

Stepping Out In Suffolk

East and West
Suffolk
Walks



Autumn/Winter
October
to December
2017



Health WALKS



One Life Suffolk

Helping local people live healthier lives



One Life Suffolk

Welcome to the Autumn 2017 programme Walking for Health brochure.

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. Postcodes are given for the meeting place or the nearest postcode to parking location.

Walks are graded so you can be sure they are suitable to your ability:

1

On easy, good, flat surfaces

2

Mostly one 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

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:

www.onelifesuffolk.co.uk

and bring it to your first walk. At the start of each walk a register is filled in to keep a record of the number of walkers attending. Our Health Walks, are accredited to the national body Walking for Health who are funded by Macmillan Cancer Care under the umbrella of The Ramblers. They are led by trained volunteer walk leaders to ensure that they are effective and above all, enjoyable!

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.

Please note: Dogs are not permitted on any of the Health Walks in Waveney. This may change in the future as our Health Walks programme grows. Sorry for any inconvenience caused.



Please note: Extreme weather conditions may result in a walk being cancelled. If this happens, or you would like to clarify please see the website or contact Client Services on 01473 718193.



Please note: Due to the nature of the walks it is important to wear appropriate clothing, that is easy to move in and suitable footwear such as trainers/walking boots.



Get on board and catch a bus to your walk! Finding out routes and times has never been easier: www.suffolkonboard.com

Why is walking the perfect activity for health?

- Almost everyone can do it.
- You can do it anywhere & anytime.
- It's a chance to make new friends.
- It's free & you don't need to book or have special equipment.
- You can also start slowly & build up gently

Volunteer with Stepping Out In Suffolk

We want everyone to live happier and healthier lives. Help us achieve this by volunteering with your local Walking for Health Scheme. We need people to lead and assist with walks, develop new routes or provide office support.

If you want to get active, meet new people and make a difference to you local community, we'd love to hear from you.

Contact Name: Debbie Maynard (West)

Email: debbie.maynard@onelifesuffolk.co.uk

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk

Contact Name: Claire McCullough (East)

Email: claire.mccullough@onelifesuffolk.co.uk

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk

Upcoming training dates:

• 11th October 2017 • 12th December 2017

Held at Inspire Suffolk, Lindbergh Road, Ipswich, IP3 9QX



One Life Suffolk

Walks by Date

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Wednesday 4th October	Thornham Walks	52
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Wednesday 11th October	Cockfield Railway and Airfield	26
Wednesday 11th October	Lower Holbrook Walk	46
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Wednesday 11th October	RSPB North Warren Nature Reserve Walk	57
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West Suffolk Health Walks

NEWMARKET / FOREST HEATH HEALTH WALKS

**Monday 2nd
October**

Weekly Gentle Walk around Newmarket Town

Meet at 10.30am
Place to be advised

Distance: As much or as little as you can manage.
A weekly walk aimed at absolute beginners
and very unfit people. It is round one of the
Newmarket sports fields, with the intention of
people building up the number of laps they can
achieve.

Grade 1- 2 max 45
mins

Led by Mick Smith Phone on 07957 433096 for
details

**Thursday 5th
October**

Ashley/Cheveley – NO DOGS

Postcode: CB8 9DR

11am

Grade: 3 to 4

3 to 4 miles / up to 90
mins.

Meet in the Ashley Crown car park.
A walk across fields and pathways to the village
of Cheveley, then following roads back to Ashley
A combination of firm paths, grassy surfaces and
a long, moderate gradient. The route can be
muddy/slippy in places. Roads to cross.
The route may be changed to suit weather
conditions. Refreshments available at the village
shop.

Led by Forest Heath Health walkers

**Monday 9th
October**

Weekly Gentle Walk around Newmarket Town

Meeting at 10.30 am
Place to be advised

Led by Mick Smith Phone Mick Smith on 07957
433096 for details.

Grade: 1 –2 1.8 miles
max 45 mins

**Thursday 12th
October**

Moulton - NO DOGS

Postcode: CB8 8SP

11am

Meet at Moulton
Village Hall car park.

Grade: 4 /

2 - 4 miles / up to 90
mins

This walk takes us along the River Kennett then a road walk to Gazeley. After that, we walk the track between the stud farms and then back to Moulton. 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. Refreshments available at the village shop.

Led by Forest Heath Health Walkers

Monday 16th October Weekly Gentle Walk around Newmarket Town

Place to be advised.

Led by Mick Smith Phone Mick Smith on 07957 433096 for details.

Meeting at 10.30am

Grade: 1 –2 1.8 miles
max 45 mins

**Thursday 19th
October**

Exning - NO DOGS

Postcode: CB8 7EH

11am start

Grade: 3

3 miles / up to 90
mins.

Meet in The Rosery Hotel carpark. A pleasant walk around village roads and Exning Estate access routes. A combination of firm paths and grassy surfaces. Can be muddy and slippery in places. Roads to walk along and cross. No pavement in places. Toilets and refreshments available at the finish point.

Led by Forest Heath Health Walkers

**Monday 23rd
October**

Weekly Gentle Walk around Newmarket Town

Place to be advised

Led by Mick Smith Phone Mick Smith on 07957 433096 for details.

10.30am

Grade: 1 –2

1.8 miles max 45 mins

**Thursday 26th
October**

WILD CARD – NO DOG

Wild Card Walk

For details, contact: Patrick or Jenny King – 01638 578344 or 07904 649195 patandjenking@btinternet.com .

11am

Facebook page 'Forest Heath Health Walks'

**Monday 30th
October**

Weekly Gentle Walk around Newmarket Town

Place to be advised

Led by Mick Smith Phone Mick Smith on 07957 433096 for details.

10.30am

Grade: 1 –2

1.8 miles max 45 mins

**Thursday 2nd
November**

Newmarket - Town & Around - NO DOGS

CB8 OEA

11am

Grade: 2

2.1 miles/ up to 90 minutes

Meet in Newmarket Leisure Centre Reception. A walk around the roads and some of the horse areas of Newmarket. Gentle gradients and 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 car park.

Led by Forest Heath Health Walkers.

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**Monday 6th
November**

Weekly Gentle Walk around Newmarket

Place to be advised.

Led by Mick Smith Phone Mick Smith on 07957
433096 for details.

10.30am

Grade: 1 –2

1.8 miles max 45 mins

**Thursday 9th
November**

Mildenhall Woods - NO DOGS

IP28 7HS

11am

Grade: 2 to 3

3 miles /
Up to 90 mins

A good walk for plane spotters! Meet at the Half Moon pub. From the pub car park, we take a short walk along the road to the start of a circular route through the forest area near the edge of the Mildenhall air base. There is some uneven ground and going can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments/toilets at the finish point. Parking: In pub car park.

Led by Forest Heath Health Walkers.

**Monday 13th
November**

Weekly Gentle Walk around Newmarket Town

Place to be advised.

Led by Mick Smith Phone Mick Smith on 07957
433096 for details.

10.30am

Grade: 1 –2 1.8 miles
max 45 mins

**Thursday 16th
November**

Dalham - NO DOGS

Postcode: CB8 8TG

11am

Grade: 3/4.
2 miles / Up to
90mins

Park and meet on the road opposite the Affleck Arms After a short walk along the Denham Road, we walk field tracks to Dalham Hall and church. There are views across to Ely Cathedral on a clear day. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients and can be muddy and slippery in places when the weather is wet. Roads to cross and no pavements.

Led by Forest Heath Health Walkers

**Monday 20th
November**

Weekly Gentle Walk around Newmarket Town

**Place to be
advised.**

10.30am

Grade: 1–2 1.8 miles
max 45 mins

Led by Mick Smith Phone Mick Smith on 07957 433096 for details.

**Thursday 23rd
November**

Burwell Priory Woods - NO DOGS

**Postcode:
CB25 0HD**

11am

Grade: 2 to 4

3 miles / Up to 90
mins.

Meet outside the church or opposite the 5 Bells Pub. We walk through Burwell village and alongside the Lode to Priory woods. A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or muddy in wet conditions. There can be nettles and thistles in places so suitable legware and footwear are advised. Roads to cross. Toilets in the village. The route may be changed to suit weather conditions.

Led by Forest Heath Health Walkers

**Monday 27th
November**

Weekly Gentle Walk around Newmarket Town

Place to be advised.

Led by Mick Smith Phone Mick Smith on 07957
433096 for details.

10.30am

Grade: 1 –2

1.8 miles max / 45 mins

**Thursday 30th
November**

Devils Dyke - NO DOGS

Postcode: CB8 0TQ

Meet at the July Course access road, off A1304
at the end of that road.

11am

Grade 2
Grade 3 to 4

3 miles / Up to 90
mins.

The Grade 2 route is a flat terrain walk beside
the dyke and July racecourse. Slightly uneven in
places.

The Grade: 3/4 walk is for the more adventurous
and takes along the top of the dyke where some
moderate to steep gradients will be
encountered.

Either walk can be muddy and slippery in places
during wet weather periods
Refreshments and toilets at the end of this walk
in the National Stud cafe building.

Led by Forest Heath Health Walkers

**Monday 4th
December**

Weekly Gentle Walk around Newmarket Town

Place to be advised.

Led by Mick Smith Phone Mick Smith on 07957 433096 for details

10.30am

Grade: 1–2 1.8 miles
max 45 mins

**Thursday 7th
December**

Mildenhall - River Lark - NO DOGS

Postcode: IP28 7HG

Meet next to the River Lark map on the Wilco side of the Recreation Way car park (behind the Sainsbury store). We walk across the water meadows to Barton Mills and then back alongside the River Lark to the start point. 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 (In Sainsbury's store). Parking is free in the Recreation Way car park

11am

Grade: 3

2.3 miles/ Up to 90 mins

Led by Forest Heath Health Walkers

**Monday 11th
December**

Weekly Gentle Walk around Newmarket Town

Place to be advised.

Led by Mick Smith Phone Mick Smith on 07957 433096 for details

10.30am

Grade: 1–2 1.8 miles
max 45 mins

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**Thursday 14th
December**

Ashley/Cheveley – NO DOGS

Postcode: CB8 9DR

Meet in the Ashley Crown car park.
A walk across fields and pathways to the village of Cheveley, then following roads back to Ashley

11am

Grade: 3 to 4
3 to 4 miles/Up to 90 mins.

A combination of firm paths, grassy surfaces and a long, moderate gradient. The route can be muddy/slippery in places. Roads to cross. Route may change to suit weather conditions. Refreshments available at the village shop.

Led by Forest Heath Health walkers

**Monday 18th
December**

Weekly Gentle Walk around Newmarket Town

Place to be advised.

Led by Mick Smith Phone Mick Smith on 07957 433096 for details

10.30am

Grade: 1 –2
1.8 miles / max 45 mins

**Thursday 21st
December**

WILD CARD – NO DOGS

Wild Card Walk **11am**

For details, contact: Patrick or Jenny King – 01638 578344 or 07904 649195 patandjenking@btinternet.com . Facebook page 'Forest Heath Health Walks'

**Thursday 28th
December**

WILD CARD – NO DOGS

Wild Card Walk **11am**

For details, contact: Patrick or Jenny King – 01638 578344 or 07904 649195 patandjenking@btinternet.com . Facebook page 'Forest Heath Health Walks'

ST EDMUNDSBURY HEALTH WALKS

Monday 2nd October **Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds**

IP29 5LU

Meet Nowton Park Car Park **10am** for 10.15 am start.

Option Grade 1 - Up to 45 minutes

Option Grade 2 -

Longer walk 45 to 60 minutes

Option of Two Walks. You may be an absolute beginner, in poor health or recovering from poor health but we are here to help you 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. Longer walk goes around Nowton Park taking in all the flora and wildlife.

Led by Bury Walks Leaders.

Tuesday 3rd October

Beginners Walk from Abbeycroft Leisure - WEEKLY

IP33 3TT

Meet at **10.15am** for 10.30pm start at the Abbeycroft Leisure Bury St Edmunds

A beginners walk to improve your fitness and wellbeing on paved area skirting around the Leisure Centre around the Tayfen and Springfield Road nature reserve.

Led by Bury Leisure Staff Walk Leaders.

Grade 1 approx 30 minutes

Friday 6th October

Bury BUS Walk - Lackford SWT Reserve - NO DOGS

IP33 1TZ

Meet at Bury Bus Station at **9.40am** to catch No 16 bus at 9.50am to Lackford (or board on route, no 16 to Mildenhall).

We will walk from Lackford village via the church and then round the Suffolk Wildlife Trust reserve with its extensive lakes and woodlands. There will be time to look in the bird hides and for refreshments in the Visitor Centre before walking back to the village to catch the 12.32pm bus back. Fare approx. £4 or bus pass. Toilets/refreshments at Visitor Centre.

Grade 2 - Approx 90 minutes

Led by Bury Walks Leaders.

Monday 9th October

Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds

IP29 5LU

Meet Nowton Park Car Park **10am** for 10.15 am start.

Tuesday 10th October

Beginners Walk from Abbeycroft Leisure - WEEKLY

Postcode IP33 3TT

Meet at **10.15am** for 10.30pm start at the Abbeycroft Leisure Bury St Edmunds

A beginners walk to improve your fitness and wellbeing Led by Bury Leisure Staff Walk Leaders

**Wednesday 11th
October**

Postcode: IP30 0JB,
MR: 910530

Meet at **10.15am**
for 10.30am start
rear car park of The
Horseshoes Inn, Bury
Road, Cockfield.

Grade 2, max 90 mins

NEW Cockfield Railway and Airfield

Historic and scenic stroll on pavements, minor roads, disused railway line and meadow. 2 sets of railed steps, gentle slopes.

Led by Monique and William Wilson

**Thursday 12th
October**

Postcode: IP33 1LS

Meet at **10.15am** for
a 10.30am start at the
Abbeygate (entrance
to Abbey Gardens).

Grade 3/4 - Approx 90
minutes

Bury Water Meadows and Graveyards

A circular walk of the town which takes us through both the Great Churchyard at St Mary's and the newer Victorian cemetery in Kings Road, via the town's water meadows. Mostly town pavements, but may be muddy when wet. Some ascents and descents, roads to cross. Public car parks nearby. Toilets/refreshments at start/end of walk.

Led by Bury Walks Leaders.

Monday 16th October

Postcode: IP29 5LU

Meet Nowton Park Car
Park **10am** for
10.15 am start.

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

**Tuesday 17th
October**

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

Postcode: IP33 3TT

A beginners walk to improve your fitness and wellbeing.

Meet at **10.15am** for 10.30pm start at the Abbeycroft Leisure Bury St Edmunds

Led by Bury Leisure Staff Walk Leaders.

**Tuesday 17th
October**

Bury North - Abbey Gardens to Bus Station

Postcode: IP33 1LS

A walk exploring the north of the town via streets and footpaths including Tayfen Meadows/ Spring Lane Nature Reserve and ending at Bury Bus Station. Public car parks nearby. Toilets/ refreshments available in town.

Meet at **10.15am** for a 10.30am start at the Abbeygate (entrance to Abbey Gardens)

Led by Bury Walks Leaders.

**Wednesday 18th
October**

Ickworth Park

Postcode: IP29 5QE

With its history traced back to Domesday, Ickworth park has quite a story to tell. Originally managed as a working estate, its status today as a pleasure ground dates back only as far as the early 18th century. Walk with us around this beautiful parkland

Meet at **10am** for a 10.15am start at the Ickworth House Car Park Admission (Free for all health walkers)

Led by Bury Walk Leaders

Grade 3/4

2.5 miles 60 to 90 mins

**Monday 23rd
October**

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

Postcode: IP29 5LU

Meet Nowton Park
Car Park **10am** for
10.15 am start.

**Tuesday 24th
October**

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

Postcode: IP33 3TT

A beginners walk to improve your fitness and
wellbeing.

Meet at **10.15am** for
10.30pm start at the
Abbeycroft Leisure
Bury St Edmunds

Led By Bury Walk Leaders

**Tuesday 24th
October**

**History of the Abbey Gardens Tour and leisurely
stroll through the water meadows**

Meet at **13.45pm** for
14.00pm start
at the Abbeygate
(entrance to Abbey
Gardens)

A leisurely walk around the Abbey gardens with
the park manager sharing the history and facts
from the Abbey over the years with a gentle stroll
through the water meadows after

Led by Graham Maynard Abbey Gardens
Manager and Bury Leaders

Grade 1 to 2

60 to 75 minutes

**Thursday 26th
October**

Thurlow

Postcode: CB9 7LQ/
Map. Ref. 679501

The entrance can be found off B1061 opposite the Estate Office. Toilets in Village Hall 5 mins. from the start

11am

A circuit covering a section of the Stour Valley Way which includes woods, paddocks, Thurlow high street with its attractive buildings and a stretch alongside the young River Stour. One gentle incline and one stile.

Meet at Thurlow
Recreation ground.

Grade 4. 90 minutes

Led by Bury Walk Leaders.

Friday 27th October

New Walk. Both sides of Brent Eleigh.

Postcode: CO10 9PB
MR: 942479

Park sensibly in village. Pub, café at finish
Directions. Turn into village at cross road opposite Cock Inn on the A1141 Lavenham to Monks Eleigh road. Very scenic walk passing, Church Hall, farm shop, vineyard and woods using quiet lanes and field edge paths. Two moderate inclines, two road crossings.

Meet at **10.15am** for
10.30am start at
Village sign.

Grade 3 to 4, 90 mins

Led by Monique and William Wilson

**Monday 30th
October**

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

Postcode: IP29 5LU

Meet Nowton Park
Car Park **10am** for
10.15 am start.

**Tuesday 31st
October**

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

Postcode IP33 3TT

A beginners walk to improve your fitness and wellbeing.

Meet at **10.15am** for 10.30pm start at the Abbeycroft Leisure Bury St Edmunds

Led by Bury Leisure Staff Walk Leaders.

**Monday 6th
November**

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am for 10.15 am start.

10am

**Tuesday 7th
November**

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

Postcode IP33 3TT

A beginners walk to improve your fitness and wellbeing

Meet at **10.15am** for 10.30pm start at the Abbeycroft Leisure Bury St Edmunds

Led By Bury Leisure Staff Walk Leaders

**Friday 10th
November**

Thurston BUS WALK

Postcode IP33 1TZ

N.B Please check times Bus is normally a single decker and bus passes accepted.

Meet at **10.15am** at Bury Bus Station to catch the 10:25am (service 385 bus)

Walk starts at Thurston Post Office and is a combination of cycle tracks and footpaths. Two busy roads to cross. Walk ends at Abbey Gardens. Toilets both at Bus Station and Abbey Gardens

Grade 2-3 /90 mins

Led by Bury Walk Leaders

**Monday 13th
November**

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

Postcode: IP29 5LU

Meet Nowton Park
Car Park **10am** for
10.15 am start.

**Tuesday 14th
November**

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

Postcode IP33 3TT

A beginners walk to improve your fitness and
wellbeing

Meet at **10.15am** for
10.30pm start at the
Abbeycroft Leisure
Bury St Edmunds

Led By Bury Leisure Staff Walk Leaders

**Tuesday 14th
November**

**Bury BUS WALK - Newmarket, Home of
Horseracing - NO DOGS**

Postcode: IP33 1TZ

This is a town walk which takes in many of the
sights associated with horseracing, using town
streets and surfaced horse ways. Some ascents
and descents and roads to cross.

Meet **10.40am** at
Bury Bus Station to
catch the 10.50am
number 11 bus to
Newmarket where
the walk will start.
Buses return to Bury
from the Guineas
Bus Station at 15
minutes past the hour.
Bus pass or return
fare approx. £6.70.

Led by Bury Walks Leaders.

Grade 3. Approx 90
mins.

**Monday 20th
November**

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

Postcode: IP29 5LU

Meet Nowton Park
Car Park **10am** for
10.15 am start.

**Tuesday 21st
November**

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

Postcode: IP33 3TT

A beginners walk to improve your fitness and
wellbeing Led By Bury Leisure Staff Walk Leaders

Meet at **10.15am** for
10.30pm start at the
Abbeycroft Leisure
Bury St Edmunds

**Tuesday 21st
November**

New Walk. Around the countryside of Beyton

Postcode: IP30 9AG
MR: 938638

Walking away from the village we use pavements,
quiet lanes and field edge paths to pass the
Church, Chevin's Wood, High Rougham and onto
Quaker lane, returning to Beyton Village green
and refreshments at The Bear Inn – if required.

Meet at **10.15am** for
10.30am start in front
of The Bear Inn,
Tostock road, Beyton

Led by Monique and William Wilson

Grade 2, max 90 mins

**Wednesday 22nd
November**

Meet at **10am** for a 10.15am start at the Ickworth House Car Park Admission (Free for all health walkers)

Grade 3/4 2.5 miles 60 to 90 mins

Ickworth Park

With its history traced back to Domesday, Ickworth park has quite a story to tell. Originally managed as a working estate, its status today as a pleasure ground dates back only as far as the early 18th century. Walk with us around this beautiful parkland

Led by Bury Walk Leaders

**Friday 24th
November**

Postcode: IP28 6DN/
Map Ref. 837706

Meet for **11.00am** start at Culford Village Hall on the main road.

Grade 5 (Could include two stiles) 90 mins

Culford

A circuit through the grounds of Culford School (originally part of the Beavoir family estate then sold to 5th Earl Cadogan in 1899 and purchased to create the school in 1934) walking along both sides of the lake and viewing the school buildings and the church.

Toilets in Hall. Nearest refreshments at West Stow Country Park

Led by Bury Walks Leaders

**Monday 27th
November**

Postcode: IP29 5LU
Meet Nowton Park Car Park **10am** for 10.15 am start.

Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds

**Tuesday 28th
November**

Postcode: IP33 3TT

Meet at **10.15am** for 10.30pm start at the Abbeycroft Leisure Bury St Edmunds

Beginners Walk from Abbeycroft Leisure - WEEKLY

A beginners walk to improve your fitness and wellbeing.

Led by Bury Leisure Staff Walk Leaders

**Tuesday 28th
November**

Bury West Walk

Postcode: IP33 2DE

Meet at **10.15am** for
10.30 start at the
Spread Eagle pub on
the A143 Horringer
Road

Grade 2-3 Approx.
90 mins.

A town walk following the course of the River
Linnet to the western outskirts of Bury using
footpaths and pavements. On public bus route.
Refreshments and toilets available at the pub.

Led by Bury Walk Leaders

N.B Road works taking place in the area please
allow extra time. Car park entrance on Petticoat
Lane - additional parking opposite Tesco shop.

**Monday 4th
December**

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

Postcode: IP29 5LU

Meet Nowton Park
Car Park **10am** for
10.15 am start.

**Tuesday 5th
December**

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

Postcode IP33 3TT

Meet at **10.15am** for
10.30pm start at the
Abbeycroft Leisure
Bury St Edmunds

A beginners walk to improve your fitness and
wellbeing Led By Bury Leisure Staff Walk Leaders

**Tuesday 5th
December**

Postcode: IP28 6TB

Meet at **10.15am** for
10.30am start

Grade 3 - 2.5-3 miles
75-90 mins

Cavenham Heath NNR, Tuddenham St Mary

Meet at the car park on the left adjacent to the nature reserve. Access is via Icklingham Road, a minor road from Tuddenham village past Longwood Organic Farm. The walk will include part of the Icknield Way and the reserve is a good example of Breck heathland with its rare flora and fauna. Sensible walking shoes advisable. Toilets and refreshments at Tuddenham Nurseries. Led by Bury Walks Leaders.

**Monday 11th
December**

Postcode: IP29 5LU

Meet Nowton Park
Car Park **10am** for
10.15 am start.

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

**Tuesday 12th
December**

Postcode IP33 3TT

Meet at **10.15am** for
10.30pm start at the
Abbecroft Leisure
Bury St Edmunds

**Beginners Walk from Abbecroft Leisure -
WEEKLY**

A beginners walk to improve your fitness and wellbeing Led By Bury Leisure Staff Walk Leaders

**Thursday 14th
December**

Postcode IP28 6HG
Map Ref. 796714

Meet for a **11.00am**
start in West Stow
Country Park (£2)

Grade 3 / Approx
75 mins

West Stow Country Park

A circuit making winter use of this flat free draining area. The route will include the perimeter of the fishing lake and a walk along the river. Mince pies at the Café afterwards?

Toilets and refreshments in park and café.

Led by Bury Walk Leaders

**Friday 15th
December**

Postcode: IP32 7EW

Meet **10.15am** for
10.30am start

Grade 3 - Approx 90
mins

Moreton Hall

Meet at the Moreton Hall Community Centre car park, Symonds Road (two additional car parks nearby). A lovely scenic walk within the Moreton Hall estate, Mostly hard surfaces with woodland paths. Free parking. Refreshments available at the pub or cafe.

Led by Bury Walks Leaders.

**Monday 18th
December**

Postcode: IP29 5LU

Meet Nowton Park
Car Park 10am for
10.15 am start.

**Going strong! Get Walking Mondays! Nowton
Park, Bury St Edmunds**

**Tuesday 19th
December**

Postcode IP33 3TT

Meet at **10.15am** for
10.30pm start at the
Abbeycroft Leisure
Bury St Edmunds

**Beginners Walk from Abbeycroft Leisure -
WEEKLY**

A beginners walk to improve your fitness and wellbeing Led By Bury Leisure Staff Walk Leaders

**Tuesday 26th
December**

Postcode: IP29 5LU

10.15am for 10.30
start

Grade 2 Approx 90
minutes

Nowton to Hardwick Heath and back

Meet at Nowton Park. A circular walk along bridle paths to Hardwick Heath and return. Children welcome (accompanied by an adult). Parking £1 or £2. Toilets available.

Led by Bury Walks Leaders.

HAVERHILL HEALTH WALKS

Regular Grade 1 walk every Monday except Bank Holidays.

Monday 2nd October

Postcode CB9 0ER

Meet at **13.50pm**
Haverhill Leisure Centre Reception to start walk at 14pm
We walk approximately for 60 mins but can return earlier if need be.

WEEKLY Haverhill - Beginners Health Walk

The walk is kept flat as much as we can usually heading off on the old railway walks behind the Leisure centre. Car parking available at the leisure centre at a cost of £1.00 and is refundable at the Leisure Centre reception. There is an opportunity for tea and coffee after at a small cost.

Led by Mandy Felton and volunteers trained as Health Walk Leaders.

Thursday 5th October

Postcode CB9 7QQ

Meet **10.45 am** at Kedington Community Centre, Alms Lane, Kedington
Walk starts at 11.00 am

Grade 3, approx. 3 miles 60 mins

KEDINGTON – Buntry Lane

We walk through the village and onto footpaths leading to Barnardiston, returning on a wide footpath back into the village. Refreshments and toilets at Kedington Community Centre/The Plough Inn, Brockley Green.

Led by Beryl & Peter Wilkens, Lynne Thomas, Lian Watkin

Monday 9th October WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER Led by Mandy Felton and volunteers trained as Health Walk Leaders

Meet at **13.50pm**
Haverhill Leisure
Centre

Thursday 12th October

HAVERHILL – Clements and Parkway Estates

Postcode CB9 8HB

We walk on good footpaths up to the top of the Clements Estate, back down Camps Road, then up to the Parkway Estate and back down to the town. Refreshments and toilets available at the Methodist Church, Camps Road

Meet **10.45am** at
Haverhill Library
Walk starts at 11.00
am

Led by David Payne, Jim and Wendy Foster

Grade 3, approx. 3
miles 60 mins

Monday 16th October

WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER

Led by Mandy Felton and volunteers trained as Health Walk Leaders

Meet **3.50pm**
Haverhill Leisure
Centre

Grade 2, approx. 3
miles/ 60 to 75 mins

**Thursday 19th
October**

ABINGTON

Postcode CB21 6AE

A flat walk round the old war time horticultural co-operative estate.

Meet **10.45 am** at
The Abington
Institute car park or
on the main road.

Refreshments and toilets available at the
Abington Institute.

Walk starts at 11.00
am

Led by David Payne, Lian Watkin, Maura Green

Grade 2, approx. 3
miles 60 to 75 mins

**Monday 23rd
October**

WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER

Led by Mandy Felton and volunteers trained as
Health Walk Leaders

Meet at **13.50pm**
Haverhill Leisure
Centre

**Thursday 26th
October**

HAVERHILL – Newt Pond

Postcode CB9 7YL

Meet at **10.45 am** at
Sainsbury's car park
Walk starts at 11.00
am

We walk out onto the main road and then up
to the Chimswell Estate to the Newt Pond on
Castle Fields, returning via Bergamot Road and
Hanchett End Lane. Refreshments and toilets at
Sainsbury's café.

Grade 2, approx. 3
miles 60 mins

Led by Lynne Thomas, Vivienne Gould,
Maura Green

**Monday 30th
October**

WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER

Led by Mandy Felton and volunteers trained as Health Walk Leaders

Meet at **13.50pm**
Haverhill Leisure
Centre

**Thursday 2nd
November**

FULBOURN – NO DOGS

Postcode CB21 5BS

A walk around the village and surrounding area. If, conditions allow, we walk up onto part of the Fleam Dyke.

Meet at **10.45 am** at Fulbourn Centre car park at the far back. Turn right just after the White Hart pub and CP is about 100yds on the right

Toilets available at Fulbourn Centre, pre-ordered lunches at White Hart PH, other refreshments in village café or pubs.

Led by David & Jean Boxall, Maura Green

Walk starts 11.00am

Grade 4, approx. 3 miles 90 mins

**Monday 6th
November**

WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER

Led by Mandy Felton and volunteers trained as Health Walk Leaders

Meet at **13.50pm**
Haverhill Leisure
Centre

**Thursday 9th
November**

HAVERHILL – East Town Park to Sturmer

Postcode CB9 7UR

We walk up onto the disused railway line and on to Sturmer and back by the river.

Meet at **10.45 am** at East Town Park

Refreshments and toilets at East Town Park

Walk starts at 11.00 am

Led by David Payne, Jim & Wendy Foster

Grade2, approx. 3 miles Approx 60 mins

**Monday 13th
November**

WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER

Regular Grade 1 walk every Monday

Meet at **13.50pm** Haverhill Leisure Centre

Led by Mandy Felton and volunteers trained as Health Walk Leaders

**Thursday 16th
November**

ASHEN

Postcode CO10 8JN

With views over Stour valley, we visit the Rectory grounds and the air field.

Meet at **10.45 am** at Ashen Village Hall
Walk starts at 11.00 am

Refreshments and toilets at Ashen Village Hall

Led by David & Anthea Payne, Jim Foster

Grade 5, approx 3 miles 85 to 90 mins

**Monday 20th
November**

WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER
Regular Grade 1 walk every Monday.
Meet Haverhill Leisure Centre. Led by Mandy Felton and volunteers trained as Health Walk Leaders

Meet 13.50pm

**Thursday 23rd
November**

HAVERHILL – Strawberry Fields

Postcode CB9 7YL
We walk through town paths, visiting the Newt Pond and Strawberry Fields.
Refreshments and toilets at Sainsbury's café.
Meet **10.45 am** at Sainsbury's car park. Led by Vivienne Gould, Lynne Thomas, Lian Watkin

Grade 1 approx. 3
miles 60 mins

**Monday 27th
November**

WEEKLY Haverhill - Beginners Health Walk

Postcode CB9 0ER
Regular Grade 1 walk every Monday. Led by Mandy Felton and volunteers trained as Health Walk Leaders

Meet **13.50pm**
Haverhill Leisure
Centre

**Thursday 30th
November**

BURROUGH GREEN – NO DOGS

Postcode **CB8 9NH**
We walk on bridleways and field/road footpaths through Brinkley and Westley Waterless. Refreshments and toilets at The Bull Inn
Meet at **10.45 am** at The Bull Inn car park. Led by David & Jean Boxall, Lynne Thomas

Grade 3 approx. 3
miles 85 to 90 mins

**Monday 4th
December**

WEEKLY Haverhill - Beginners Health Walk

Regular Grade 1 walk
every Monday

Led by Mandy Felton and volunteers trained as
Health Walk Leaders

Postcode CB9 0ER

Meet at **13.50pm**
Haverhill Leisure
Centre

**Thursday 7th
December**

HAVERHILL – Hidden Haverhill

Postcode CB9 0ER

We visit the cemetery and the remains of the last
windmill in Haverhill. A less steep variation would
take us across the Recreation Ground to join up
with the main walk at the mill. Refreshments and
toilets at the Leisure Centre.

Meet at **10.45 am**
at Haverhill Leisure
Centre. Walk starts
at 11.

Grade3 approx. 3
miles 60 mins

Led by Lynne Thomas, Vivienne Gould

**Monday 11th
December**

WEEKLY Haverhill - Beginners Health Walk

Regular Grade 1 walk

Led by Mandy Felton and volunteers trained as
Health Walk Leaders

Postcode CB9 0ER

Meet at **13.50pm**
Haverhill Leisure
Centre

**Thursday 14th
December**

Great and Little Wrattling

Postcode CB9 7TD

We go past the church at Gt. Wrattling, then follow
field side footpaths across to Lt. Wrattling church
and back to the factory car park.
Refreshments and toilets at The Red Lion PH

Meet at **10.45 am** at
Karro car park. Walk
starts 11.00 am

Grade 2 approx. 3
miles 85 to 90 mins

Led by Beryl & Peter Wilkens, David Payne

**Monday 18th
December**

Postcode CB9 0ER

Meet at **13.50pm**
Haverhill Leisure
Centre

WEEKLY Haverhill - Beginners Health Walk

Regular Grade 1 walk every Monday

Led by Mandy Felton and volunteers trained as
Health Walk Leaders

**Thursday 21st
December**

Postcode CB9 7YL

Meet at **10.45 am** at
Sainsbury's car park.
Walk starts 11.00 am

Grade 2 approx. 3
miles 60 mins

HAVERHILL – Meadowlands

We cross the main road at the traffic lights and
walk up to the tractor park and through to Howe
Road returning via Cambridge Way.
Refreshments and toilets at Sainsbury's café.

Led by David Payne, Maura Green, Lynne Thomas

**Thursday 28th
December**

Postcode CB9 0ER

Meet at **10.45 am**
at Haverhill Leisure
Centre
Walk starts at 11.00
am

Grade 2 approx. 3
miles 60 mins

HAVERHILL – Railway Walk East

Walking from the Centre, we walk along the
disused railway line to East Town Country Park,
around the park and back to the Leisure Centre.
Refreshments and toilets at the Leisure Centre

Led by Peter & Beryl Wilkens, Lynne Thomas

SUDBURY / BABERGH HEALTH WALKS

Tuesday 3rd October

Postcode CO10 2SU

Meet at **11.45am** to start at 12 Noon from Kingfisher Leisure Centre in Sudbury

Grade 1/2 30 mins

Sudbury Shorter Walks

A gentle walk along the river stour and old railway line and friars meadows. Toilets and refreshments available at the Leisure Centre.

Led by Babergh walk leaders

Wednesday 4th October

Postcode CO10 0JU

Meet at the Great Cornard Library for **10am** walk

Grade 1 to 2 Approx. 30 to 45 mins

Great Cornard

Some gentle beginners walk from the library around your local community and parks. Helping new and returning walkers to enjoy the outside space.

Led by The Gt Cornard Library Staff

Thursday 5th October

Postcode: CO7 6UL

Meet at **11.15am** for 11.30am start at Bridge Cottage National Trust shop and Café at Flatford

Grade 3/4 Approx 90 mins

Flatford Mill

National Trust Café/shop
Join us for a beautiful history walk starting and finishing at the NT shop and Café... walk around the sites John Constable used to inspire his artwork and the famous 'Haywain'

Led by Babergh walk volunteers

**Wednesday 11th
October**

Meet for **10.30 am**

Postcode: IP9 2RJ

Grade 5 / 90 minutes

**Lower Holbrook Walk near the Stour towards
Harkstead**

Meet in car park at Lower Holbrook.
Car park is by a bend in road.

Led by Cynthia Glinos and Helen Howe

**Thursday 12th
October**

Postcode: CO6 5BS

Meet at **11.15am** for

11.30am start at

POLSTEAD POND

Grade 5 Approx 90

mins

Polstead Pond

A circular walk in and around the pretty village
of Polstead. Park at the church.

Led by Babergh walk leaders

**Friday 13th
October**

Postcode IP9 2RY

Meet at **10:45am** for
an 11:00am start

Approx 1.5 hours,
3-3.5 miles

Alton Waters

Meet in the Anglian Water Car Park A walk
out towards Tattingsstone where we will pass
the Tattingsstone Wonder. Lovely views of the
reservoir on this stretch. Then we will turn
inland and walk along foot paths and then back
to the Car Park. Toilets and refreshments at the
Car Park. There is a £3 charge for parking but
this covers the whole day. Led by Alison Monk

**Tuesday 17th
October**

Postcode CO10 2SU

Meet at 11.45am for
12pm start from

Kingfisher Leisure
Centre

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Sudbury Shorter Walks

A gentle walk along the river stour and old
railway line and friars meadows. Toilets and
refreshments available at the Leisure Centre.
Led by Babergh walk leaders

**Wednesday 18th
October**

Postcode: IP9 1PZ

Meet at **10.45am** for
11.00am start
Grade 3-4 – some
steep slopes
Approx 90 mins

Shotley Walk

Meet at The Bristol Arms Pub Shotley. A beautiful circular walk on the Shotley peninsula taking in breathtaking views of the river and countryside and Shotley working marina
Free Parking and refreshments/toilets available

Led by Shotley Open Spaces team walk leaders

**Wednesday 18th
October**

Meet at **10:30am** for
10:45am start

Postcode CO10 2DZ

Grade 1-2

Approx. 1.5 miles
45 mins

Sudbury Health Centre, Chilton

Short leisurely walks in the Chilton Hall and Chilton Church area. Start outside the main entrance of Sudbury Community Health Centre. Church Field Road, Sudbury, The walks will be mainly on grass paths and through woods, which can get soft after wet weather, so sensible walking shoes essential.

Led by Sudbury / Great Cornard Walk Leaders

**Thursday 26th
October**

Postcode: CO10 9HH

Meet at 11.15am for
11.30am start
Grade 3 – allow 90
mins

Rodbridge Picnic Site

Meet at RODBRIDGE PICNIC AREA. A circular walk around the beautiful Rodbridge picnic area – chance to spot some wildlife – refreshments and toilets on site and free parking.

Led by Babergh walk leaders

**Tuesday 31st
October**

Postcode CO10 2SU

Meet at **11.45am** to
start at 12 Noon from
Kingfisher Leisure
Centre in Sudbury
Grade 1/2 30 mins

Sudbury Shorter Walks

Start at 12 Noon from Kingfisher Leisure Centre in Sudbury. A gentle walk along the river stour and old railway line and friars meadows. Toilets and refreshments available at the Leisure Centre.

Led by Babergh walk leaders

**Wednesday 1st
November**

Postcode CO10 0JU

Meet at the Great
Cornard Library for
10am walk

Grade 1 to 2 Approx.
30 to 45 mins

Great Cornard

A gentle beginners walk from the library around your local community and parks. Helping new and returning walkers to enjoy the outside space

Led by The Gt Cornard Library Staff

**Thursday 9th
November**

Postcode: CO10 OAT

Meet at **11.15am** for
11.30am start at
ACTON VILLAGE
HALL

Grade 3 to 4 – Approx
90 mins

Acton

Enjoy a circular walk in the Suffolk village of Acton starting and finishing at the Village Hall – refreshments and toilets in the village – Free Parking

Led by Babergh walk leaders

**Tuesday 14th
November**

Postcode CO10 2SU

Meet at **11.45am** to
start at 12 Noon from
Kingfisher Leisure
Centre in Sudbury
Grade 1/2 30 mins

Sudbury Shorter Walks

A gentle walk along the river stour and old railway line and friars meadows. Toilets and refreshments available at the Leisure Centre.

Led by Babergh walk leaders

**Wednesday 15th
November**

Postcode: CO10 2DZ

Meet at **10:30am** for 10:45am start outside entrance of Sudbury Community Health Centre. Church Field Road, Sudbury,

Grade 1-2 Approx. 1.5 miles 45 mins

Sudbury Health Centre, Chilton

Short leisurely walks in the Chilton Hall and Chilton Church area.

The walks will be mainly on grass paths and through woods, which can get soft after wet weather, so sensible walking shoes essential.

Led by Sudbury / Great Cornard Walk Leaders

**Friday 17th
November**

Postcode: IP9 1QJ (nearby)

Meet at **10.45am** for 11am start at the Shotley Gate marina

Grade 3

90 minutes

Shotley Gate

Walk around the end of the Shotley peninsula. There are good views, firstly across the Orwell to Felixstowe, then from the other side of the peninsula across the Stour to Harwich and Parkeston Quay. Refreshments and toilets at the marina.

Led by Daphne Turner and Rae Corrigan

**Wednesday 22nd
November**

Postcode: IP9 1PZ

Meet at **10.45am** for 11.00 start at The Bristol Arms Pub Shotley

Grade 3-4 – some steep slopes Approx 90 mins

Shotley Walk

A beautiful circular walk on the Shotley peninsula taking in breath-taking views of the river and countryside and Shotley working marina

Free Parking and refreshments/toilets available

Led by Shotley Open Spaces team walk leaders

**Thursday 23rd
November**

Postcode: CO10 9JQ

Meet at **11.15am** for
11.30am start at
LONG MELFORD
VILLAGE HALL

Grade 3 to 4 – Approx
90 mins

Long Melford

Enjoy a walk in the pretty village of Long Melford and surrounding fields – refreshments and toilets in village – Free Parking at the village hall or on the High Street

Led by Babergh walk leaders

**Tuesday 28th
November**

Postcode CO10 2SU

Meet at **11.45am** to
start at 12 Noon from
Kingfisher Leisure Cen-
tre in Sudbury

Grade 1/2 30 mins

Sudbury Shorter Walks

A gentle walk along the river stour and old railway line and friars meadows. Toilets and refreshments available at the Leisure Centre.

Led by Babergh walk leaders

**Wednesday 6th
December**

Postcode CO10 0JU

Meet at the Great Cor-
nard Library for **10am**
walk

Grade 1 to 2 Approx.
30 to 45 mins

Great Cornard

A gentle beginners walk from the library around your local community and parks. Helping new and returning walkers to enjoy the outside space

Led by The Gt Cornard Library Staff

**Thursday 7th
December**

Postcode: IP7 5AG

Meet at **11.15am** for
11.30am start at
HADLEIGH LIBRARY

Grade 3 to 4 – Approx
90 mins

Hadleigh

A circular walk around the Suffolk town of Hadleigh – lots of history in the town and lovely river views... Refreshments and toilets available locally in the town/high street – Free Parking in the town car parks

Led by Babergh walk leaders

**Tuesday 12th
December**

Postcode CO10 2SU

Meet at **11.45am** to
start at 12 Noon from
Kingfisher Leisure
Centre in Sudbury
Grade 1/2 30 mins

Sudbury Shorter Walks

A gentle walk along the river stour and old railway line and friars meadows. Toilets and refreshments available at the Leisure Centre.

Led by Babergh walk leaders

**Wednesday 20th
December**

Meet at **10:30am** for
10:45am start outside
the main entrance of
Sudbury Community
Health Centre. Church
Field Road, Sudbury,
CO10 2DZ

Grade 1-2

Approx. 1.5 miles
45 mins

Sudbury Health Centre, Chilton

Short leisurely walks in the Chilton Hall and Chilton Church area.
The walks will be mainly on grass paths and through woods, which can get soft after wet weather, so sensible walking shoes essential.

Led by Sudbury / Great Cornard Walk Leaders

MID SUFFOLK HEALTH WALKS

Wednesday 4th October

Post Code IP23 8HH

Overflow Car Park
Meet at **10:30am** for
10:45am start in the
Overflow Car Park
(PLEASE NOTE NEW
START TIME)

Grade 3.

60-90 Minutes

Thornham Walks

The walk will take us through a variety of beautiful habitats on the Thornham Estate, which include woodland, parkland and farmland. The walk will be on grass paths which can get soft in wet weather so, sensible walking shoes are advisable. Toilets and Refreshments on site

Please note that the walks will vary in length dependent on the walkers. All walkers will start on the same walk but those wishing it, will be offered a shorter route home at some point on the walk.

Led By Alison Monk and Beyond the Wall

Wednesday 11th October

Postcode IP21 5JN

Meet community
centre carpark at
10.45am for 11.00am
start.

Grade 5 4 miles 90
mins

Stradbroke

A circular walk around the outskirts of the village towards Horham, along quiet roads and good paths including part of the route of the former Mid Suffolk railway, known as the Middy. Two stiles and some gentle inclines. Refreshments / food available in village pubs on return.

Led by David Green and Jim Harrison.

**Wednesday 25th
October**

Postcode IP6 0NJ

Meet in Mill lane at
10.45am for 11.00am
start.

Grade 4 3 miles 80
to 90 mins

Great Blakenham

Mill lane is opposite the Chequers pub and car parking is at the end of the lane next to the village hall.

Walk will start with a gentle climb with good views and back along the Gipping valley. No stiles. Refreshments can be had in the pub afterwards.

led by Jim Harrison and David Green.

**Wednesday 1st
November**

Postcode IP23 8HH

Overflow Car Park
Meet at **10:30am** for
10:45am start in the
Overflow Car Park
(PLEASE NOTE NEW
START TIME)

Grade 3. 60-90
Minutes

Thornham Walks

The walk will take us through a variety of beautiful habitats on the Thornham Estate, which include woodland, parkland and farmland. The walk will be on grass paths which can get soft in wet weather so, sensible walking shoes are advisable. Toilets and Refreshments on site.

Please note that the walks will vary in length dependent on the walkers. All walkers will start on the same walk but those wishing it, will be offered a shorter route home at some point on the walk.
Led By Alison Monk and Beyond the Wall

**Friday 3rd
November**

Postcode IP6 8AL

Meet at **10.45am**
for an 11am start at
Needham Lakes
Car Park

Grade 5 (stile) 90
mins steady pace

Needham Lakes to Creting

We will meet at the bridge between the two car parks. There are toilets at the Lake. We will walk by the river towards Alder Carr Farm, then on roadside paths to Creting St Mary, before heading back to Needham Lake.

Choice of eating places for refreshments in Needham Market.

Led by Rae Corrigan and Daphne Turner

**Wednesday 8th
November**

Postcode IP21 4LT

Meet village hall car park **10.45am** for 11.00am start.
Grade 3 3 miles
75 to 90 mins

Syleham

A circular walk around the southern slopes of the Waveney Valley, passing by historic houses and the site of a centuries old water mill. Gentle inclines, quiet roads and good paths.

Led by David Green and Jim Harrison.

**Wednesday 22nd
November**

Postcode IP6 9TJ

Start outside All Saints church **10.45am** for 11.00am start. This is reached by passing through Crowfield village heading north towards Pettaugh and turning left into church road. Follow this road to the end where off road parking is available opposite at the T junction.

Grade 4

4 miles / 90 mins

Crowfield

A circular walk along the quiet lane and along field and farm tracks. Although a longer walk, there are no stiles and no inclines. There are some crossfield paths that were good at the time of walking but conditions may change and it could become muddy if wet. Please bring suitable footwear. No facilities.

Led by Jim Harrison and David Green.

Friday 1st December

Meet at **10.45am** for 11.00am start at Stowmarket Rugby Club IP14 3HJ

Grade 3
75 to 90 mins

Stowmarket

Parking is available but no toilets. The walk is mainly across fields with a little on roadside paths to Onehouse then returning to Rugby Club Refreshments available after the walk in Onehouse.

Led by Rae Corrigan and Daphne Turner

**Wednesday 6th
December**

Postcode IP23 8HH

Overflow Car Park
Meet at **10:30am**
for 10:45 start in the
Overflow Car Park

Grade 3
60-90 Minutes

Thornham Walks

The walk will take us through a variety of beautiful habitats on the Thornham Estate, including woodland, parkland and farmland. The walk will be on grass paths which can get soft in wet weather so, sensible walking shoes are advisable. Toilets and Refreshments on site.

Please note that the walks will vary in length dependent on the walkers. All walkers will start on the same walk but those wishing it, will be offered a shorter route home at some point on the walk. Led By Alison Monk and Beyond the Wall

**Wednesday 6th
December**

Postcode IP21 6AN

Meet Hoxne
village hall car park at
10.45am for 11.00am
start.

Grade 3
3 miles /75 to 90 mins

Hoxne

A circular walk around the outskirts of this historic village, passing through the local community woodland. Village pub available for food/refreshments.

Led by David Green and Jim Harrison.

**Wednesday 20th
December**

Meet in Pesthouse
lane at **10.45am**

Grade 5

3.5 miles / 90 mins

Barham

After leaving Claydon on the Old Norwich road heading towards the A 140 Pesthouse lane (marked leading to lower crescent) is on the left.

A walk along the river Gipping into Claydon and back along the slade. stiles. Refreshments available in pub afterwards.

Led by Jim Harrison and David Green.

EAST SUFFOLK HEALTH WALKS

**Including Framlingham, Glemham, Saxmundham.
Snape and Westleton**

**Tuesday 3rd
October**

Postcode IP17 1UQ
Map ref TM435608

Meet at **10.30am** in the little car park at the corner of Mill Road, opposite the Butchers Arms. There is also a small car park where Mill Road meets School Road opposite an entrance to the village hall. From the A12 take the A1094 towards Aldeburgh. After just over 3 miles take the left turn onto the B1069 signposted Leiston and Knodishall into Knodishall.

Grade 3
Approx 4 miles/approx.
105 mins

Knodishall

We will be walking the small tracks skirting the back of the village, and head into open farm land. (Sometimes a different track will be used, at the start, depending on weather, mud etc.) Walking towards Aldeburgh, we cross the Fens, through Bird's Farm admiring their lovely cattle en route [they are well fenced off!] Passing the Church we walk to Aldringham, and back to Knodishall via the woods. No toilets or refreshments are available in the village but Leiston and Thorpeness are nearby. Dogs welcome on a short lead. Will be muddy in wet weather.

Please arrive early if you are a new walker.

Led by Maggie Jennings and Fiona Foreman

Monday 9th October Theberton (south)

Postcode IP16 4TQ
Map Ref 420655

Meet at **11am**

Grade 5/90 mins

Travel through Saxmundham Northwards. Take RH after Carlton Sports Ground. Travel over the railway line on Clayhill Rd past Oak Tree farm and 1 mile further on from Peakhill Cottages Postcode. Park by Theberton Woods. A new walk around the Minsmere Valleys. No Loos. Refreshments in Saxmundham. Led by Isabel Smith and Wickham leaders: Info 07970 937899

Regular walk 2nd Weds of the month

Wednesday 11th October

Postcode IP16 4NW
Map ref: TM 473595

Meet **10:30am** at
Thorpeness Meare on
village green

Grade 2
3 miles/90 mins

RSPB North Warren Nature Reserve Walk

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. Opportunity for lunch at end of walk. Pay and display car parking available in public car park opposite village green.

Led by RSPB volunteers trained as Health Walk Leaders

Regular walk 3rd Tues of the month.

Tuesday 17th October

Postcode IP13 9BH

Meet **10.30am** out-
side Castle Inn
Grade 4-5
Approx 2-3
miles/60-75 mins

Castle Walks, Framlingham

A walk around Framlingham. Walks will be different each month depending on the weather. May include footpaths, uneven ground and may be muddy so sensible footwear essential. Dogs welcome on a short lead. Bus route 118/119. Parking at St Michael's Rooms (honesty box), Castle car park (pay and display) or town centre car parks. Toilets and refreshments at Castle Inn after walk. Public toilets in Crown and Anchor Lane (off Church Street)
Led by Castle Walks Group Walk Leaders

Wednesday 18th October

Postcode: IP17 3D
Map Ref; TM459696.

Meet **10.00am**
Westleton Car Park.

Grade 2.
2.5km walk/ 60 mins.

Westleton Heath Walk

Join us for a walk around the wonderful woodland and heathland of Westleton Heath National Nature Reserve. Starting from the carpark the walk loops from the car park, down to Frederick's Wood and returns via the Roman Road. Dogs on leads welcome.

Led by Paul Lacey.

Tuesday 24th October

Post Code IP17 3DQ

*Note new meeting point
Meet at **10:30am** in 12
Lost Churches
Restaurant car park,
Dunwich.

Grade 3-4
3-3½ miles/approx. 90
mins

Dunwich Heath (not beach)

A delightful walk through heathery heath land and tracks winding through silver birches and small pine trees. Breath-taking views of the coastline from cliffs overlooking Minsmere Haven. Refreshments /toilets available at the 12 Lost Churches Bar and Restaurant. Dogs welcome on short lead. Please arrive early if you are a new walker.

Led by Fiona Foreman and Judy Chesterfield.

Regular walk 4th Tuesday of the month

Tuesday 24th October

Post code IP17 3BY
Map ref TM470672

Meet at **10:45am**
outside visitor centre
for 11:00 am start.

Grade 2 or 3
Approx 2.5 miles/60-90
mins

RSPB Minsmere Nature Reserve Walk

A walk around the lovely RSPB nature reserve, 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 on a short lead

Led by RSPB volunteers trained as Health Walk Leaders

**Tuesday 7th
November**

Post Code IP16 4NZ

Map ref:TM596472

Meet at **10:30am**
outside the Meare
Cafe by the duck pond.
Usually plenty of free
parking in the village.

Grade 4-5
3¾ miles/approx. 105
mins

Thorpeness

A circular walk on footpaths and bridleways towards Sizewell, starting along the cliff path, with spectacular sea views. Very steep path from cliff to beach. Narrow, foliage bordered paths on coastal path with steep sides due to erosion. Toilets/refreshments available at the Cafes and pub in the village. Dogs welcome on a short lead. Will be muddy in wet weather. Please arrive early if you are a new walker.

Led by Maggie Jennings and Fiona Foreman

**Regular walk 2nd
Wednesday of the
month**

RSPB North Warren nature reserve walk

(See 11th October for further details)

**Wednesday 8th
November**

Led by RSPB volunteers trained as Health Walk Leaders

**Wednesday 15th
November**

Palmer's Lane & Grazing Marshes Walk

Post code: IP18 6TD/
TM490754

Meet at **10.00am**
Lower car park on
Palmer's 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, cameras (and usually wellies) are a must! Dogs on leads welcome.

No facilities available.

Grade 5 (Stile).
3.5 miles/approx. 70 -
80mins.

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Regular walk 3rd Tuesday of the month. Castle Walks, Framlingham

Tuesday 21st November

(see 17th October for further details)
Led by Castle Walks Group Walk Leaders

Tuesday 28th November

Kenton Hill Walks, Leiston

Nearest postcode:
IP16 4RF
Map ref:TM453638

A lovely circular wooded walk, with a few hills, through Kenton Hill and Goose Hill Woods. Will be marshy in places.
Dogs welcome on a short lead.
Refreshments and toilets available nearby at Leiston or Sizewell village pub. Please arrive early if you are a new walker.

Meet at **10:30am** at the Kenton Hills car park.

Take the B1122 Yoxford road out of Leiston and after ½ mile turn right into Lover's Lane signposted Sizewell Beach. The car park is down Woodland Walks

Led by Fiona Foreman and Judy Chesterfield

Grade 2-3
Approx 3 miles/90mins

Regular walk 4th Tuesday of the month

RSPB Minsmere nature reserve walk

Tuesday 28th November

(24th see October for more details)
Led by RSPB volunteers trained as Health Walk Leaders

**Tuesday 5th
December**

Postcode IP17 1SP
Map ref: TM393575

Meet at **10:30am** in
Snape Malting's
overflow car park which
is right at back through
the buildings.

Grade 3
approx. 3½
miles/105mins

Snape, River Wall and Snape Warren

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, with views of the river and Iken Church, going through woods, then back along the river wall. Will be muddy on river wall if wet. Toilets and refreshments available at the Maltings. Dogs welcome on a short lead.

Please arrive early if you are a new walker.

Led by Maggie Jennings and Fiona Foreman

**Wednesday 13th
December**

Regular walk 2nd
Wednesday of the
month

RSPB North Warren nature reserve walk

(See 11th October for further details)
Led by RSPB volunteers trained as Health
Walk Leaders

**Friday 15th
December**

Postcode IP16 4UH
Map ref TM475625

Meet at **10:30am**

Grade 2/3
Approx 3 miles/ 90 mins

Sizewell Beach

Meet in the beach car park. Usually free parking in the winter (otherwise 50p for 2 hours). Join us for walk along the beach, a leafy lane, a cliff top path and a common. Walk may vary. Toilets available. Refreshments at the pub or nearby Leiston.

Led by Fiona Foreman and Judy Chesterfield

Regular walk 3rd Tuesday of the month **Castle Walks, Framlingham**

**Tuesday 19th
December**

(see 17th October for further details)
Led by Castle Walks Group Walk Leaders

**Wednesday 20th
December**

Angel Marshes & Woodland Walk

Postcode: 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!. Dogs on leads welcome.

Grade 2
2.5km walk/60 mins

Led by; Paul Lacey.

FELIXSTOWE HEALTH WALKS

**A fortnightly Monday
morning walk for all
(excluding bank
holidays)**

Felixstowe Sea Front

Monday 2nd October

Start your week off with a refreshing entry level health walk along the promenade and occasionally nearby park/gardens.

Postcode: IP11 2AE

Led by the Felixstowe group of Stepping Out in Suffolk trained walk leaders.

Meet at 10.45am
outside Felixstowe
Leisure Centre
entrance.

Grade 1 or 2/ approx.
40-60 mins

**Monday 16th
October**

**A fortnightly Monday
morning walk for all
(excluding bank
hols)**

Felixstowe Sea Front

(further details please see Felixstowe walk
2nd October)
Led by the Felixstowe group of Stepping Out
in Suffolk trained walk leaders.

**Monday 30th
October**

**A fortnightly Monday
morning walk for all
(excluding bank
holidays)**

Felixstowe Sea Front

(further details please see Felixstowe walk
2nd October)
Led by the Felixstowe group of Stepping Out
in Suffolk trained walk leaders.

**Monday 13th
November**

**A fortnightly Monday
morning walk for all
(excluding bank
holidays)**

Felixstowe Sea Front

(further details please see Felixstowe walk
2nd October)
Led by the Felixstowe group of Stepping Out
in Suffolk trained walk leaders.

**Monday 27th
November**

**A fortnightly Monday
morning walk
(excluding bank hols)**

Felixstowe Sea Front

(further details please see Felixstowe walk
2nd October)
Led by the Felixstowe group of Stepping Out
in Suffolk trained walk leaders.

**Monday 11th
December**

**A fortnightly Monday
morning walk for all
(excluding bank
holidays)**

Felixstowe Sea Front

(further details please see Felixstowe walk
2nd October)
Led by the Felixstowe group of Stepping Out
in Suffolk trained walk leaders.

**Tuesday 26th
December**

Postcode IP11 2AE

Meet at **10.45am**
outside the
Felixstowe Leisure
entrance.

Grade 3/75 minutes
plus short break

Landguard lookout point

A longer walk for Boxing Day. A walk along the prom and through the nature reserve down to the lookout point. Return after a short break.

Led by Felixstowe group of Stepping Out in Suffolk walk leaders.

Contact number on the day, Nigel
07804820853

Ipswich Health Walks

Sunday 1st October

Postcode IP2 0QY

Meet inside Chantry
Library. Walk starts at
1.30 p.m.

Bus no 13 from Tower
Ramparts runs three
times an hour on a
Sunday and stops
outside the library.

Grade 2/3 miles
Approx 90 mins

Around Belstead Brook nature reserve.

Explore the network of local parks and open spaces a short distance from the library. Footpaths and passageways are used in preference to roads wherever possible.

This is one of a series of regular walks the first Sunday of the month at starting at the same time and venue, some of them longer and with shared lifts to a different site. Programme available from the library

Refreshments available in the library
Accompanied children and dogs are welcome.

Led by Cathy Gale

Monday 2nd October

Ipswich Waterfront & Holywells Park

A regular walk on alternative Mondays (excluding bank holidays)

Postcode IP4 1QJ

Meet at **11 a.m.** at the UCS Sculpture on the Waterfront for a walk along the waterfront and Holywells park.

Walking on pavements and paths, with some slight inclines. Toilets and refreshments available in the Park and on the Waterfront. Nearest car park is in Duke Street. Bus No 1&6 run from the bus station to the UCS. Come along to make and meet new friends. All ages welcome, just turn up.

Led by Doreen Chapman and Dawn Gillette
Contact number 07503165947

Grade 3
Approx 60 minutes

Tuesday 3rd October

Martlesham Creek

Postcode IP12 4PB

Meet at **10.30am** at Martlesham Community Centre Bus Route 66 from Ipswich

A stroll through the woods down to Martlesham Creek with a lovely view towards Woodbridge. Toilets and refreshments available at Tesco's before and after.

Led by Lyn & Graham Parker

Grade 4/3miles
90 mins

**A regular walk on
alternative Mondays
(omitting bank hols)**

Monday 9th October

Postcode IP4 2BX

Meet at **11am** at
the main gates of
Christchurch Park,
Soane Street
entrance, near the
wooden benches.

Grade 3
1.5 miles/ Approx 60
minutes

Christchurch Park

Come and join ActivLives for a walk around this beautiful park. The walk is great for those who want to improve their general fitness, meet and make new friends or just want to walk with others. The group splits into two groups; for the less confident walkers and the confident walkers, so it's beneficial to all. Dogs are welcome, but must be kept on a lead. Toilets and Café are available in the park.

Led by ActivLives/Doreen Chapman
Contact ActivLives for more information 01473
345350 Contact number 07503165947

**A regular walk on
alternative Mondays**

**Monday 16th
October**

Ipswich Waterfront & Holywells Park

(for further information see Ipswich Waterfront
2nd October)

Led by Doreen Chapman and Dawn Gillette

**Monday 23rd
October**

Pipers Vale, Ipswich

Meet at **10.30am** at
Pipers Vale Car Park.

Turn up Sandy Lane
by the Baumer factory
(Postcode IP30DH)
which is at the junc-
tion of Sandy Lane
and Landseer Road,
Ipswich. Drive about $\frac{3}{4}$
mile to the car park on
the right.

Walk is through the Orwell Country Park.
Grassy paths through heathland and along
the banks of the River Orwell, with good views
of the Bridge and across the river to Freston.
Some slopes and uneven ground. No toilets
or refreshments

Led by Daphne Turner and Rae Corrigan

Grade 3/80 mins

**A regular walk on
alternative Mondays
(omitting bank
holidays)**

Christchurch Park

For further information see Christchurch Park
9th October

**Monday 23rd
October**

Led by ActivLives/Doreen Chapman

**Monday 30th
October**

Ipswich Waterfront & Holywells Park

(for further information see Ipswich Waterfront
2nd October)

**A regular walk on
alternative Mondays**

Led by Doreen Chapman and Dawn Gillette

**Monday 6th
November**

Christchurch Park

**A regular walk on
alternative Mondays
(omitting bank
holidays)**

For further information see Christchurch Park
9th October

Led by ActivLives/Doreen Chapman

**Wednesday 8th
November**

Rushmere Church to Tuddenham Village

Postcode IP5 1DJ

A stroll across the fields down to the Fynn
Valley and the village of Tuddenham

Meet at **10.30am** at
Rushmere Church

Led by Lyn & Graham Parker

Grade 4 / 3miles
90 mins

**A regular walk on
alternative Mondays**

Ipswich Waterfront & Holywells Park

**Monday 13th
November**

(for further information see Ipswich Waterfront
2nd October)

Led by Doreen Chapman and Dawn Gillette

**A regular walk on
alternative Mondays
(omitting bank
holidays)**

Christchurch Park

**Monday 20th
November**

For further information see Christchurch Park
9th October

Led by ActivLives/Doreen Chapman

**Wednesday 22nd
November**

Newborne to Hemley Church

Postcode IP12 4NY

Meet at **10.30am** at
Newbourne Fox Pub
parking in car park or
at village hall

A stroll along the board walk through the
willows to Hemley Church and the river. Toilets
and refreshments available at pub before and
after.

Led by Lyn & Graham Parker

Grade 4 / 3miles
90 mins

**A regular walk on
alternative Mondays**

Ipswich Waterfront & Holywells Park

**Monday 27th
November**

(for further information see Ipswich Waterfront
2nd October)

Led by Doreen Chapman and Dawn Gillette

A regular walk on alternative Mondays (omitting bank holidays)

Christchurch Park

For further information see Christchurch Park
9th October

**Monday 4th
December**

Led by ActivLives/Doreen Chapman

**Tuesday 5th
December**

Kesgrave Tesco to Longstrops

Postcode IP5 2FU

A stroll through Pine Woods, along Longstrops around the back of Grange Farm. Toilets and refreshments available at the Café 66 in the Scout HQ before & after.

Meet at **10.30am** at Kesgrave Tesco in Ropes Drive. Free parking for 3 hours or bus route 66 from Ipswich

Led by Lyn & Graham Parker

Grade 4 / 3miles
90 mins

A regular walk on alternative Mondays

Ipswich Waterfront & Holywells Park

(for further information see Ipswich Waterfront
2nd October)

**Monday 11th
December**

Led by Doreen Chapman and Dawn Gillette

**Wednesday 13th
December**

Woods and Meadows of SW Ipswich

Postcode: IP2 9YT

Explore some of the green spaces on the edge of town.

Meet for **10.30 a.m.** start in car park of Bourne Park

Led by Cynthia Glinos and Helen Howe

Grade 5/90 minutes

**Friday 15th
December**

Postcode IP45SU
(nearby)

Meet at **10.30am** at
Bixley Farm Centre,
Broadlands Way,
Rushmere St Andrew

Grade 3/90 mins

Foxhall Woods

Buses run from Ipswich town centre, or park
considerately on road opposite shops. Walk is
through woods and around Rushmere Heath.
No toilets. Refreshments from local shop or in
Pubs on Foxhall Road

Led by Daphne Turner and Rae Corrigan

**A regular walk on
alternative Mondays
(omitting bank
holidays)**

**Monday 18th
December**

Christchurch Park

For further information see Christchurch Park
9th October

Led by ActivLives/Doreen Chapman

**Tuesday 19th
December**

Postcode IP5 3PL

Meet at **10.30am** at
Martlesham Heath
Village Centre outside
St Michaels Church. Bus
Route 66 from Ipswich

Grade 3/3miles
90 mins

**Martlesham Heath Site of Special Scientific
Interest**

A stroll towards Kesgrave and around the
Heath to see SSSI. Toilets and refreshments
available at Runway Café at Church before
and after, or Douglas Bader Pub after.

Led by Lyn & Graham Parker

Woodbridge Area Health Walks

**Including Wickham Market, Ramsholt,
Orford and Snape**

**A regular walk on
alternative Mondays**

**Monday 2nd
October**

Post Code: IP13 0QS
Map Ref TM302559

Meet at **2pm** on The Hill
outside Café 46

Grade 1, 3 + 5 (split
groups)/approx. 35-90
mins

Wickham Walks

A walk round Wickham Market and its surroundings. This will vary in length between 30-90 mins dependant on the walkers. Support given for those returning to health to others planning short or long sponsored walking events. All car parks are now on a meter. Please put a ticket on your car even if accessing the free hour or £1 ticket parking or 4hrs. £80 fine if you park around the Village Hall car park. Bus 64 from Aldeburgh arrives 1.45. Other northbound services from Ipswich are sketchy, use CATS (Community Bus) from Framlingham but note one weeks' notice is required. Refreshments from Teapots or Café 46. Led by Isabel Smith and Wickham leaders: Info 07970 937899

**Regular walk every 2nd
Friday**

Friday 13th October

Postcode IP12 4FD

Meet **10:15 am** outside
the Health Centre for a
10:30 am start

Grade 2 / 3-4 miles/
approx. 60-75 mins

**Framfield Health Centre, Ipswich Road,
Woodbridge**

Please park at the top of the car park away from Notcutts entrance. Varied routes, mostly on hard surfaces. Toilets available at the Health Centre and Notcutts Café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.

Led by the Woodbridge Walk Leaders

Monthly walk

NEW WALK - Station House Campsea Ashe

Friday 13th October

Postcode IP13 OPT

Meet at **10.15am** at the Station House Campsea Ashe (Wickham Market Station) 10:30am start

Grade 2-3 approx
60-90 minutes.

Walks are planned every month starting and finishing at the Station House Campsea Ashe. There are both train (East Suffolk Line) and bus (number 62) services to the Station House to connect to our walks.

Train Timetables available at:

<http://eastsuffolkline.co.uk>

Bus timetable: <http://www.suffolkonboard.com>

Parking is available with kind permission of Clarke & Simpson at the Auction Centre car park IP13 OPS. Station House is a short walk over the playing field & across the road.

There is a café (and toilets) at the Station House serving refreshments. Dogs on short leads only please as we may walk near livestock.

Led by Maggie Singleton, Wendy Jackson Palmer. Contact telephone 07789 692502.

Regular walk alternative Mondays

Wickham Walks

(for more details see 2nd October Wickham walks)

Monday 16th October

Led by Isabel Smith and Wickham leaders: Info 07970 937899

Friday 20th October

Burgh

Post Code IP13 6NF
Map Ref 224 511

Meet at **11am** at Grundisburgh church

Grade 5/approx. 90
mins

A walk in the upper regions of High Suffolk over the airfield with stunning views over the River Lark. See fields ploughed and cultivated with the crops for 2018. Refreshments at The Dog or Grange Farm

Led by Isabel Smith and Wickham leaders: Info 07970 937899

**Regular walk every
2nd Friday**

Framfield Health Centre

(for details see Framfield Health Centre 13th
October

Friday 27th October

Led by the Woodbridge Walk Leaders

**Regular walk
alternative Mondays**

Wickham Walks

(for more details see 2nd October Wickham
walks)

**Monday 30th
October**

Led by Isabel Smith and Wickham leaders: Info
07970 937899

**Tuesday 7th
November**

Alderton

Postcode IP12 3DA
Map Ref 345417

A walk to the west of Alderton on the
Sandlings. See over wintering wildfowl and
other species in the Deben Valley. See many
views of the rolling countryside over the
riverside marshes.

Meet at **10.30am** at
Mill Hoo. Park by the
recreation ground area.

No loos. Refreshments at Shepherd and Dog.

Grade 5/ approx. 90
mins

Led by Isabel Smith and Wickham leaders: Info
07970 937899

**Wednesday 8th
November**

Hasketon

Postcode: IP13 6JD

A walk around Hasketon with a view of the
church with a tower.

Meet for 10.30 a.m.
start at villagecar park
in centre of village at
Tymmes Place. Parking
is on grass area

Led by Cynthia Glinos and
Helen Howe

Grade 5/90 minutes

**Regular walk every
2nd Friday**

Framfield Health Centre

**Friday 10th
November**

(for details see Framfield Health Centre 13th
October)

Led by the Woodbridge Walk Leaders

Monthly walk

NEW WALK

**Friday 10th
November**

STATION HOUSE CAMPSEA ASHE

IP13 OPT

(Further details see Station House walk 13th
October)

Led by Maggie Singleton, Wendy Jackson
Palmer.

Contact telephone 07789 692502.

**Regular walk
alternative Mondays**

Wickham Walks

**Monday 13th
November**

(for more details see 2nd October Wickham
walks)

Led by Isabel Smith and Wickham leaders: Info
07970 937899

**Regular walk every
2nd Friday**

Framfield Health Centre

**Friday 24th
November**

(for details see Framfield Health Centre 13th
October)

Led by the Woodbridge Walk Leaders

**Friday 24th
November**

Post Code IP12 2RX
Stone Hall off the
Hollesey Rd/Map Ref
329507

Meet at **10.30am**

Grade 5/approx. 90
min

Spratt St Area

Travel from A12 on the A1152 to Bromeswell
the B1084 towards Orford. Approx 1.5 miles on,
from the Woodbridge RFU. Take left hand into
Hollesey Rd and park on the side of the road
(where the walk will start, Stone Hall Post code
is off Hollesley Rd so that you get the right road
NOT the starting point of the walk)

A walk around the reservoir and forest
surrounding Spratt St and Claypond Area.
A chance to see Deer and other woodland
creatures if quiet.
No Loos Refreshment at Wild Blackberry at
Swann Nursery off the A1152.

Led by Isabel Smith and Wickham leaders
Contact 07970 937899

**Regular walk
alternative Mondays**

**Monday 27th
November**

Wickham Walks

(for more details see 2nd October Wickham
walks)

Led by Isabel Smith and Wickham leaders: Info
07970 937899

**Regular walk
alternative Mondays**

**Monday 4th
December**
(dates altered to get
two walks in
December)

Wickham Walks

(for more details see 2nd October Wickham
walks)

Led by Isabel Smith and Wickham leaders: Info
07970 937899

**Regular walk every
2nd Friday**

Friday 8th December

Framfield Health Centre

(for details see Framfield Health Centre 13th
October)

Led by the Woodbridge Walk Leaders

Friday 8th December

Postcode IP13 6DS
Map Ref 298 524

St Mary's Ufford

Meet at **10.30am** in St
Mary's Car Park behind
the church hall.

Grade 5/approx. 90
mins

A walk around the water meadows at Ufford. A
chance to see overwintering waterfowl, curlew
and peewits. A few steep slopes on part of the
Ufford Heritage trail. Maybe muddy if we've
had rain. No Loos. Refreshments available at
White Lion Crown or Wild Strawberry Cafe
Led by Isabel Smith and Wickham leaders: Info
07970 937899

Monthly walk

Friday 8th December

NEW WALK

Station House Campsea Ashe

(Further details see Station House walk 13th
October)

Led by Maggie Singleton/Wendy Jackson
Palmer.

Contact telephone 07789 692502.

**Regular walk
alternative Mondays**

**Monday 18th
December**

(dates altered to get
two walks in December)

Wickham Walks

(for more details see 2nd October Wickham
walks)

Led by Isabel Smith and Wickham leaders: Info
07970 937899

**Regular walk every
2nd Friday**

**Friday 22nd
December**

Framfield Health Centre

(for details see Framfield Health Centre 13th
October)

Led by the Woodbridge Walk Leaders

**Thursday 28th
December**

Postcode IP12
Map Reference 288
503

Meet at 10.30 am in
Melton Riverside free
car park, which is south
off the A1152, Wilford
Bridge Road, near to
the Wilford Bridge Pub.

Grade 4/ approx. 4
miles / 90 minutes

Melton Riverside

Walk is through Melton and Leeks Hill, returning
along the Deben riverside path.

Led by Nigel Meadows
Contact number 07804820853

**Friday 29th
December**

Post Code IP13 ORZ
Map Ref 295552
Meet at 10.30am

Grade 5
Approx 90 mins

Pettistree Village Hall

A walk in the Byng Valley to see overwintering
crops and birds. A chance to see woods and
marshes. To view one of the old best kept
villages of the 60's and 70's.

No loos. Refreshment Cafe46 and Teapots
Wickham

Led by Isabel Smith and Wickham leaders: Info
07970 937899

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- Type 2 diabetes
- Cancer or have been treated for cancer

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