CB9 7LY
Meet at 10.45 am at Sainsbury’s car park for an 11.00 am start. We walk through town paths, visiting the Newt Pond and Hanchett Village estate. Refreshments at Sainsbury’s café.
Grade 1.  1hr  Led by David Payne, Beryl & Peter Wilkens

Thursday 13th August  Exning
Post Code: CB8 7EH
Meet at 11.00am in The Rosery Hotel car park.
A combination of firm paths, grassy surfaces. Can be muddy/slippery in places. Roads to cross. Toilets and refreshments at the finish point. Parking in The Rosery car park. Approx. 2.5 miles
Grade: 3 60 - 90mins  Led by Forest Heath Walk Leaders

Friday 14th August  Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.  Grade: 2 - 3  60 - 75mins.  Led by Woodbridge Walk Leaders

Friday 14th August  Cavenham Heath National Nature Reserve, tuddenham St. Mary
Post code: IP28 6TB
Meet at 10.15am for a 10.30am start at the nature reserve car park. Access is via Icklingham Road, a minor road from Tuddenham Village past Longwood Organic Farm. The car park is on the left adjacent to the reserve. The walk will include part of the Icknield Way & the reserve is a good example of Breck heathland with its rare flora and fauna. This is an ideal time to see Stone Curlews, bring binoculars. Free parking. No toilets/refreshments.
Grade: 3  Approx. 90mins  Led by Bury Walk Leaders

Friday 14th August  Snape Rd Blaxhall Common
Post code: IP12
Meet at 6pm TM379566 on B1069 just before four winds for a short walk round the common listening for Nightjars, Dartford warblers and if still sunny Silver Studded Blue butterflies. Adjourn to The Ship, Blaxhall or other hostelries in Snape for refreshments and possibly some musical entertainment. No Toilets. No Dogs. SWT Site. Short Walk under an hour.
Grade: 5  Info mob 07970 937899  led by Wickham Leaders

Monday 17th August  Free Get Walking Mondays!  Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months. A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits. 
Led by Bury Walks Leaders
Monday 17th August  Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.  Grade - 3 / approx. 1 hour  Led by ActivLives (formally Town & Bridge Project)

Monday 17th August  Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2  45 mins  Led by Forest Heath Walk Leaders

Tuesday 18th August  Castle Walks, Framlingham
Post Code: IP13 9BH
Meet at 10.30am outside Castle Inn for a prompt 10.45 am start.
A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 62, 118 & 119. Parking at St Michael’s Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).
Approx. 2 - 3 miles / 60 - 70mins
Grade 4 - 5 (possibility of kissing gates)  Led by Castle Walks Group Walk Leaders

Tuesday 18th August  Morning walk - Felixstowe
Post code: IP11 0 UD / Map ref: 277 357
Meet at 10.45am in the free car parking area by Searsons farm, which is at the end of Cordys Lane, down Station Road and over the railway crossing. No facilities available. Walk is to south west, taking in Fagbury Cliff viewpoint.  Grade 3  Approx. 2.5 miles. 90 minutes plus to include a stop halfway.  Led by Jenny Mundin

Wednesday 19th August  Walberswick
Post code: IP18 / TM490754
Meet at 10.00am Lower car park on Palmers Lane, Walberswick.
Join the Natural England Reserve Manager for a walk around Tinker’s Marshes. This is a fantastic circuit along the Blyth river wall offering great views of Southwold and the local wildlife. Binoculars (and usually wellies) are must! 5.5km walk.  Grade 5 (Stile)  70 -80 mins  Led by Paul Lacey

Thursday 20th August  KEDINGTON via Calford Green
Post Code: CB9 7QQ
Meet at 10.45 am at Kedington Community Centre car park for an 11.00 am start. Walk through the village to the footpath by the British Legion Hall, up the hill to Wilsey Farm, turn left and take the footpath to Calford Green, then down to the Stour Valley path, turning left back to the car park.
Refreshments at The Plough Inn, Brockley Green
Grade 3.  1 to 1.1/4hrs  Led by Beryl & Peter Wilkens and Poppy Brown

Thursday 20th August  Hadleigh
Post code: IP7 5AG
Meet at 12.00pm at Hadleigh Library. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 5  60mins  Led by Babergh walk leaders.

Thursday 20th August  Summer Family Sepcial Kings Forest, West Stow
Post code: IP28 6HG
Meet at 11.00am
West Stow, Bury St. Edmunds. Parking charges apply. For more information on the walk and grade etc. Contact Mick Smith 07957 433096 or micksmith@aol.com  Grade: TBA  Led by Forest Heath Walk Leaders
Friday 21st August    Evening Walk - Charsfield village area
Postcode: IP13 7PX / Map reference 258 564
Meet at 6.00pm in memorial field free car park in Chapel Lane, north off The Street. Walk is on footpaths and lanes all around Charsfield.
Grade 4    Approx. 4 miles or 6.4 km    1.5 to 2 hours    Led by Nigel Meadows mobile 07804 820853

Monday 24th August    Free Get Walking Mondays! Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders

Monday 24th August    Felixstowe Sea Front
Post code: IP11 2AE
Meet at 10.45am outside the Leisure Centre entrance.
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.
An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.
Grade: 1 (2 if a greater distance)    Led by Trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 24th August    Wickham Market
Post Code: IP13 0QX map Ref TM302559
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill. Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899
Grade 1+ and 3/5 split of groups    Led by Isabel Smith & Wickham Leaders

Monday 24th August    Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2    45 mins    Led by Forest Heath Walk Leaders

Tuesday 25th August    RSPB Minsmere nature reserve walk
Post code: IP17 3BY Map ref: TM470672
Meet at 10.45am outside the visitor centre. The walk starts at 11.00am. Follow the brown tourist information signs marked RSPB Minsmere off the A12 at Blythburgh or Yoxford. A walk around the lovely RSPB Minsmere nature reserve, right by the sea, home to some of Suffolk’s greatest wildlife. Depending on the weather and walkers’ abilities and preferences, we will take a coastal, woodland, or reedbed route. The visitor centre has a large car park, toilets, café and shop. During the Health Walk you’ll get free access to the reserve, but normal entry fees apply at other times. No dogs are allowed because of breeding birds, except assistance dogs kept on a short lead. Grade: 2 or 3    1.5 - 2 miles / 1 - 1.5hrs    Led by RSPB volunteers trained as Health Walk Leaders.

Tuesday 25th August    Sudbury SHORTER walk
Post code: CO10 2AN
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 1 - 2    30mins gentle walk.    Led by Babergh walk leaders.
Wednesday 26th August
Chantry Park, Ipswich
Post code: IP2 0BP
Meet at 11.00am in the visitor car park at Hadleigh Road entrance near the Sue Ryder Home for an hours walk around Chantry Park. The walk will be on and off the paths, so please wear suitable shoes. Come and experience yet another beautiful park in Ipswich, and make new friends, all age groups welcome and join us for refreshments at the Chantry Walled Garden Project after the walk. Buses that pass Chantry Park, 7, 15 and 91.
Grade: 4
Led by ActivLives (formally Town and Bridge Project).

Thursday 27th August
Evening Walk - Easton area
Postcode IP13 0ED / MR 284 587
Meet at 6.00pm in the free car park, in The Street, middle of village, opposite White Horse pub.
Walk is mostly on footpaths to the Letheringham side of the village.
Grade 5 (stiles) Approx. 4 miles or 6.5 km 1.5 to 2 hours
Led by Nigel Meadows mobile 07804 820853

Thursday 27th August
Stansfield
Post code: CO10 8LN / Map ref: OS 785517
Meet 10.45am for 11.00am start at Stansfield village hall, free parking.
An undulating walk giving good views of local valleys and crosses the infant River Glem. Some hills and 2 stiles.
Stansfield is 3 miles east of the Bury St Edmunds to Haverhill road. After the Wickhambrook village sign turn left thro' Denston and continue to Stansfield. The village hall is south of the village. Toilets and refreshments at the village pub. Grade 5 75 minutes.
Led by Roger Medley and Jackie Medley

Thursday 27th August
WILSEY FARM
Post Code: CB9 0BW
Meet at 10.45 am at New Croft car park for an 11.00 am start. We walk round the back of the school, across the fields to Wilsey Farm and back via the Kedington/Haverhill track.
Refreshments at New Croft
Grade 3 1 hour
Led by Vivienne Gould, Beryl & Peter Wilkens & Lian Watkin

Thursday 27th August
Ashley/Cheveley
Post Code: CB8 9DR
Meet at 11.00am in the Crown car park. (New and very welcoming pub landlords)
A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy/slippery in places.
Roads to cross. Toilets and refreshments at the finish point. Parking in Ashley Crown car park. Approx. 4.2 miles
Grade: 3
60 - 90 mins
Led by Forest Heath Walk Leaders

Friday 28th August
Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.
Grade: 2 - 3
60 - 75mins.
Led by Woodbridge Walk Leaders

Friday 28th August
Aldringham
Post Code IP16 4PY
Map ref TM446604
Meet at 11am in the rear car park at the Parrot and Punchbowl on the B1122 Leiston to Aldeburgh road. From the B1069 at Knodishall, take the B1353 signed Thorpeness. The pub is at the end of this road at the crossroads. Turn right and immediately right again into the rear car park. The walk is a circular route to Knodishall and back along quiet roads, footpaths and through farmland. Dogs welcome on a short lead. Please arrive early if you are a new walker. Toilets and refreshments available after the walk at the Parrot and Punchbowl. Why not book a table on 01728 830221. Please arrive early if you are a new walker
Grade 3
about 3 miles/1¾ hours.
Led by Fiona Foreman and Judy Chesterfield

Saturday 29th August
Stowmarket to Alder Carr Farm one way
Post Code IP14 1RQ
Meet at Stowmarket Station at 10.30am. There is parking nearby but you will have to pay. It may be easier to come by train/bus and return by train/bus from Needham Market. This walk takes us along the Gipping, at the time of writing the path is clear all the way although it may be muddy. There are a few stiles on the way and there may be cattle grazing in one part. I will be returning to Stowmarket and if anyone wants to I am willing to walk back with them. Refreshments at Alder Carr Farm or in Needham Market.
Grade 5 (stiles) Approx. 2hours one way
Led by Rae Corrigan and Daphne Turner
Monday 31st August Free Get Walking Mondays! Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders

Tuesday 1st September Wyvales/Bury Garden Centre, Bury St. Edmunds
Post code: IP33 2RN / Map ref: 864633
Meet at 10.15am for a 10.30am start at Wyvales Garden Centre, Rougham road. Explore the open spaces of the Moreton hall area, returning along the River Lark. Free parking. Toilets & Refreshments available.
Grade: 3, some inclines 2.85 miles/approx. 90mins Led by Bury Walk Leaders

Tuesday 1st September Morning walk - Felixstowe
Post code: IP11 / Map ref: 265 377
Meet at 10.45am in the fishing lakes car park, by kind permission of Grimston Hall Farm Shop. Turn down Grimston Lane, over the railway crossing and carry straight on to the end of Thorpe Lane, car park is on the right, by the start of the footpath. No facilities available. Walk is mostly off road to the east of the fishing lakes, and through Trimley St Martin.
Grade 4 About 3 and a half miles. Allow 90 minutes plus. Led by Nigel Meadows (07804 820853)

Tuesday 1st September Orford
Post Code IP12 2NF Map ref TM425495
Meet 10:30am by the castle. There is limited parking in the centre of the village but a there is a large pay and display car park just before the quayside. Some river and some inland tracks. Some short but steep ascents or descents to or from the river. Will be muddy in wet weather. Dogs welcome on a short lead. Please arrive early if you are a new walker. Toilets in Orford. The Pump Street bakery is not open for coffee on a Tuesday but a short walk down to the quay will take you to the little café by the river.
Grade 3 Approx. 3 ½ miles. Led by Maggie Jennings and Fiona Foreman

Tuesday 1st September Long Walk - Gedgrave Loop
Post code: IP12
Meet at 10.00pm on Orford Square. Please park by the School and walk down to the Square. A long leisurely walk round the Orford Gedgrave loop on the river wall, passing the Butley Oysterage, the Ferry point and looking over to Havergate Island then passing the Orfordness coastline. Walkers please note this is outside the current Livewell guidelines and takes over 2 hours to complete on uneven ground. Please buddy walk as walkers get strung out. Refreshments in Pump Hose Bakery if open or the tea rooms on the quay. Plus the two or three pubs if open. The walk is in the most dramatic and stunning part of Suffolk, hauntingly isolated with gull and curlews calling, waders and migrants returning south and arriving from the Northern waters. No Dogs. RSPB area and sheep grazing. Grade 5 Led by Wickham Leaders

Wednesday 2nd September Thornham walks
Post Code IP23 8HH
Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable. Parking is free for those attending the Health Walk but the normal car parking charge applies at other times. Annual car parking passes are available. Toilets and tea rooms on site
Grade 3 3.5 miles, 1 hr 30 mins Led by Helen Sibley and Mike Carter

Thursday 3rd September COWLINGE
Post Code: CB8 9QD
Meet at 10.45 am at The Three Tuns PH car park for an 11.00 am start. We walk around the village using the footpaths and bridlepaths, with some narrow road work. Refreshments at The Three Tuns PH
Grade 3. 1 to 1.1/4hrs Led by Peter & Beryl Wilkens, David Payne
Thursday 3rd September  
Preston  
Post code: CO10 9NG  
Meet at 12.00pm at the Six Bells Public House. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.  
Grade: 3 - 4 60mins  
Led by Babergh walk leaders.

Thursday 3rd September  
Newmarket Town and Around  
Post code: CB8 0EA  
Meet at 11.00am in the Leisure Centre Reception.  
Gentle gradient slightly uneven in places. Can be slippery in wet condition. Roads to cross. Toilets at the start and finish point. Refreshments at the finish point. Parking is free in Leisure Centre. Approx. 2.1 miles  
Grade: 2  
Houldsworth walks 45mins all others 60mins  
Led by Forest Heath Walk Leaders

Monday 7th September  
Free Get Walking Mondays!  
Nowton Park Bury St. Edmunds  
Post code: IP29 5LU  
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.  
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.  
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.  
Led by Bury Walks Leaders

Monday 7th September  
Felixstowe Sea Front  
Post code: IP11 2AE  
Meet at 10.45am outside the Leisure Centre entrance.  
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).  
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.  
An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.  
Grade: 1 (2 if a greater distance)  
Led by trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 7th September  
Wickham Market  
Post code: IP13 0QX map Ref TM302559  
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill. Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899  
Grade 1+ and 3/5 split of groups  
Led by Isabel Smith & Wickham Leaders

Monday 7th September  
Newmarket  
Post code: CB8 0PU  
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.  
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive  
Grade: 1  
45 mins  
Led by Forest Heath Walk Leaders

Tuesday 8th September  
Sudbury SHORTER walk  
Post code: CO10 2AN  
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.  
Grade: 1 - 2  
30mins gentle walk.  
Led by Babergh walk leaders.

Wednesday 9th September  
RSPB North Warren nature reserve walk  
Post code: IP16 4NW Map ref: TM 473595  
Meet at 10.30am at Thorpeness Mere - meet on the village green next to the Meare, adjacent to the public toilets. Pay and Display car parking available in public car park opposite the village green. Walks starts at 10.45am. A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve. The walk
includes a mixture of woodland, heathland and boardwalk through a reedbed. Short stretch of footpath that is steep and narrow. Approx. 3.5 miles. Approx. 1.5 hours. Opportunity for lunch at end of walk.  
Grade 2  Led by RSPB volunteers trained as Health Walk Leaders.

Wednesday 9th September  Charsfield- longer walk  
Postcode IP13 7PX (approx.)  
Meet for 10.30 a.m. start at the recreation ground, Chapel Lane, which is off the main street.  
Walk in an area which once had many orchards.  
Grade 5  3.5 miles  1.75 hours  Led by Cynthia Glinos and Helen Howe

Wednesday 9th September  Debenham  
Post code IP14 6BL  
Meet at 10 45am at the leisure/community centre. Simmons bus no.114 leaves Ipswich O.C.M at 9.50am.  
A Circular walk on mostly field paths and quiet lanes. One section of path is rough and uneven. No stiles but may be muddy in places.  
Grade 3  3miles  1.25hrs  Led by Jim Harrison David Green.

Thursday 10th September  HAVERHILL - NEWT POND  
Post Code: CB9 7LY  
Meet at 10.45 am at Sainsbury’s car park for an 11.00 am start. We walk to the Chimswell Estate and follow the path to the Newt Pond. We return through the playing fields and Hanchett End.  
Refreshments at Sainsbury’s café  
Grade 1.  1 hr  Led by Jim & Wendy Foster and Poppy Brown

Thursday 10th September  Burwell, Priory Wood  
Post code: CB25 0HD  
Meet at 11.00am outside the church opposite the 5 Bells Pub. A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or wet conditions. Roads to cross. Refreshments and toilets at the finish point. Parking in road outside the church. Approx. 2 miles  
Grade 2  60 - 90 mins  Led by Forest Heath Walk Leaders

Friday 11th September  Framfield Health Centre, Woodbridge  
Post code: IP12 4FD  
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.  
Please park at the top of the car park away from Notcutts entrance.  
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.  
Grade: 2 - 3  60 - 75mins.  Led by Woodbridge Walk Leaders

Friday 11th September  Evening Walk - Snape warren area  
Post code: IP17 1SD / Map ref: MR 402 584  
Meet at 6.00pm in the small Snape Warren / Sailors path free car park at the bend in Priory Road, east out of Snape village, past the Golden Key pub. Walk is mostly round the Snape Warren open access area.  
Grade 5 (stiles)  Approx. 3.75 miles or 6.0 km  About 1.5 hours  
Led by Nigel Meadows mobile  07804 820853

Friday 11th September  Great Bricett  
Post Code IP7 7DN  
Meet at Great Bricett village hall at 10.30am for a walk across the fields in this lovely Suffolk village. The walk takes us through open countryside and woods passing some ancient buildings on the way. There are a couple of stiles on the walk. Refreshments at the end of the walk in The Veggie Red Lion.  
Grade 5  Approx 2 hours  Led by Rae Corrigan and Daphne Turner

Monday 14th September  Free Get Walking Mondays!  
Newton Park Bury St. Edmunds  
Post code: IP29 5LU  
Meet at 10.00am at the Newton Park Café every Monday for the next 4 months.  
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.  
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.  
Led by Bury Walks Leaders
Monday 14th September  Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park. Grade - 3 / approx. 1 hour    Led by ActivLives (formally Town & Bridge Project)

Monday 14th September  Chillesford
Post code: IP12
Meet at 11.00am in Chillesford Street on the B1084 Orford Rd for a 3mile forest walk. No Loos, Dogs welcome. Look out for Deer particularly the three white ones reported to have been spotted in the Forest. Watch out for Wood lark in the clearing and see farmers preparing land for winter crops. Refreshment book lunch The Froize or take tea at The Quay Orford. Grade: 5 Led by Wickham Leaders

Monday 14th September  Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2    45 mins    Led by Forest Heath Walk Leaders

Tuesday 15th September  Castle Walks, Framlingham
Post code: IP13 9BH
Meet at 10.30am outside Castle Inn for a prompt 10.45 am start.
A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 62, 118 & 119. Parking at St Michael’s Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).
Approx. 2 - 3 miles / 60 - 70mins
Grade 4 - 5 (possibility of kissing gates)    Led by Castle Walks Group Walk Leaders

Tuesday 15th September  Morning walk - Felixstowe
Post code: IP11 9RZ / Map ref: 328 375
Meet at 10.45am in Felixstowe Ferry sailing club car park, opposite the Ferry Boat Inn. Facilities available nearby. Walk is back towards Felixstowe using the path behind the golf course and sea front paths.
Grade 3    About 2 and a half miles    Approx. 90 minutes.    Led by Graham Owen.

Wednesday 16th September  Hinton
Post code: IP19 (nearby) map reference is TM450726
Meet at 10.00am at the 5 ways car park, off the Blythburgh to Westleton Road. Join the Natural England Reserve Manager for a walk around the beautiful heathland and reedbeds of the Suffolk Coast National Nature Reserve. The walk starts from the car park at 5-Ways, follows the path east through heathland to Westwood Lodge, and then cuts through the reserve down to the reedbeds. The walk then joins the public footpath along the side of the reedbeds and through the woods, back to the car park. 5.5km.
Grade: 4    Led by Paul Lacey

Thursday 17th September  STEEPLE BUMPSTEAD
Post Code: CB9 7DQ
Meet at 10.45 am at or near The Fox & Hounds PH for an 11.00 am start. We will be exploring the village and taking in picturesque views of the surrounding countryside.
Refreshments at The Fox and Hounds PH
Grade 3.    1hr    Led by Anthea & David Payne, David & Jean Boxall

Thursday 17th September  Newton
Post code: CO10 2AN
Meet at 12.00pm at the Newton Village Hall. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 5    60mins.    Led by Babergh walk leaders
Thursday 17th September    Mildenhall River Lark and Barton Mills
Post code: IP28 7HG
Meet at 11.00am next to the signpost of the River Lark map. Next to the car park. A combination of pavements, tracks and grassy surfaces. Some uneven. A bridge to cross and steps at the beginning and end of the walk. Roads to cross. Can be muddy and slippery in places. Toilets at the start/finish point.
Parking is free in the recreation way car park. Approx: 2.3 miles
Grade: 3    60 - 90 mins   Led by Forest Heath Walk Leaders

Friday 18th September    Blackthorpe Barn, Rougham
Post code: IP30 9HZ/Map ref: 899633
Meet at 10.15am for a 10.30am start in the car park beside the barn. Blackthorpe Barn is just off the A14 at Rougham, take junction 46 east of Bury St. Edmunds signed ‘Rougham & Rougham Industrial Est’, then follow AA signs. Farmland and Woodland walk. Following the walk there is an opportunity to visit ‘Artworks’, a free exhibition in the barn by 30 of East Anglia’s leading artists. Free parking. Toilets & Refreshments available.
Grade: 2    2.5 miles/approx. 75 mins   Led by Bury Walk Leaders

Monday 21st September    Free Get Walking Mondays! Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders

Monday 21st September    Felixstowe Sea Front
Post code: IP11 2AE
Meet at 10.45am outside the Leisure Centre entrance.
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.
An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.
Grade: 1 (2 if a greater distance)   Led by Trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 21st September    Orwell Country Park
Post code IP10 0JP (nearest)
Meet at 10.30am at Bridge Wood Car Park, which is accessed from the A1189 between the Nacton access to the A14 and Ravenswood. This is a walk, with varied views, through the whole length of this Country Park, so close to Ipswich. We visit the very pretty Bridge wood, Braziers wood and Pipers Vale. Much of the walk is along the banks of the Orwell. We will have many splendid views across the river. One long, but gentle incline. No stiles. No refreshment or toilets near car park. Plenty of places for refreshment after the walk at Ravenswood.
Grade 3    4 miles    2 hours   Led by Daphne Turner and Rae Corrigan

Monday 21st September    Wickham Market
Post Code: IP13 QOX map Ref TM302559
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill.
Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899
Grade 1+ and 3/5 split of groups   Led by Isabel Smith & Wickham Leaders

Monday 21st September    Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive.
Grade: 1 - 2    45 mins   Led by Forest Heath Walk Leaders
Tuesday 22nd September  
RSPB Minsmere nature reserve walk  
Post code: IP17 3BY Map ref: TM470672  
Meet at 10.45am outside the visitor centre. The walk starts at 11.00am. Follow the brown tourist information signs marked RSPB Minsmere off the A12 at Blythburgh or Yoxford. A walk around the lovely RSPB Minsmere nature reserve, right by the sea, home to some of Suffolk’s greatest wildlife. Depending on the weather and walkers’ abilities and preferences, we will take a coastal, woodland, or reedbed route. The visitor centre has a large car park, toilets, café and shop. During the Health Walk you’ll get free access to the reserve, but normal entry fees apply at other times. No dogs are allowed because of breeding birds, except assistance dogs kept on a short lead. Grade: 2 or 3  
1.5 - 2 miles / 1 - 1.5hrs Led by RSPB volunteers trained as Health Walk Leaders.

Tuesday 22nd September  
Sudbury SHORTER walk  
Post code: CO10 2AN  
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.  
Grade: 1 - 2  
30mins gentle walk. Led by Babergh walk leaders.

Wednesday 23rd September  
Chantry Park, Ipswich  
Post code: IP2 0BP  
Meet at 11.00am in the visitor car park at Hadleigh Road entrance near the Sue Ryder Home for an hours walk around Chantry Park. The walk will be on and off the paths, so please wear suitable shoes. Come and experience yet another beautiful park in Ipswich, and make new friends, all age groups welcome and join us for refreshments at the Chantry Walled Garden Project after the walk. Buses that pass Chantry Park, 7, 15 and 91.  
Grade: 4  
Led by ActivLives (formally Town and Bridge Project).

Wednesday 23rd September  
Martlesham to Halls Pit  
Post Code IP5 3RU  
Meet at 10.30am at rear of Martlesham Community centre (next to Tescos) Bus route 66 from Ipswich. A stroll across the heath towards Bealings over two stiles past the horses and back around Kesgrave sand pit / toilets and refreshments available at Tesco before and after/ dogs on short leads allowed.  
Grade 5  
4.2miles/ 2 hours Led by Lyn & Graham Parker.

Thursday 24th September  
HAVERHILL - RESEARCH PARK  
Post Code: CB9 7FB  
Meet at 10.45 am at The Flying Shuttle PH for an 11.00 am start. Walking up into the park, we circle the pond and leave via a footpath. We then cross the main road and view the site from the top of the field opposite.  
Refreshments at The Flying Shuttle PH  
Grade 3.  
1 hr Led by Maura Green, Lynne Thomas and David Payne

Thursday 24th September  
Culford  
Post Code IP26 6ET/Map Ref. 837704.  
Meet for 11.00am start in the car park behind Culford village hall which can be found halfway along the main street next to the war memorial. This is a 90 minute circuit in the grounds of Culford School crossing the lake using the iron bridge and exploring the open access area. Nearest refreshments and toilets are at West Stow Country park.  
Grade 3  
Led by Roger and Jackie Medley

Thursday 24th September  
Forest Heath Wild Card/Request Walk  
Post code: TBA  
Meet at 11.00am  
For more information on the walk and grade etc. Contact Mick Smith 07957 433096 or micksmith@aol.com  
Led by Forest Heath Walk Leaders

Friday 25th September  
Framfield Health Centre, Woodbridge  
Post code: IP12 4FD  
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. 
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.  
Grade: 2 - 3  
60 - 75mins. Led by Woodbridge Walk Leaders
Monday 28th September  Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park. Grade - 3 / approx. 1 hour Led by ActivLives (formally Town & Bridge Project)

Monday 28th September  Free Get Walking Mondays!  Newton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Newton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits. Led by Bury Walks Leaders

Monday 28th September  Bredfield Village Hall
Post code: IP13 6AX
Meet at 2.00pm at the Village Hall for a 3 mile walk up to Hungarian woods and back through the Byng valley dependent on the weather we may return by the road or the meadows, watch out for fire crests, herons and game birds being prepared for The shoots. Loos at the hall if the community shop is open. Dogs welcome. Refreshments at the community shop if open. Otherwise travel to Wickham for Cafe46 or Teapots.
Grade: 5 Led by Wickham Leaders

Monday 28th September  Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 45 mins Led by Forest Heath Walk Leaders

Tuesday 29th September  Morning walk - Felixstowe
Post code: IP11 / Map ref: 279 379
Meet at 10.45am in the Capel Hall Lane free car parking area, which is on the Kirton Road, just north off the A14 at the first flyover coming out of Felixstowe. No facilities available. Walk is to east towards Candlet and across the edge of the Marshes, returning along the Coast & Heaths Path.
Grade 5 (small stiles) About 3.5 miles. Allow 90 minutes plus. Led by Nigel Meadows (07804 820853 on day)

Tuesday 29th September  Southwold
Post Code IP18 6BU  Map ref: TM510760
Meet at 11am at the front of Southwold Pier. From the A1096, through Reydon, turn left into Pier Avenue off the first roundabout. Parking usually available towards the end of the road before the pier. If not there is a large pay and display car park to the left of the pier. We will walk over the marshes by the boating lake, with stunning views, over the common to the harbour and back via Gun Hill and the promenade, past the stylish beach huts. Dogs welcome on short lead. Beginning of walk not buggy friendly. Beginning of the walk will be muddy in wet weather. Refreshments and toilets available on the pier or in the town. Please arrive early if you are a new walker.
Grade 3 about 3 ½ miles / 1¾ hours Led by Fiona Foreman and Judy Chesterfield

Thursday 1st October  HELIONS BUMPSTEAD
Post Code: CB9 7AH
Meet 10.45 am at The Village Hall for an 11.00 am start. A walk through the churchyard and around the fields surrounding the village, including the old, wartime airfield.
Refreshments at The Village Hall or The Fox & Hounds PH, Steeple Bumpstead
Grade 4. 1 to 1.1/4hrs Led by Peter & Beryl Wilkens and Anthea Payne
Thursday 1st October
Gt. Waldingfield
Post code: CO10 0SA
Meet at 12.00pm at Gt. Waldingfield Village Hall. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 5
60 mins.
Led by Babergh walk leaders.

Thursday 1st October
Newmarket Devils Dyke
Post code: CB8 0TQ
Meet at 11.00am at A1304 Barbara Stradbroke Avenue. Turn in at the National Stud exit on the roundabout and parking at the end of road at the Devils Dyke. Level 2: Flat walk along the flat beside the dyke and July racecourse. Slightly uneven in places.
Level 3/4 For the more adventurous moderate/steep gradients walking along the top of the Devils Dyke. Can be muddy and slippery in places. Refreshments and toilets on this walk at the end on the National Stud.
Parking is free. Approx: 3 miles. Grade: 2 and 3 – 4
60 – 90 mins
Led by Forest Heath Walk Leaders

Monday 5th October
Free Get Walking Mondays! Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders

Monday 5th October
Felixstowe Sea Front
Post code: IP11 2AE
Meet at 10.45am outside the Leisure Centre entrance.
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.
An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.
Grade: 1 (2 if a greater distance)
Led by trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 5th October
Wickham Market
Post Code: IP13 0QX map Ref TM302559
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill.
Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899
Grade 1+ and 3/5 split of groups
Led by Isabel Smith & Wickham Leaders

Monday 5th October
Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 Houldsworth walks 45 mins all others 60 mins
Led by forest Heath Walk Leaders

Tuesday 6th October
West Stow Country Park
Post code: IP28 6HG
Meet at 10.15am for a 10.30am start. Explore the woods, heathland, river & lake of the country park. Parking £2. Toilets and refreshments available.
Grade: 2 - 3
3 miles/approx. 90 mins
Led by Bury Walk Leaders
Tuesday 6th October  Blaxhall Common and Tunstall Forest
Post Code IP12  Map ref TM 382557
Meet at 10.30am in the Sangalls car park, Iken Rd, Tunstall. From Snape Maltings take the Tunstall Rd. B1069.
Go past the Orford sign and also ignore the turn for Blaxhall. Look out for the bridleway/footpath signs on each side of the road and after that take the left turn to Iken. The car park is up there on the right. A lovely walk over commons, heaths and forest...quite dry in wet weather! No toilets or refreshments, but Snape Maltings is only a mile away. Please arrive early if you are a new walker. Dogs welcome on short lead
Grade 3  2¾ miles which should take us around 1½ hours
Led by Maggie Jennings and Fiona Foreman

Tuesday 6th October  Sudbury SHORTER walk
Post code: CO10 2AN
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability.
Please wear suitable clothing and footwear for the walk.
Grade: 1 - 2  30mins gentle walk.  Led by Babergh walk leaders.

Tuesday 6th October  Kesgrave Tesco to Foxhall Hall
Post Code IP5 2FU
Meet 10.30am at Kesgrave Tesco Ropes Drive. Parking in Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich. A stroll through pine woods to Foxhall and back past the Nuffield hospital/ toilets and refreshments available at Tesco or the Cafe 66 in the Scout HQ before and after/ dogs on short leads allowed.
Grade 4  3.7 miles/ 2hours  Led by Lyn & Graham Parker

Wednesday 7th October  Thornham walks
Post Code IP23 8HH
Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable.
Parking is free for those attending the Health Walk but the normal car parking charge applies at other times.
Annual car parking passes are available. Toilets and tea rooms on site
Grade 3  3.5 miles, 1 hr 30 mins  Led by Helen Sibley and Mike Carter

Thursday 8th October  HAVERHILL - NEW CROFT
Post Code: CB9 0BW
Meet at 10.45 am at New Croft Centre car park for an 11.00 am start. We walk to The Fox PH via the A143, then follow field footpaths towards Wilsey Woods and back to New Croft.
Refreshments at New Croft Centre
Grade 2.  1 hr  Led by Vivienne Gould, Poppy Brown, Jim Foster

Thursday 8th October  Dalham
Post code: CB8 8TG
Meet at 11.00am outside the Affleck Arms. ‘Special health check day’ in conjunction with Newmarket Leisure Centre. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Parking available at the pub car park. Refreshments and toilets at the finish point. Approx: 2 miles  Grade: 2  60 mins  Led by forest Heath Walk Leaders

Friday 9th October  Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.  Grade: 2 - 3  60 - 75mins.  Led by Woodbridge Walk Leaders

Saturday 10th October  Stowmarket
Post Code  IP14 2SY
Meet in the Co-op car park in Combs Ford, Stowmarket at 10.30 am. There are toilets in the Coop if needed.
This walk takes us through a wooded area to open fields and then a country lane to Combs Church. From here we make our way across a field where cattle may be grazing towards Combs Wood and then back towards Stowmarket. There are 2 stiles on this walk. Refreshments are available at the end of the walk in either The Magpie or The Gladstone Arms.
Grade 5 (stiles)  Approx 1.5 hours  Led by Rae Corrigan and Daphne Turner
Monday 12th October  Free Get Walking Mondays!  Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months. A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services. Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits. Led by Bury Walks Leaders

Monday 12th October  East Lane Junction Ufford
Post code: IP13
Meet at 11.30am at TM 301526. Car share if possible limited parking. A walk round part of the Heritage Trail in Ufford. We will walk and see down the length of the Deben, travelling into the valley floor to see the marshland life. Look at some of the heritage sites including St Mary’s with its world famous intricately carved font cover. Its large belfry and high tower that can be seen for many miles. Watch out for winter wading migrants from Siberia and Scandinavia. Watch out for Muntjac deer. Refreshments at White Lion book lunch if open or The Crown. Tea at Teapots or Cafe 46 at Wickham. No loos No Dogs cattle still in meadows. Grade: 5  Led by Wickham Leaders

Monday 12th October  Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park. Grade - 3 / approx. 1 hour  Led by ActivLives (formally Town & Bridge Project)

Monday 12th October  Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive. Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive Grade: 1 - 2  45 mins  Led by Forest Heath Walk Leaders

Wednesday 14th October  Stratford St. Mary - longer walk
Postcode C07 6JR
Meet for 10.30 a.m. start. Parking on road in Lower Street. Take road into village from A12. After about ¼ mile, turn left into Lower St. by waterworks building. Meet just past Swan PH. Walk upstream by the Stour, returning via Higham. Grade 5  3.5 miles  1.75 hours  Led by Cynthia Glinos and Helen Howe

Wednesday 14th October  RSPB North Warren nature reserve walk
Post code: IP16 4NW Map ref: TM 473595
Meet at 10.30am at Thorpeness Meare - meet on the village green next to the Meare, adjacent to the public toilets. Pay and Display car parking available in public car park opposite the village green. Walks starts at 10.45am. A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve. The walk includes a mixture of woodland, heathland and boardwalk through a reedbed. Short stretch of footpath that is steep and narrow. Approx. 3.5 miles. Approx. 1.5 hours. Opportunity for lunch at end of walk. Grade 2  Led by RSPB volunteers trained as Health Walk Leaders.

Wednesday 14th October  Hoxne
Post code: IP21 5AT
Meet at the Village Hall car park 10.45 ready for an 11am start. A walk around the outskirts of this picture-postcard village with an opportunity - hoping it has re-opened by then - to sample the ales and food in the Swan pub. Grade 3  3 miles with some gentle inclines.  Led by Jim Harrison David Green.
Thursday 15th October  HUNDON
Post Code: CB10 8ED
Meet at 10.45 am at The Rose & Crown PH for an 11.00 am start. Crossing allotments, we come out on Valley Wash, then walk up Steeplechase to join a green lane, which then leads to a footpath taking us back to Valley Wash. Refreshments at The Rose & Crown PH
Grade 3. 1 to 1.15hrs  Led by Lynne Thomas, Maura Green, Jean & David Boxall

Thursday 15th October  Assington
Post code: CO10 5LW
Meet at 12.00pm at The Assington Barn and Tearoom. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 4 - 5 60mins.  Led by Babergh walk leaders.

Thursday 15th October  Mildenhall Woods
Post code: IP28 7HS
Meet at 11.00am at the Half Moon pub. Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments/toilets at the finish point. Parking in pub car park. Approx. 3 miles
Grade: 2 60 - 90mins  Led by Forest Heath Walk Leaders

Monday 19th October  Free Get Walking Mondays!  Newton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Nowton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders

Monday 19th October  Felixstowe Sea Front
Post code: IP11 2AE
Meet at 10.45am outside the Leisure Centre entrance.
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.
An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.
Grade: 1 (2 if a greater distance)  Led by Trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 19th October  Nacton
Post Code IP10 0DF
Meet at 10.30am at the Shepherd and Dog pub car park in Felixstowe Road. Park at the far right end away from the pub. A pleasant walk past the Suffolk Showground, along footpaths and board walks through the woods to Foxhall. Mainly flat even footpaths. No stiles. Toilets and refreshment at the Shepherd and Dog.
Grade 3 3 ½ miles 95 minutes  Led by Daphne Turner and Rae Corrigan

Monday 19th October  Wickham Market
Post Code: IP13 0QX map Ref TM302559
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill.
Refreshments at Teapots High St or 46 on The Hill.  Info 07970 937899
Grade 1+ and 3/5 split of groups  Led by Isabel Smith & Wickham Leaders

Monday 19th October  Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 45 mins  Led by Forest Heath Walk Leaders
Tuesday 20th October  Castle Walks, Framlingham
Post Code: IP13 9BH
Meet at 10.30am outside Castle Inn for a prompt 10.45 am start.
A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 62, 118 & 119. Parking at St Michael’s Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).
Approx. 2 - 3 miles / 60 - 70mins
Grade 4 - 5 (possibility of kissing gates)  Led by Castle Walks Group Walk Leaders

Tuesday 20th October  Sudbury SHORTER walk
Post code: CO10 2AN
Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 1 - 2  30mins gentle walk.  Led by Babergh walk leaders.

Wednesday 21st October  Blythburgh
Post code: IP19 9LQ
Meet at 10.00am Blythburgh Village car park (opposite the White Hart pub off the A12)
Join the Natural England Reserve Manager for a walk around the upper Blyth Estuary and Angel Marshes returning through Dead Man’s Covert. This is a great walk with opportunities to see local wildlife (bring binoculars!) and find out about the gruesome history of the woods!.
2.5km walk.  Grade 2  1 hour  Lead by Paul Lacey

Wednesday 21st October  Barham
Post Code IP6 0PR
Meet at 10.30am for a 10.45am start at the corner of Pesthouse Lane a Old Norwich Road in Barham. Parking in Pesthouse Lane. Symonds bus 114 leaves Ipswich Old Cattle Market bus station at 9:50am - get off at the bus stop just before the Sorrell Horse Pub. A circular walk on good paths and some roads passing through Barham Green and parkland, gentle gradients with a couple of stiles.
Grade 5  3.5 miles  1.5hrs  Lead by Jim Harrison David Green.

Thursday 22nd October  Haverhill - STURMER ARCHES
Post Code: CB9 0ER
Meet at 10.45 am at Haverhill Leisure Centre for an 11.00 am start. We walk to the arches via the disused railway footpath. After crossing over the arches, we return via Croft Lane to Hamlet Road.
Refreshments at Old Independent Church
Grade 2  1 hr  Led by Lian Watkin, Jim & Wendy Foster & Poppy Brown

Thursday 22nd October  Moulton
Post code: CB8 8SP
Meet at 11.00am at Moulton Village Hall, Bridge Street. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross on longer walk, with hills up and down. Beautiful scenery. Parking available at the village hall car park. Refreshments and toilets at the finish point. Parking is free. Distance varies for the ability of the walkers on the day between 2 and 4 miles. Some of the walks are timed with bus routes so don’t forget your bus pass.
Grade variable: 3/4/5  60 - 90mins  Led by Forest Heath Walk Leaders

Friday 23rd October  Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.
Grade: 2 - 3  60 - 75mins.  Led by Woodbridge Walk Leaders

Friday 23rd October  Newton Park & Hardwick Heath
Post code: IP29 5LE / Map ref: 864622
Meet at 10.15am for a 10.30am start at Newton Park car park. A circular walk along bridle paths to Hardwick Heath. Parking £1/£2. Toilets refreshments available.
Grade: 3  90mins  Led by Bury Walk Leaders
Monday 26th October Free Get Walking Mondays! Newton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Newton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Newton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.
Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.
Led by Bury Walks Leaders

Monday 26th October Newmarket
Post code: CB8 0PU
Meet at 4.00pm at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 45 mins Led by Forest Heath Walk Leaders

Tuesday 27th October RSPB Minsmere nature reserve walk
Post code: IP17 3BY Map ref: TM470672
Meet at 10.45am outside the visitor centre. The walk starts at 11.00am. Follow the brown tourist information signs marked RSPB Minsmere off the A12 at Blythburgh or Yoxford. A walk around the lovely RSPB Minsmere nature reserve, right by the sea, home to some of Suffolk’s greatest wildlife. Depending on the weather and walkers’ abilities and preferences, we will take a coastal, woodland, or reedbed route. The visitor centre has a large car park, toilets, café and shop. During the Health Walk you’ll get free access to the reserve, but normal entry fees apply at other times. No dogs are allowed because of breeding birds, except assistance dogs kept on a short lead. Grade: 2 or 3 1.5 - 2 miles / 1 - 1.5hrs Led by RSPB volunteers trained as Health Walk Leaders.

Thursday 29th October STOKE-BY-CLARE - Stonnards Farm
Post Code: CO10 8HP
Meet at 10.45am in the vicinity of The Lion PH for an 11.00 am start. We walk round the green and onto field footpaths leading up to Stonnards Farm and return, taking in views of the Stour Valley.
Refreshments at The Lion PH
Grade 3. 1 -1.15hrs Led by David & Anthea Payne and Vivienne Gould

Thursday 29th October Stansfield area - Please note this is a longer walk
Post code: CB8 8PW / Map ref: 763528
Meet at Denston village hall ready to make a 10.45am start. Denston is midway between Bury and Haverhill on A143. From Bury pass Wickhambrook village sign, turn left at the bottom of dip. At Denston village turn right over river and immediately left to park at the village hall. This walk goes through livestock meadows, the village of Assington, skirts Stansfield, passes a mediaeval hall and completes the circuit on field edges. The complete route will probably take 110 minutes. Good views of rolling Suffolk countryside. Nearest refreshments and toilets are at Stansfield or Wickhambrook pubs. There may be livestock so no dogs please.
Grade 5 Led by Roger and Jackie Medley

Thursday 29th October Kersey
Post code: IP7 6DY
Meet at 12.00pm at the Kersey Bell Public House. All durations are approximate and depend on individual walker’s ability. Please wear suitable clothing and footwear for the walk.
Grade: 4 - 5 60mins. Led by Babergh walk leaders.

Thursday 29th October EXNING
Post Code: CB7 7EH
Meet at 11.00am in The Rosery Hotel car park. A combination of firm paths, grassy surfaces. Can be muddy/slippery in places. Roads to cross. Toilets and refreshments at the finish point. Parking in The Rosery car park. Approx. 2.5 miles
Grade: 3 60 - 90 mins Led by Forest Heath Walk Leaders
Friday 30th October        Snape to Iken Cliff
Post Code IP17 1SP        Map ref TM575392
Meet at 11am in the overflow car park at Snape Maltings which is right at the back through the buildings. This is a very open circular walk with lovely scenery, through reed beds and over board walks, to Iken Cliff. Good for spotting birds. Parking is free and refreshments and toilets are available at the Maltings. Will be muddy in wet weather. Dogs welcome on a short lead. Please arrive early if you are a new walker.

Grade 3    about 2½ miles/1½ hours    Led by Fiona Foreman and Judy Chesterfield

Monday 2nd November       Free Get Walking Mondays! Nowton Park Bury St. Edmunds
Post code: IP29 5LU
Meet at 10.00am at the Newton Park Café every Monday for the next 4 months.
A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to 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. Join us and start building confidence and better health with others in the same position. Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site. Please check current services.

Grade: 1 with good paved all weather surfaces. Optional walking on grass when the weather permits.

Led by Bury Walks Leaders

Monday 2nd November       Felixstowe Sea Front
Post code: IP11 2AE
Meet at 10.45am outside the Leisure Centre entrance.
A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).
Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe.

An average walk of approx. 1 - 1 ½ hours depending on walkers and weather on the day.

Grade: 1 (2 if a greater distance)    Led by trained Stepping Out in Suffolk Volunteer Walk Leaders

Monday 2nd November       Wickham Market
Post Code: IP13 0QX map Ref TM302559
Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the beginner walker. The longest depends on the walking group but generally comes in around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short or long sponsored walking events. Pay Car Parks in The HEALTH Centre and on The Hill.

Refreshments at Teapots High St or 46 on The Hill. Info 07970 937899

Grade 1+ and 3/5 split of groups     Led by Isabel Smith & Wickham Leaders

Tuesday 3rd November       Westleton and Dunwich Forest
Post Code IP17 3AD        Map ref TM459696
Meet at 10:30am in the Westleton Heath Nature Reserve Car Park. From Westleton take the road signposted towards Dunwich and the car park is the 2nd one along the road on the left shortly after a sharp right hand bend. A walk through a lovely part of the forest and returning via the original track into Dunwich which would have been busy with trade in the twelve hundreds! There is a short distance of board walk which is on a little known path and therefore not always maintained as well as the major footpaths. Mid walk there is one big hill up, and one sharp hill down. Will be muddy in wet weather. Dogs welcome on a short lead. Please arrive early if you are a new walker. Refreshments/toilets available in Westleton.

Grade 4    2½ miles/ Approx. 1 ¾ hours.    Led by Maggie Jennings and Fiona Foreman

Friday 6th November        Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.

Grade: 2 - 3    60 - 75mins.    Led by Woodbridge Walk Leaders

Monday 9th November       Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.

Grade - 3 / approx. 1 hour    Led by ActivLives (formally Town & Bridge Project)
Wednesday 11th November  RSPB North Warren nature reserve walk
Post code: IP16 4NW Map ref: TM 473595
Meet at 10.30am at Thorpeness Mere - meet on the village green next to the Meare, adjacent to the public toilets. Pay and Display car parking available in public car park opposite the village green. Walks starts at 10.45am. A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve. The walk includes a mixture of woodland, heathland and boardwalk through a reedbed. Short stretch of footpath that is steep and narrow. Approx. 3.5 miles. Approx. 1.5 hours. Opportunity for lunch at end of walk.
Grade 2  Led by RSPB volunteers trained as Health Walk Leaders.

Monday 23rd November  Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.  Grade - 3 / approx. 1 hour  Led by ActivLives (formally Town & Bridge Project)

Tuesday 24th November  RSPB Minsmere nature reserve walk
Post code: IP17 3BY Map ref: TM470672
Meet at 10.45am outside the visitor centre. The walk starts at 11.00am. Follow the brown tourist information signs marked RSPB Minsmere off the A12 at Blythburgh or Yoxford. A walk around the lovely RSPB Minsmere nature reserve, right by the sea, home to some of Suffolk’s greatest wildlife. Depending on the weather and walkers’ abilities and preferences, we will take a coastal, woodland, or reedbed route. The visitor centre has a large car park, toilets, café and shop. During the Health Walk you’ll get free access to the reserve, but normal entry fees apply at other times. No dogs are allowed because of breeding birds, except assistance dogs kept on a short lead.
Grade: 2 or 3  1.5 - 2 miles / 1 - 1.5hrs  Led by RSPB volunteers trained as Health Walk Leaders.

Thursday 26th November  West Stow Country Park
Post Code IP28 6HG
Meet at 11.00am to start in the car park (£2). Refreshments and toilets on site. Walk around the park (there are many options) for 90 minutes. Flat walking through forest, alongside river and across ‘breck’ land. No dogs please.  Grade 3  Led by Roger and Jackie Medley

Monday 7th December  Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.  Grade - 3 / approx.. 1 hour  Led by ActivLives (formally Town & Bridge Project)

Wednesday 9th December  RSPB North Warren nature reserve walk
Post code: IP16 4NW Map ref: TM 473595
Meet at 10.30am at Thorpeness Mere - meet on the village green next to the Meare, adjacent to the public toilets. Pay and Display car parking available in public car park opposite the village green. Walks starts at 10.45am. A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve. The walk includes a mixture of woodland, heathland and boardwalk through a reedbed. Short stretch of footpath that is steep and narrow. Approx. 3.5 miles. Approx. 1.5 hours. Opportunity for lunch at end of walk.
Grade 2  Led by RSPB volunteers trained as Health Walk Leaders.
**PICK UP YOUR PROGRAMME LOCALLY!**

Find your booklet copy at LIBRARIES and Tourist Information CENTRE’S across Suffolk.

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