

Stepping Out In Suffolk



East and West Suffolk Walks
July- September 2017



Health WALKS



One Life Suffolk

Helping local people live healthier lives



One Life Suffolk



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 building to.

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

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: All walks are dog friendly unless they state otherwise. All dogs must be kept on a short lead.



Please note: Extreme weather conditions may result in a walk being cancelled. If this happens, or you would like to clarify, there will be a notice on our web pages, alternatively you can contact your local walk leader direct, or call our client services team on 01473 718193.



Please note: Due to the nature of the walks it is important to wear suitable clothing, that is easy to move in and suitable footwear



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

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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. Full training and support is provided.

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

Email: debbie.maynard@onelifesuffolk.co.uk

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk



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WEST SUFFOLK - NEWMARKET / FOREST HEATH

Monday 3rd July 2017 **Weekly Gentle Walk around Newmarket Town**

Meeting: Place and time to be advised

Grade 1 max 45 mins

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. Walking is on grass so it can be wet. Led by Mick Smith. Phone 07957 433096 for details.

Weds 5th July 2017 **New Brandon Run/Walk Route LAUNCH**

Postcode IP27 OJB

Meet at Brandon Leisure Centre at 10.15am for 10.30am start. Parking, toilets and café meeting point for post walk socialising

Grade 3 3 miles/ 90 mins

Circular route: Start/Finish Brandon Leisure Centre via IES Breckland – A new walk route newly signposted to encourage low impact activity a shorter walk is available Route is mainly through residential areas and quieter traffic routes / less pollution exposure.

Led by OneLife Suffolk Health Walk Leaders

Thursday 6th July 2017 **Burwell Priory Woods NO DOGS**

Postcode: CB25 0HD

Meet at 11am outside the church or opposite the 5 Bells Pub

Grade: 2 /3 3 miles 60 to 90 mins

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 leg ware and footwear are advised. Roads to cross. Toilets in the village. Parking in road outside the church. The route may be changed to suit weather conditions. Led by Forest Heath Health Walkers

Monday 10th July 2017 **Weekly Gentle Walk around Newmarket Town**

Meeting: Place and time to be advised.

Grade: 1 –2

1.8 miles / max 45 mins

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

Monday 10th July 2017 **Evening Walk NEW - NO DOGS**

We hope to start at 6.30pm. For details of venue, contact: Patrick or Jenny King – 01638 578344 or 07904 649195.

Email patandjenking@btinternet.com
Facebook page 'Forest Heath Health Walks'

Tuesday 11th July 2017 **New Brandon Run/Walk Route**

Postcode IP27 OJB

Meeting at Brandon Leisure Centre at 10.15am for 10.30am start parking, toilet facilities and café meeting point for post walk socialising

Grade 3

3 miles / approx. 90 mins

Circular route: Start/Finish Brandon Leisure Centre via IES Breckland – A new walk route newly signposted to encourage low impact activity a shorter walk is available Route is mainly through residential areas and quieter traffic routes / less pollution exposure.

Led by OneLife Suffolk Health Walk Leaders

Thursday 13th July 2017

Postcode CB8 0TQ

Meet at 11am at the July Course access road, off A1304 at the end of road at the Devils Dyke

Grade 2 & 3/4

3 miles / 60 to 90 mins

Devils Dyke - NO DOGS

Two Options

Grade 2: Flat walk along the flat beside the dyke and July racecourse. Slightly uneven in places.

Grade 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 at the end of this walk in the National Stud cafe building.

Led by Forest Heath Health Walkers

Monday 17th July 2017

Meeting: Place and time to be advised

Grade: 1-2

1.8 miles max 45 mins

Weekly Gentle Walk around Newmarket Town

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

Tuesday 18th July 2017

Postcode IP27 0JB

Meeting at Brandon Leisure Centre at 10.15am for 10.30am start parking, toilet facilities and café meeting point for post walk socialising

Grade 3 3 miles approx. 90 mins

New Brandon Run/Walk Route

Circular route: Start/Finish Brandon Leisure Centre via IES Breckland – A new walk route newly signposted to encourage low impact activity a shorter walk is available Route is mainly through residential areas and quieter traffic routes / less pollution exposure.

Led by OneLife Suffolk Health Walk Leaders

Thursday 20th July 2017

Postcode: IP28 7HG

Meet at 11am next to the signpost of the River Lark map, adjacent to the car park.

Grade: 3

2.3 miles / 60 –90 mins

Mildenhall - River Lark - NO DOGS

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.

Led by Forest Heath Health Walkers

Monday 24th July 2017

Meeting: Place and time to be advised.

Grade: 1-2

1.8 miles / max 45 mins

Weekly Gentle Walk around Newmarket Town

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

Thursday 27th July 2017

Postcode: CB8 9DR.

Meet at 11am in the Ashley Crown car park

Grade: 3/4

Distance: 3 to 4 miles / 90 mins

Ashley/Cheveley - NO DOGS

A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy/slippery 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 31st July 2017 **Weekly Gentle Walk around Newmarket Town**

Meeting: Place and time 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 3rd August 2017 **Moulton NO DOGS**

Postcode CB8 8SP

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.

Meet at 11am at Moulton Village Hall
Parking available at the village hall car park.

Led by Forest Heath Health Walkers

Grade 4 Distance: varies for the ability of the walkers on the day between 2 - 4 miles

Duration 60 to 90 mins

Monday 7th August **Weekly Gentle Walk around Newmarket Town**

2017 Meeting: Place and time to be advised.

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

Grade: 1 –2

1.8 miles max / 45 mins

Tuesday 8th August 2017

Evening Walk

Evening Walk NEW - NO DOGS

We hope to start at 6.30pm. For details of venue, contact: Patrick or Jenny King – 01638 578344 or 07904 649195.

Email patandjenking@btinternet.com

Facebook page 'Forest Heath Health Walks'

Thursday 10th August 2017 **Exning NO DOGS**

Postcode CB8 7EH

A combination of firm paths and grassy surfaces. Can be muddy/slippy in places. Roads to cross. Toilets and refreshments at the finish point. Parking in The Rosery car park
Led by Forest Heath Health Walkers

Meet at 11am in The Rosery Hotel car park.

Grade: 3; 3 miles /60 to 90 mins

Monday 14th August 2017

Meeting: Place and time to be advised.

Weekly Gentle Walk around Newmarket Town

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

Grade: 1 –2

1.8 miles max 45 mins

Thursday 17th August 2017

Wild Card Walk - NO DOGS

Meet at 11am

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

Monday 21st August 2017

Weekly Gentle Walk around Newmarket Town

Meeting: Place and time 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 24th August 2017

Newmarket - Town & Around - NO DOGS

Postcode: CB8 0EA

Meet at 11am in Newmarket Leisure Centre Reception.

Gentle gradient 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

Grade: 2

2.1 miles: 60-90 mins

Monday 28th August 2017

Weekly Gentle Walk around Newmarket Town

Meeting: Place and time 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 31st August 2017

Mildenhall Woods NO DOGS

Postcode: IP28 7HS

Meet at 11am at the Half Moon pub.

Some uneven ground. Can be muddy/slippy 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

Grade: 2 to 3

3 miles / 60 to 90 mins

Monday 4th September 2017

Weekly Gentle Walk around Newmarket Town

Meeting: Place and time 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 7th September 2017

Dalham NO DOGS

Postcode: CB8 8TG

Meet at 11am outside the Affleck Arms

A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients and will probably be muddy and slippery in places. Roads to cross. Park in the road. Led by Forest Heath Health Walkers.

Grade: 3/4.

2 miles / 60 to 90 mins

**Monday 11th
September 2017**

**Weekly Gentle Walk around Newmarket
Town**

Meeting: Place and
time 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 14th
September 2017**

Burwell Priory Woods NO DOGS

Postcode CB25 0HD

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
leg ware and footwear are advised. Roads
to cross. Toilets in the village. Parking in
road outside the church. The route may be
changed to suit weather conditions.

Meet at 11am outside
the church or opposite
the 5 Bells Pub

Grade: 2 to 3

3 miles / 60 to 90 mins

Led by Forest Heath Health Walkers

**Monday 18th
September 2017**

**Weekly Gentle Walk around Newmarket
Town**

Meeting: Place and
time to be advised.

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

Grade: 1 –2
1.8 miles max 45 mins

Grade 2 & 3/4
3 miles / 60 to 90 mins

**Thursday 21st
September 2017**

Devils Dyke NO DOGS

Postcode: CB8 0TQ

Flat walk along the flat beside the dyke and
July racecourse. Slightly uneven in places.
moderate/steep gradients walking along the
top of the Devils Dyke. Can be muddy and
slippery in places. Refreshments and toilets at
the end of this walk in the National Stud cafe
building.

Meet at 11am at the July
Course access road, off
A1304
at the end of road at
the Devils Dyke

Grade 2 & 3/4

3 miles / 60 to 90 mins

Led by Forest Heath Health Walkers

**Monday 25th
September 2017**

**Weekly Gentle Walk around Newmarket
Town**

Meeting: Place and
time 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 28th
September 2017**

Mildenhall - River Lark NO DOGS

Postcode: IP28 7HG

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.

Meet at 11am next to
the signpost of the Riv-
er Lark map, adjacent
to the car park.

Grade: 3
2.3 miles / 60 to 90

Led by Forest Heath Health Walkers

ST EDMUNDSBURY WALKS

Monday 3rd July 2017

Postcode: IP29 5LU

Meet at 10am for 10.15am start at Nowton Park Car Park. Toilets/ disabled toilets, cafe and parking (£1 fee for 2 hours or season ticket) Buses available to nearby but not to site.

Option Grade 1 - Up to 45 minutes
Option Grade 2 - Longer walk 45 to 60 mins.

NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

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 4th July 2017

Postcode: IP33 3TT

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Grade 1 / 30 mins

BURY ST EDMUNDS – Beginners Walk –

A beginner's walks on paved area starting from the Leisure Centre walking around the Tayfen and Springfield road nature reserve on paved and smooth gravelled tracks.

Led by Bury Leisure Staff Walk Leaders

Wednesday 5th July 2017

Postcode IP28 6HG.

Meet 10.15am for 10.30am outside Café at West Stow Country Park Parking charge or permit

Grade 3 to 5 – stiles. 3miles and allow 90 mins

West Stow - Away from the Country Park

Walk goes East, through park, woodland and alongside river on Lark Valley path. 25m on road, over stile into field and out onto pavement through West Stow village. Return via Forest and Country Park. Three stiles, riverside path, forest track, road and pavement.

Led by Monique and William Wilson.

Monday 10th July 2017

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

Tuesday 11th July 2017

Postcode: IP33 1TZ

Meet at 9.55am at Bury Bus Station to catch the 10.04 am (No 753) bus to Lavenham where the walk will start.

Grade 4 - Approx 90 mins

NEW - BUS WALK - Lavenham

Walk along footpaths and minor roads then on to the Lavenham Walk and through Dyehouse Field Wood before returning to the village centre. Toilets at Bury Bus Station and at start and end of walk. Refreshments available in Lavenham. Buses return to Bury at one minute past the hour from opposite the Swan Hotel. Bus pass or return fare approx. £7.40.

Led by Bury Walks Leaders.

Tuesday 11th July 2017 BURY ST EDMUNDS – Beginners Walk - WEEKLY

Postcode: IP33 3TT

Meet at 10.15am for a 10.30am start at the Abbeycroft Leisure, Bury St Edmunds

Grade 1 / 30 mins

A walk around the Tayfen and Springfield road nature reserve.

Led by Bury Leisure Staff Walk Leaders

Wednesday 12th July 2017 NEW Ickworth Park Walk

Postcode: IP29 5QE

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

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

Thursday 13th July 2017 Ixworth and Pakenham Watermill

Postcode: IP31 2NB

Meet at Pakenham Water Mill, Ixworth (signposted from A143). Park in Mill car park (free)

Grade 3-4 - Approx 90 mins

Varied walk by footpaths, field margins and quiet roads - one busy road to cross. Toilets and refreshments (scones made with flour milled on premises - a MUST). Option to visit water mill after walk (small charge).

Led by Bury Walks Leaders.

Monday 17th July 2017 NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

Tuesday 18th July 2017 BURY ST EDMUNDS – Beginners Walk - WEEKLY

Postcode IP33 3TT

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Grade 1 30 minutes

A walk around the Tayfen and Springfield road nature reserve.

Led by Bury Leisure Staff Walk Leaders

Thursday 20th July 2017 Stetchworth

Postcode: CB8 9TS

Meet at 10.45am for an 11am start in the car park of the Ellesmere Centre on Stetchworth High Street

Grade 4 - 90 min approx

This circular walk takes in a short section of the Devils Dyke, an Anglo Saxon earthwork stretching from Suffolk to Cambs. Providing there has been no recent rain we will walk along the top; if conditions are slippery we will stick to the bottom. A few short sharp climbs if the former. The timing should be right for Bellflowers. Toilets and light refreshments.

Led by Bury Walks Leaders

Monday 24th July 2017 NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

Tuesday 25th July 2017

BURY ST EDMUNDS – Beginners Walk - WEEKLY

Postcode: IP33 3TT

A walk around the Tayfen and Springfield road nature reserve.

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Led by Bury Leisure Staff Walk Leaders

Grade 1 30 mins

Tuesday 25th July 2017

Sicklesmere/Rushbrooke Arms and around EVENING WALK

Postcode: IP30 0BU

A 'there & back' stroll along the disused railway line, hoping to see displays of summer wild flowers. Toilets/refreshments available at the pub.

Meet at 6.15 for 6.30pm at Rushbrook Arms Pub Car Park (please park at rear of top car park) A134, 2 miles south of Bury St Edmunds

Led by Bury Walks Leaders.

Grade 2-3 - 75-90 mins

Friday 28th July 2017

Hengrave to Bury St Edmunds BUS WALK

Postcode: IP33 1TZ

Walk back alongside the River Lark, following St Edmunds Way. Regular buses from Mildenhall Road to town centre or continue on foot. Fare £2 approx or bus pass. Toilets at Bus Station.

Meet at 10.10am at Bury Bus Station to catch the 10.20am bus to Hengrave (or board on route, No 355 to Mildenhall).

Led by Bury Walks Leaders.

Grade 3 - 3.3 miles 90 mins

Monday 31st July 2017

NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

Tuesday 1st August 2017

BURY ST EDMUNDS – Beginners Walk - WEEKLY

Postcode IP33 3TT

A walk around the Tayfen and Springfield road nature reserve.

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Led by Bury Leisure Staff Walk Leaders

Grade 1 30 minutes

Tuesday 1st August 2017

Wyvales Garden Centre, Bury St Edmunds

Postcode: IP33 2RN

Leisurely paced walk, on good surfaces, alongside the River Lark, around the Abbey Gardens and Great Churchyard then retrace our steps alongside the River Lark.

Meet at 1.45pm for 2.00pm start at Wyvales, Rougham Rd. (Park in rear overflow car park). Grade 2 - 75-90 mins

Led by Bury Walks Leaders.

Wednesday 2nd August 2017

Meet under village sign at 10.15am for 10.30 am start.

Park sensibly in village or at The Crown. Facilities available there. Grade 3, approx. 3 miles 90 mins plus talk stops and Church visit

Hartest to Boxted Church and back.

Circular walk on field edge paths, pavement and short stretches on quiet lanes. A couple of easy ascents and descents and a few steps. Lovely views and scenery. Will visit Boxted Church to look for the Golden Frog earring. Led by Monique and William Wilson.

Monday 7th August 2017

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

Tuesday 8th August 2017

Postcode IP33 3TT

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Grade 1 30 mins

BURY ST EDMUNDS – Beginners Walk - WEEKLY

A walk around the Tayfen and Springfield road nature reserve.

Led by Bury Leisure Staff Walk Leaders

Friday 11th August 2017

Post Code: IP28 6TB

Meet at 10.15am for 10.30am start 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.

Grade 3 - 2.5-3 miles 75-90 mins

Monday 14th August 2017

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

Cavenham Heath NNR, Tuddenham St Mary

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. This is an ideal time to see Stone Curlews so bring binoculars if interested. Sensible walking shoes are advisable. Toilets and refreshments at Tuddenham Nurseries.

Led by Bury Walks Leaders.

NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

Tuesday 15th August 2017

Postcode IP33 3TT

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Grade 1 / 30 mins

BURY ST EDMUNDS – Beginners Walk - WEEKLY

A walk around the Tayfen and Springfield road nature reserve.

Led by Bury Leisure Staff Walk Leaders

**Wednesday 16th
August 2017**

NEW Ickworth Park Walk

Meet at 10am for
10.15am start at Ick-
worth House Car Park
Admission free for all
health walkers

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

Grade 3/4 2.5 miles
60 to 90 mins

Led by Bury Walk Leaders

**Thursday 17th August
2017**

Evening Walk Nowton Park to High Green

Post Code IP29 5LU

A walk from Nowton Park to the trig point at
High Green
On footpaths and bridleways, picking out
some of the higher buildings of Bury, Some
parts can be muddy if wet, a section of minor
road walking to avoid styles. Led by Bury
Walks Leaders.

Meet at 6-15pm for
6-30pm start at Now-
ton Park Car Park.

Grade 3 - 3.7 miles
90mins

**Monday 21st August
2017**

**NOWTON PARK Going strong! Get Walking
Mondays! Bury St Edmunds WEEKLY WALK**

Postcode: IP29 5LU
Meet Nowton Park Car
Park 10am

**Tues 22nd August
2017**

**BURY ST EDMUNDS – Beginners Walk -
WEEKLY**

Postcode IP33 3TT

A walk around the Tayfen and Springfield road
nature reserve.

Meet at 10.15am for a
10.30am start at Abbey-
croft Leisure

Led by Bury Leisure Staff Walk Leaders

**Thursday 24th August
2017**

Denston Village NO DOGS

Postcode: CB8 8PW

Meet at 10.45am for
11am start at Denston
Village Hall. Grade 4 -
90 mins

A route skirting and eventually entering
the parkland of Denston Hall. Sheep and/
or cattle are sometimes found in the park.
Mainly flat but does include one gentle ditch.
No stiles. Toilets available in village hall.
Nearest refreshments at pubs in Stansfield or
Wickhambrook.

Led by Bury Walks Leaders.

**Monday 28th August
2017**

**NOWTON PARK Going strong! Get Walking
Mondays! Bury St Edmunds WEEKLY WALK**

Postcode: IP29 5LU
Meet Nowton Park Car
Park 10am

**Tuesday 29th August
2017**

Horringer to Bury St Edmunds BUS WALK

Postcode: IP33 1TZ

Meet at 10am at Bury
Bus Station to catch
10.15am bus to Horr-
inger (or catch on route,
No 15 to Haverhill).

Walk back to Bury via the Hopleys, Horsecroft
and Hardwick Heath. At West Suffolk Hospital
there are regular buses to town or continue to
walk to Abbey Gardens.
N.B. Bridlepaths can be very muddy after rain.
Approx £4 or Bus Pass.

Led by Bury Walks Leaders.

Grade 3-4 - 3 miles to
West Suffolk
Hospital/3.8 miles to
Abbey Gardens

Tuesday 29th August 2017

BURY ST EDMUNDS – Beginners Walk - WEEKLY

Postcode IP33 3TT

A walk around the Tayfen and Springfield road nature reserve.

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Led by Bury Leisure Staff Walk Leaders

Grade 1 30 mins

Wednesday 30th August 2017

Barrow

Postcode IP29 5AF/
Map ref 764634

A walk along footpaths and quiet lanes to Denham Castle to see the banks and ditches remaining of the motte and bailey castle. Some fine open views on route and the return walk passes a deer farm. Refreshments/toilets at the Three Horseshoes pub or The Udder Room after the walk.

Meet 10.15am for 10.30am start at free public car park in centre of village.

Led by Bury Walk Leaders.

Grade 3-4 - 3 miles

75-90 mins

Friday 1st September 2017

Nowton Park to Nowton Church NEW AFTERNOON WALK

Postcode IP29 5LU

Walk through Nowton park to Nowton Churches. 2 stiles to negotiate but mainly on good pathways.

Meet 4.00pm at Nowton Park Car Park

Led by Bury Walk Leaders

Grade 3-4
3 miles / 75-90 mins

Monday 4th September 2017

NOWTON PARK Going strong! Get Walking Mondays! Bury St Edmunds WEEKLY WALK

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

Tuesday 5th September 2017

BURY ST EDMUNDS – Beginners Walk - WEEKLY

Postcode IP33 3TT

A walk around the Tayfen and Springfield road nature reserve.

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds

Led by Bury Leisure Staff Walk Leaders.

Grade 1 30 mins

Tuesday 5th September 2017

Moreton Hall , Bury St Edmunds.

Postcode: IP32 7EW

A town walk within the Moreton Hall estate, including Natter's Wood and Shakers' Lane. Mostly hard surfaces with woodland paths. Free parking. Refreshments available at the pub or cafe.

Meet 10.15am for 10.30am start at the Moreton Hall Community Centre car park, Symonds Road (two additional car parks nearby).

Led by Bury Walks Leaders.

Grade 3 - Approx 90 mins

**Monday 11th
September 2017**

**NOWTON PARK Going strong! Get Walking
Mondays! Bury St Edmunds WEEKLY WALK**

Postcode: IP29 5LU

Meet Nowton Park Car
Park 10am

**Tuesday 12th
September 2017**

**BURY ST EDMUNDS – Beginners Walk -
WEEKLY**

Postcode IP33 3TT

Meet at 10.15am for a
10.30am start meet at
the Abbeycroft Leisure,
Bury St Edmunds

A walk around the Tayfen and Springfield road
nature reserve.

Led by Bury Leisure Staff Walk Leaders

Grade 1 30 mins

**Thursday 14th
September 2017**

**Blackthorpe Barn, Rougham
Farmland and Woodland walk.**

Postcode: IP30 9LZ

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,
junction 46, east of
Bury St Edmunds
signed Rougham &
Rougham Industrial Est.
then follow AA signs

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 and refreshments available.

Led by Bury Walks Leaders

Grade 2

Approx. - 2.5 miles 75
mins

**Monday 18th
September 2017**

**NOWTON PARK Going strong! Get Walking
Mondays! Bury St Edmunds WEEKLY WALK**

Postcode: IP29 5LU

Meet Nowton Park Car
Park 10am

**Tuesday 19th
September 2017**

**BURY ST EDMUNDS – Beginners Walk -
WEEKLY**

Postcode IP33 3TT

Meet at 10.15am for a
10.30am start meet at
the Abbeycroft Leisure,
Bury St Edmunds

A walk around the Tayfen and Springfield road
nature reserve.

Led by Bury Leisure Staff Walk Leaders

Grade 1 30 mins

**Tuesday 19th
September 2017**

Sicklesmere to Bury St Edmunds. BUS WALK

Postcode: IP33 1TZ

Meet at 9.55am at
Bury Bus Station to
catch the 10.04am bus
to Rushbrook Arms,
Sicklesmere (or catch
on route, no 753 to
Sudbury).

Walk back to Bury via Hawstead Lane, Nowton
Park and the River Lark to Abbey Gardens.
Some road walking. Bus pass or fare approx.
£4. Toilets at Bus Station, Nowton Park and
Abbey Gardens. Refreshments at Abbey
Gardens (or option to stop at Nowton Park
and catch bus back to town from Mayfield
Road)

Led by Bury Walks Leaders

Grade 3-4 - 90 mins

**Wednesday 20th
September 2017**

NEW Ickworth Park Walk

Meet at 10am for a
10.15am start at the Ick-
worth House Car Park
Admission (Free for all
health walkers)

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

Grade 3/4
2.5 miles 60 to 90
mins

Led by Bury Walk Leaders

**Monday 25th
September 2017**

**NOWTON PARK Going strong! Get Walking
Mondays! Bury St Edmunds WEEKLY WALK**

Postcode: IP29 5LU

Meet Nowton Park Car
Park 10am

**Tuesday 26th
September 2017**

**BURY ST EDMUNDS – Beginners Walk -
WEEKLY**

Postcode: P33 3TT

Meet at 10.15am for a
10.30am start meet at
the Abbeycroft Leisure,
Bury St Edmunds

A walk around the Tayfen and Springfield road
nature reserve.

Led by Bury Leisure Staff Walk Leaders

Grade 1 30 mins

**Tuesday 26th
September 2017**

**New Walk Around Whepstead and Mickly
Green.**

Postcode IP29 4TA

10.15 am for 10.30am
start.Meet Whepstead
Community Centre car
park. This is on left, at
start of village on B St
Ed. To Brockley road.
No facilities but White
Horse open after walk.

From the car park, along pavement, down and
around Hall and onto the Bury to Clare walk.
Short stretch on quiet road and around Hall
farm back to Village Hall. Well-trodden paths
that can get muddy.

Led by Monique and William Wilson.

Grade 3 90 mins

**Thursday 28th
September 2017**

Stansfield Area

Postcode CO10 8LW

Meet at 10.45am for
11.00am start at
Stansfield Village Hall.

A circular walk of the hills surrounding the
village with good views from the tops but
there are a few steady climbs. The route
includes the church, a converted windmill,
a crossing of the baby River Glem, one
stile and one step-over. Toilets in hall and
refreshments at the 'Compasses' pub.

Grade 5 - Approx 75
mins

Led by Bury Walks Leaders.

HAVERHILL WALKS

Monday 3rd July 2017 Haverhill – Beginners Weekly Walk

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 14pm start

Grade 1 approx 30 mins

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers.

Led by Mandy Felton

Thursday 6th July 2017

HAVERHILL – Wilsey Farm

Post Code: CB9 0BW
Meet 10.45am at New Croft car park for an 11.00 am start.

Grade 2. 60 mins

Walking round the back of the school, across the fields to Wilsey Farm, we walk back via the Kedington/Haverhill track. Refreshments and toilets available at New Croft.

Led by Vivienne Gould, Maura Green, Lynne Thomas

Monday 10th July 2017 Haverhill – Beginners Weekly Walk

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 2pm start

Grade 1 approx 30 mins

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers

Led by Mandy Felton

Thursday 13th July 2017

Castle Camps

Postcode: CB21 4SS

Meet 10.45 am at Village Hall for an 11.00 am start.

Grade 3. 60 – 75 mins

We walk across the fields to the church and site of medieval village returning via a circular route. Refreshments and toilets available at the Village Hall or Fox and Hounds, Steeple Bumpstead.

Led by Lian Watkin, Peter and Beryl Wilkens.

Monday 17th July 2017 Haverhill Beginners Weekly Walk

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 14pm start

Grade 1 / approx 30 mins.

Run by Haverhill Leisure staff to get people enjoying walking. A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers

Led by Mandy Felton

Thursday 20th July 2017

HAVERHILL – Meadows Estate

Postcode: CB9 7YL

Meet 10.45 am at Sainsbury's car park for an 11.00 am start.

Grade 2. 60 mins

Buggy friendly walk on good footpaths. Refreshments and toilets available at Sainsbury's Supermarket.

Led by David Payne, Lynne Thomas, Jim Foster.

Monday 24th July 2017

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 14pm start
Grade 1 approx 30 mins.

Haverhill Beginners Weekly Walk

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers.

Led by Mandy Felton

Tuesday 25th July 2017

Postcode CB9 0ER

Meet at 6.30pm at Leisure Centre.
Grade 1-buggy/child friendly walk

Duration-variable, 30min-90mins up to 3 miles
Distance / variable

New Evening Haverhill Walk

We will take the pedestrian route along the disused railway towards Sainsbury's, stopping off at the skatepark on the Arrendene estate and the play area on the Meadows estate, Using the play equipment is not compulsory but youngsters can indulge whilst some walkers may turn and head for home before reaching it.

Led by David Payne

Thursday 27th July 2017

Postcode: CB8 8XS

Meet 10.45 am at Wickhambrook Village Hall car park for an 11.00 am start.

Grade 4/5. 60 – 90 mins

Wickhambrook – NO DOGS

Circular walk around village on tracks and lanes, hilly in places and maybe stiles. Refreshments and toilets available at The Greyhound Public House

Led by Jean and David Boxall, Maura Green

Monday 31st July 2017

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 14pm start
Grade 1 approx 30 mins.

Haverhill Beginners Weekly Walk

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers

Led by Mandy Felton

Thursday 3rd August 2017

Post Code: CB9 0ER

Meet 10.45 am at Leisure Centre for an 11.00 am start
Grade 2. 60 mins

HAVERHILL – Railway Walk West

We walk west along the disused railway line, then up through Hales Barn and Chalkstone Estates. Refreshments and toilets available at Leisure Centre

Led by Lynne Thomas, Jim Foster, Lian Watkin

Monday 7th August 2017

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 14pm start
Grade 1 approx 30 mins.

Haverhill Beginners Weekly Walk

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers

Led by Mandy Felton

Thursday 10th August 2017

Withersfield

Post Code: CB9 7RX

Meet 10.45 am at Village Hall or nearby green for an 11.00 am start.

We take field side footpaths from the church to Burton Green and return via High Street. Refreshments and toilets available at Sainsbury's supermarket

Led by Beryl & Peter Wilkens, David Payne

Grade 3. 60 mins

Monday 14th August 2017

Haverhill Beginners Weekly Walk

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 14pm start
Grade 1 approx 30 mins

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers Led by Mandy Felton

Thursday 17th August 2017

HAVERHILL – Wilsey Woods

Post Code: CB9 0ER

Meet 10.45 am at Leisure Centre for an 11.00 am start
Grade 3. 60 mins

We walk mainly on good footpaths but can be muddy near the woods. Refreshments and toilets available at the Leisure Centre
Led by David Payne, Lynne Thomas, Lian Watkin

Monday 21st August 2017

Haverhill Beginners Weekly Walk

Postcode CB9 0ER

Meet at 13.45pm at Haverhill Leisure Centre for a 14pm start

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers.

Led by Mandy Felton

Grade 1 approx 30 mins

Thursday 24th August 2017

Kedington East

Post Code: CB9 7QQ

Meet 10.45 am at Kedington Community Centre for an 11.00 am start.

We walk through the village and across footpaths (can be muddy in wet weather) and return via Cock Hill. Refreshments and toilets available at Kedington Community Centre / The Plough, Brockley Green.

Led by David & Anthea Payne, Lynne Thomas

Grade 4. 60 mins

Thursday 31st August 2017

HAVERHILL - Broadlands

Post Code: CB9 0BW

Meet 10.45 am at New Croft car park for an 11.00 am start.

A walk-through meadows and a brief stretch of footpath from Broadlands to The Fox and back via the Chalkstone Estate. Refreshments and toilets available at New Croft

Led by Lynne Thomas, Maura Green, Jim Foster

Grade 2. 60 mins

**Monday 4th
September 2017**

Postcode CB9 0ER

Meet at 13.45pm at
Haverhill Leisure
Centre for a 14pm start

Grade 1 approx 30
mins

Haverhill Beginners Weekly Walk

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers Led by Mandy Felton

**Thursday 7th
September 2017**

Post Code: CO10 8AX

Meet 10.45 am at The
Bull Inn car park for an
11.00 am start.

Grade 4. 60mins

Cavendish

This is a walk by the river to Pentlow, across the fields to Bower Hall, returning uphill to the Church and village green.
Refreshments and toilets at The Bull Inn.

Led by Maura Green, David and Jean Boxall

**Monday 11th
September 2017**

Postcode CB9 0ER

Meet at 13.45pm at
Haverhill Leisure
Centre for a 14pm start

Grade 1 approx 30
mins

Haverhill Beginners Weekly Walk

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers

Led by Mandy Felton

**Thursday 14th
September 2017**

Post Code: CB9 7UR

Meet 10.45 am at East
Town Park car
park for an 11.00 am
start.

Grade 2. 60 mins

HAVERHILL – East Town Park

This is a circular walk round the extensive park area.
Refreshments and toilets available at East Town Park

Led by Vivienne Gould, Jim and Wendy Foster

**Monday 18th
September 2017**

Postcode: CB9 0ER

Meet at 13.45pm at
Haverhill Leisure Cen-
tre for a 14pm start

Grade 1 approx 30
mins

Haverhill Beginners Weekly Walk

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers.

Led by Mandy Felton

**Thursday 21st
September 2017**

Postcode: CB8 0RA

Meet 10.45 am at The
Red Lion PH car
park for an 11.00 am
start.

Grade 4. 60 – 90 mins

Brinkley – NO DOGS

This is a circular walk over field paths between Brinkley, Westley Waterless and Burrough, Green. Refreshments and toilets available at The Red Lion PH

Led by David and Jean Boxall, Lynne Thomas

**Monday 25th
September 2017**

Postcode CB9 0ER
Meet at 13.45pm at
Haverhill Leisure
Centre for a 14pm start

Grade 1 approx 30
mins

Haverhill Beginners Weekly Walk

Run by Haverhill Leisure staff to get people enjoying walking A beginners walk on paved areas walking down the railway pathways at a pace suitable for new walkers Led by Mandy Felton

**Thursday 28th
September 2017**

Postcode: CB9 7LY
Meet 10.45 am at
Sainsbury's car
park for an 11.00 am
start.

Grade 1. 60 mins

HAVERHILL – Flood Park

We cross the road at the mini roundabout, walk up steps onto flood park bank, turn right and walk round the park. Refreshments and toilets available at Sainsbury's.

Led by Lynne Thomas, Vivienne Gould, Maura Green

BABERGH WALKS

**Wednesday 28th June
2017**

Postcode: CO10 2DZ

Meet at 10:30 for 10:45
start outside Sudbury
Community Health
Centre

Grade 1-2 1.3 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 Babergh Walk Leaders

**Wednesday 5th July
2017**

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 beginner 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 6th July 2017 Boxford Primrose Wood Walk

Postcode CO10 5PB

Meet at 11.15am for 11.30
start at Boxford Pavillion
(accessed via Holmfield)

Grade 5 allow 90 mins

Circular Walk to Primrose wood a flower rich wet meadow which is a designated County Wildlife site

Led by Babergh Walk Leaders

Tuesday 11th July 2017 Sudbury Shorter Walks

Postcode CO10 2SU

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

Grade 1/2 30 mins

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 12th July
2017**

Postcode: CO7 6DH

Meet for 10.30 a.m. start
in public car park (on
left after passing mill) off
Mill Lane, which is main
route into village from
Ipswich direction.
Grade 5 90 minutes

Dedham

Walk in the Stour valley to Langham church.

Led by Cynthia Glinos and Helen Howe

Wednesday 19th July 2017

Sudbury Health Centre, Chilton

Postcode CO10 2DZ

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.

Meet at 10:30 for 10:45 start outside Sudbury Community Health Centre

Led by Babergh Walk Leaders

Grade 1-2 1.3 miles 45 mins

Thursday 20th July 2017

Stoke By Nayland Walk – NO DOGS PLEASE ON THIS WALK

Postcode CO6 4QY

A circular walk through Constable Country with scenic views along country lanes and farmland

Meet at 11.15am for 11.30 start at Stoke by Nayland Recreation Ground

Led by Babergh walk leaders

Grade 5 allow 90 mins

Friday 21st July 2017

Hadleigh Railway Walk

Post Code (Nearest) IP7 5QD

This will be a circular walk along the disused railway and through the footpaths of Raydon Great Wood. Toilets and refreshments in Hadliegh after the walk. Any questions 07954 684 752

Meet at 10:45 in the free Car Park for 11am start on the Woodlands Road (North of the village of Raydon)

Led by Alison Monk

Grade 4 Approx 3.5 – 4 miles 90 mins

Tuesday 25th July 2017

Sudbury Shorter Walks

Postcode CO10 2SU

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

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

Led by Babergh walk leaders

Thursday 27th July 2017

New Beginners walk linking the grow your community project.

Postcode: CO10 2SU

A new walk to link in with the grow your own community project starting from the Kingfisher car park and then walk round to the park.

Meet at 10am at the Kingfisher Leisure Centre in Sudbury Grade 1 30 – 45 mins

Beginners walk Led by OneLife Suffolk

Wednesday 2nd August 2017

Great Cornard

Postcode: CO10 0JU

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

Meet at the Great Cornard Library for 10am walk

Led by The Great Cornard Library Staff

Grade 1 to 2 Approx. 30 to 45 mins

Thursday 3rd August 2017

Postcode: CO10 9QT

Meet at 11.15am for 11.30am start at the Horseshoes Inn Cockfield (Parking free but we ask that you use the facilities at the pub after the walk if possible)

Grade 4/5 allow 90 mins

Cockfield Countryside Walk – Dogs welcome on a lead at all times

A circular walk across fields, meadows and an old railway track

Led by Babergh Walk Leaders

Tuesday 8th August 2017

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 9th August 2017

Postcode: IP7 5AD (approx.)

Meet for 10.40am start (or after bus 91 arrives) in Magdalen Road car park.

Grade 5/90 minutes

Hadleigh to Aldham Church

A beautiful walk to the unusual Aldham church and by Dr.Taylor’s memorial.

Led by Cynthia Glinos and Helen Howe

Wednesday 16th August 2017

Postcode CO10 2DZ

Meet at 10:30 for 10:45 start outside Sudbury Community Health Centre

Grade 1-2 1.3 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 Babergh Walk Leaders

Thursday 17th August 2017

Postcode IP7 5AG
Meet at 11.15am for 11.30am start at Hadleigh Library

Grade 4/5 / 90 mins

Hadleigh Railway & Riverside Walk – Dogs welcome on a lead at all times

A circular walk along the old railway line and riverside in the pretty market town of Hadleigh

Led by Babergh walk leaders

Friday 18th August

Meet at 10.45am for 11.00am start in the Community Car Park (NOT the Village Hall Car Park) This is on The Street, on the right just after the Village Hall. Postcode IP9 2PZ (nearby)

Grade 3/90 mins

Holbrook –new walk

Around village footpaths and the surrounding countryside. Some inclines with a flat stretch along the pretty banks of Alton Water. No public toilets in village. Refreshments at village store or pub in nearby villages.

Led by Daphne Turner and Rae Corrigan

Tuesday 22nd August 2017

Meet at 11.45am to start at 12 Noon from Kingfisher Leisure Centre in Sudbury CO10 2SU

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

Thursday 24th August 2017

New Beginners walk linking the grow your community project.

Postcode CO10 2SU

A new walk to link in with the grow your own community project starting from the Kingfisher car park and then walk round to the park.

Meet at 10am at the Kingfisher Leisure Centre in Sudbury

Beginners walk Led by OneLife Suffolk

Grade 1 30 – 45 mins

Thursday 31st August 2017

Great Waldingfield Walk – Dogs welcome on a lead at all times

Postcode CO10 OSA

A circular walk around the pretty village of Great Waldingfield with open countryside views.

Meet at 11.15am for 11.30am start at Great Waldingfield Village Hall

Led by Babergh walk leaders

Grade 4/5 Allow 90 mins

Tuesday 5th September 2017

Sudbury Shorter Walks

Postcode CO10 2SU

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

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

Led by Babergh walk leaders

Wednesday 6th September 2017

Great Cornard

Postcode CO10 0JU

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

Meet at the Great Cornard Library for 10am walk

Led by The Gt Cornard Library Staff

Grade 1 to 2 Approx. 30 to 45 mins

Tuesday 12th September 2017

Elmsett

Postcode IP7 6PA

A walk along the disused railway line then through footpaths and woodland. This walk has historical interest as Elmsett was the site of The Tithe War in 1932. Refreshments in the pub or nearby Hadleigh.

Meet at 10:45 outside the Rose and Crown Pub

Any questions 07954 684 752

Grade 4 Approx 3.5 – 4 miles 90 mins

Led by Alison Monk

Thursday 14th September 2017

Lavenham Walk – Dogs welcome on a lead at all times

Postcode CO10 9SA

A circular walk westwards along St Edmunds Way path and Old railway line nature reserve.

Meet at 11.15am for a 11.30am start at The Cock Inn Lavenham

Led by Babergh walk leaders

Grade 4/5 allow 90 mins

**Tuesday 19th
September 2017**

Sudbury Shorter Walks

Postcode CO10 2SU

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

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

Led by Babergh walk leaders

Grade 1/2 30 mins

**Thursday 28th
September 2017**

Sudbury Meadow & Railway walk

Postcode CO10 2SU

Circular walk in the lovely market town of Sudbury along the old railway line and Freemans commons/meadows.

Meet at 11.15am for 11.30am start at Kingfisher Leisure Centre Sudbury

Led by Babergh walk leaders

Grade 4/5 allow 90 mins

MID SUFFOLK WALKS

Monday 3rd July 2017 Combs Ford MONTHLY

Postcode IP142SY

Monthly walk around Combs Ford and the surrounding countryside, fields and woods with some good views. The route will vary from month to month and there are stiles on some routes. Toilets available at the Co-op. Refreshments after the walk at The Magpie and the Gladstone Arms.

Meet at 10.45am for 11.00am start at Combs Ford Solar Car Park

Grade 5 (stile) – 90 mms

Led by Rae Corrigan and Daphne Turner

Wednesday 5th July 2017

Thornham Walks

Postcode IP23 8HH

The walk will take you 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 after wet weather, so sensible walking shoes are advisable. Toilets and tea rooms on site.

Meet at 10:30am for a 10.45am start at Thornham Walks OVERFLOW car park

Grade 3 3-3.5 miles 90 mins

Led by Beyond The Wall (01379 788700)

Friday 14th July 2017

Coddenham

Postcode IP69PS

Walk is through varied terrain on grass, field edges and country lanes.

Meet at 10.45am for 11.00am start at Coddenham Village Hall Car Park

No toilets but refreshments available at the village shop.

Led by Rae Corrigan and Daphne Turner

Grade 4 3-3.5 miles 90 minutes

Wednesday 26th July 2017

Earl Stonham

Postcode IP14 5EE

A circular walk with great views on good paths. It may be muddy in places if wet.

Meet at 10.15am for 10.30am start in the car park for the parish room. This is located in Church Lane off the A1120 next to the parish church

Led by Alison Monk

Grade 5 3 – 3.5miles 90 mins

Monday 7th August 2017

Combs Ford

Postcode IP142SY

Monthly walk around Combs Ford and the surrounding countryside, fields and woods with some good views. The route will vary from month to month and there are stiles on some routes.

Meet at 10.45am for 11.00am start at Combs Ford Solar Car Park

Toilets available at the Co-op. Refreshments after the walk at The Magpie and the Gladstone Arms.

Grade 5 (stile) 90 minutes

Led by Rae Corrigan and Daphne Turner

Wednesday 10th August 2017

Thornham Walks

Postcode IP23 8HH

The walk will take you 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 after wet weather, so sensible walking shoes are advisable. Toilets and tea rooms on site.

Meet at 10:30am for a 10.45am start at Thornham Walks OVERFLOW car park

Led by Beyond The Wall (01379 788700)

Grade 3 3-3.5 miles 90 mins

Wednesday 30th August 2017

Somersham

Post Code IP8 4PF

A Walk starting at the charming village of Somersham, taking you down leafy lanes. Amble between peaceful fields of barley with a typical countryside vistas

Meet at 10.15am for 10.30am start outside the Community shop next to the recreation ground in the village.

Led by Alison Monk

Grade 5 3-3.5miles 60 to 90 mins

Monday 4th September 2017

Combs Ford

Postcode IP142SY

Monthly walk around Combs Ford and the surrounding countryside, fields and woods with some good views. The route will vary from month to month and there are stiles on some routes.

Meet at 10.45am for 11.00am start at Combs Ford Solar Car Park

Toilets available at the Co-op. Refreshments after the walk at The Magpie and the Gladstone Arms.

Grade 5 (stile) 90 mins

Led by Rae Corrigan and Daphne Turner

Wednesday 6th September 2017

Thornham Walks

Post Code IP23 8HH

The walk will take you 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 after wet weather, so sensible walking shoes are advisable. Toilets and tea rooms on site.

Meet at 10:30am for a 10.45am start at Thornham Walks OVERFLOW car park

Led by Beyond The Wall (01379 788700)

Grade 3-3.5 miles 90 mins

**Wednesday 13th
September 2017**

Needham Market

Postcode: IP6 8DF
(approx.)

Walk to Barking church then past the home of the Barrandov Opera.

Led by Cynthia Glinos and Helen Howe

Meet for 10.30 am. start in long stay area of car park on Hurstlea Road.

Grade 5 90 minutes

**Tuesday 26th
September 2017**

Gosbeck

Post Code IP6 9RZ

A lovely walk on field paths and quiet lanes. It may be muddy in places if wet.

Led by Alison Monk

Meet at 10.15am for 10.30am start at the village hall in Helmingham road

Grade 5 3-3.5 miles 90 mins

EAST SUFFOLK COASTAL WALKS

(including Framlingham, Glemham, Saxmundham, Snape and Westleton)

Tuesday 4th July 2017 Westleton Heath

Post Code IP17 3AH

Map ref TM440691

Grade 2-3, 3¾ miles

Approx 90 mins

Meet at 10:30am in the parking area between Mill Street and Baker's Lane. Mill Street, a little road almost opposite the garage. Go up the hill past cottages, park to the right or to the left. A lovely walk, leaving Westleton towards Dunwich, through heathland and forest tracks. Small section on road. No facilities on the walk but refreshments and toilets are available at local pubs. Also, The National Trust Tea rooms are nearby and on road back to the A12 is Emmerdale Farm Shop, with a lovely café. Dogs welcome on a short lead. Please arrive early if you are a new walker.

Led by Maggie Jennings and Fiona Foreman

**Regular walk 2nd
Wednesday of the
month
July 12th 2017**

Postcode IP16 4NW
Meet at 10:30 at Thorpeness Meare on the village green next to the Meare, adjacent to the public toilets. Walk starts at 10:45 a.m.

Map ref: TM 473595
Grade 2, 3.5 miles
Approx 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 - every
3rd Tuesday**

18th July 2017

Post Code IP13 9BH

Meet at 10:30 am for
prompt 10:45 am start
outside Castle Inn.

Grade 4/5, 2-3 miles

Approx 60-70 mins

Castle Walks, Framlingham

A walk around Framlingham; walks vary 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 & display) or town centre car parks. Toilets and refreshments at Castle Inn. Public toilets in Crown & Anchor Lane (off Church Street).

Led by Castle Walks Group Walk Leaders

**Wednesday 19th July
2017**

Post code: IP18

Map ref: TM484744

Meet at 10.00am in the
Hoist car park, Lodge
Lane.

Grade 2. 2.5 miles
Approx 90 mins

Walberswick Heathland Walk

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.
Dogs on leads welcome.

Led by Paul Lacey.

**Regular walk 4th
Tuesday of the month**

25th July 2017

Post code IP17 3BY

Map ref TM470672

Grade 2 or 3 Approx
1.5 miles 60-90 mins

**Tuesday 1st August
2017**

Post Code IP17 1SP

Map ref: TM393575

Meet at 10:30am in
Snape Maltings over-
flow car park which
is right at the back
through the buildings.

Grade 3

3½ miles / Approx 90
mins

**RSPB Minsmere nature reserve walk - NO
DOGS**

Meet at 10:45 am, outside visitor centre for 11:00 am, start. Follow the brown tourist info signs marked RSPB Minsmere off the A12 at Blythburgh or Yoxford.

A walk around the 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

**Snape Maltings River, Snape Warren and
Sailors Path**

We will walk along 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 return towards Snape, going through woods. May 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

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

9th August 2017

Postcode IP16 4NW

Meet at 10:30am at
Thorpeness Meare

RSPB North Warren nature reserve walk

A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve

Led by RSPB volunteers trained as Health Walk Leaders

**Thursday 10th August
2017**

Post Code: IP17 1AT

Map ref: TM384638

Meet at 10:30am outside the tennis courts at Carlton Park Sports Ground. Travel north from the centre of the town on the B1121 towards Kelsale. Soon after leaving the town the Sports Ground is signed on the left, shortly before the industrial estate

Grade 2/3 2½miles

Approx 90 mins

Saxmundham Sports Club

Enjoy a gentle stroll to Carlton, returning through Carlton Wood. May be muddy in wet weather.

Tea, coffee and homemade cakes available at the Tennis Club after the walk.
Toilets available.

Please arrive early if you are a new walker.
Dogs welcome on short lead.

Led by Fiona Foreman and Judy Chesterfield.

**Regular Walk - every
3rd Tuesday 15th
August 2017**

Post Code IP13 9BH

Meet at 10:30 am for
prompt 10:45 am start
outside Castle Inn.

Grade 4/5
2-3 miles/60-70
Minutes

Castle Walks, Framlingham

A walk around Framlingham; walks vary 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 & display) or town centre car parks. Toilets and refreshments at Castle Inn. Public toilets in Crown & Anchor Lane (off Church Street).

Led by Castle Walks Group Walk Leaders

**Wednesday 16th
August 2017**

Post code: IP18
Map Ref: TM490754

Meet at 10.00am Lower
car park on Palmers
Lane, Walberswick.

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

Palmer's Lane & Grazing Marshes Walk

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.

Led by Paul Lacey.

**Regular walk 4th
Tuesday of the month**

22nd August 2017

Post code IP17 3BY

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

**RSPB Minsmere nature reserve walk - NO
DOGS**

A walk around the lovely RSPB nature reserve, home to some of Suffolk's greatest wildlife. 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 5th
September 2017**

Postcode IP16 4NZ
Map ref: TM596472

Meet at 10:30am by the
Meare at Thorpeness

Grade 3 3 miles

Approx. 90 mins

Thorpeness and the coast

A 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 return to Thorpeness via the beach. 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.

Led by Maggie Jennings and Fiona Foreman

**Tuesday 12th
September 2017**

Postcode IP18 6BU

Map ref: TM510760

Meet at 11am at Southwold Pier. From the A1096, through Reydon, turn left into Pier Avenue off the first roundabout.

Grade 2/3 3½miles

Approx 90 mins

Southwold

We will walk the footpath over the marshes by the boating lake, which will be muddy in wet weather, over the common to the Harbour and back via Ferry Road, Gun Hill and the promenade, past the stylish beach huts. Shorter route available. Dogs welcome on short lead. Please arrive early if you are a new walker. Refreshments and toilets available in the town. Parking usually available towards the end of the road before the pier. If not there is parking to the left of the pier with a charge.

Led by Fiona Foreman and Judy Chesterfield.

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

13th September 2017

Postcode IP16 4NW

Meet at 10:30 at
Thorpeness Meare

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 - every
3rd Tuesday**

19th September 2017

Postcode IP13 9BH

Grade 4/5
2-3 miles/60-70
Minutes

Meet at 10:30 am for
prompt 10:45 am start
outside Castle Inn.

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 & display) or town centre car parks. Toilets and refreshments at Castle Inn after walk. Public toilets in Crown & Anchor Lane (off Church Street). Led by Castle Walks Group Walk Leaders

**Wednesday 20th
September 2017**

Postcode: IP19 9LQ

Meet at 10.00am Blythburgh Village car park (opposite the White Hart pub off the A12).

Grade 2, 2.5km walk.
Approx 60 mins

Angel Marshes & Woodland Walk

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.

Led by Paul Lacey.

**Regular walk 4th
Tuesday of the month**

26th September 2017

Post code IP17 3BY

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

**RSPB Minsmere nature reserve walk - NO
DOGS**

A walk around the lovely RSPB nature reserve, home to some of Suffolk's greatest wildlife. No dogs are allowed because of breeding birds, except assistance dogs on a short lead.

Led by RSPB volunteers trained as Health Walk Leaders

Felixstowe Health Walks

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

July 3rd 2017

Postcode IP11 2AE.

Meet at 10.45am outside the Felixstowe Leisure Centre entrance.

Grade 1 or 2. Approx. 40 to 60 mins

Felixstowe Sea Front

Start your week off with a refreshing entry level health walk along the promenade and occasionally nearby park/gardens. Led by the Felixstowe group of Stepping Out in Suffolk trained walk leaders.

In addition, we also have longer walks on alternate Tuesdays. These will also be led by the Felixstowe group of Stepping Out in Suffolk trained walk leaders.

Tuesday 11th July 2017

Towards Falkenham

Map Ref: 279378

Meet at 10.45am in the Capel Hall Lane free car parking area on Kirton Road, north of A14 Kirton junction.

Grade 5 About 4 miles

Walk is a circular route mainly off road across towards Falkenham. Possible stiles if livestock is about and gates are locked. No facilities available on site.

Contact on day Nigel Meadows 07804820853

17th July 2017

Regular fortnightly Monday morning walk (excluding bank holidays)

Postcode IP11 2AE.

Meet at 10.45am outside the Felixstowe Leisure Centre entrance.

**Tuesday 25th July
2017**

Meet at 10.45am in the pay and display car park, by the entrance from Ferry Road, opposite Westmoreland Road, just before the Golf Club (There may be some road parking available)
Map Ref: 323 364

Grade 4 Approx. 90 mins

**Regular fortnightly
Monday morning
walk** (excluding bank holidays)
31st July 2017
Postcode IP11 2AE.

Meet at 10.45 outside the Felixstowe Leisure Centre entrance.

Felixstowe Sea Front

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

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

Felixstowe Ferry

Walk is along Tomline Wall permissive path (which could be a bit overgrown), then along new sea wall to the Ferry returning along sea front and up steps to the car park. Café and toilets available at the ferry.

Contact on day Nigel Meadows 07804820853

Felixstowe Sea Front

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

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

Tuesday 8th August 2017

Meet 10.45am in small free car park behind St Mary's Church, High Street, Walton. Map Ref: 296 356

Grade 4. 90 mins

Walton and Clickett Hill

Walk is mainly off road, around Candlet, Walton and Clickett Hill area. No facilities. Contact on day Nigel Meadows 07804820853

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

14th August 2017

Postcode IP11 2AE.

Meet 10.45am outside Felixstowe Leisure Centre entrance.

Felixstowe Sea Front

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

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

Tuesday 22nd August 2017

Postcode IP10 OEP
Map Reference: 230 392
Meet at 10.45am in the Nacton Shore free car park, which is accessed from Nacton Village, down at the end of Church Road, past Orwell Park School (NOT Orwell Country Park!)
Grade 5, 4.35 miles
Approx 90 mins

Nacton and Levington

Walk is up through Nacton Village, round the old Amberfield school site, through Decoy Wood and Levington brook valley. Returning through Levington Village and back along Nacton Shore. Some rough steps. No facilities on site.

Contact on day Nigel Meadows 07804820853

Regular fortnightly Monday morning walk (excluding bank holidays)

Monday 4th September 2017

Postcode IP11 2AE.

Meet at 10.45 outside the Felixstowe Leisure Centre entrance.

Felixstowe Sea Front

Start your week off with a refreshing entry level health walk along the promenade and occasionally nearby park/gardens. Led by the Felixstowe group of Stepping Out in Suffolk trained walk leaders.

Tuesday 12th September 2017

Map Ref: 281 397
Postcode: IP10 0PY

Meet at 10.45am in Kirton Church Hall car park, which is at the end of Church Road in Kirton, accessed along Rectory Lane, off the Trimley/Bucklesham Road.

Grade 4 Approx. 90 mins

Kirton and Falkenham marshes

Walk is through Falkenham Village down to Falkenham Creek river wall and back through corporation marshes
Contact on day Nigel Meadows 07804820853

**Regular fortnightly
Monday morning walk**
(excluding bank
holidays)

18th September 2017

Postcode IP11 2AE.

Meet at 10.45am
outside the Felixstowe
Leisure Centre
entrance.

Felixstowe Sea Front

Start your week off with a refreshing entry
level health walk along the promenade and
occasionally nearby park/gardens.
Led by the Felixstowe group of Stepping Out
in Suffolk trained walk leaders.

**Tuesday 26th
September 2017**

Postcode: IP11 0SR

Map Ref: 277 368

Meet at 10.45am in
Trimley High Street, by
the end of Thurmans
Lane (travel by bus, or
park in main road)

Grade 4 Approx. 90
mins

Trimley St Martin

Walk is a circular loop of footpaths all round
Trimley St Martin.
Contact on day Nigel Meadows
07804820853

Ipswich Health Walks

Sunday 2nd July 2017 Around Chantry Library

Postcode IP2 0QY

Meet at 13.30pm inside
Chantry Library,
Hawthorn Drive,
Ipswich

Grade 2, 2.5 miles
Approx 90 mins

The walk will take you to along passageways
and footpaths to the walled garden in Chantry
Park, which is open especially for us, with
refreshments for £2.00. Bus no 13 from Tower
Ramparts runs three times an hour on a
Sunday and stops outside the library. Optional
quiz for children.
Led by Cathy Gale

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

July 3rd 2017

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

Grade 3 / 1.5 miles
Approx 60 mins

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. For more information
contact 01473 345350

Tuesday 4th July 2017 Kesgrave Tesco to Mill Stream

Postcode IP5 2FU
Meet at 10.30am at
Kesgrave Tesco in
Ropes Drive
Free parking for 3
hours or bus route 66
from Ipswich
Grade 4, 3 miles
Approx 90 mins

A stroll through Pine Woods, along the Mill
Stream and back past the Foxhall stadium.
Toilets and refreshments available at Tesco or
the Café 66 in the Scout HQ before & after.

Led by Lyn & Graham Parker

A regular walk on alternative Mondays

(omitting bank holidays)

Monday 10th July 2017

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

Postcode IP4 1QJ

Grade 3 Approx 60 mins

A regular walk on alternative Mondays (omitting bank holidays)

17th July 2017

Meet at 11am at main gates of Christchurch Park, Soane Street

A regular walk on alternative Mondays (omitting bank holidays)

24th July 2017

Postcode IP4 1QJ

Ipswich Waterfront & Holywells Park

Walking on pavements and paths, with some slight incline. 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

Christchurch Park

Come and join ActivLives for a walk around this beautiful park.

Led by ActivLives. For more information contact 01473 345350

Ipswich Waterfront & Holywells Park

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

Walking on pavements and paths, with some slight incline.

Led by Doreen Chapman

Tuesday 25th July 2017

Postcode IP5 2GA

Meet at 10.30am at car park at rear of Farmhouse Pub bus route 66 from Ipswich

Grade 4 3 miles Approx 90 mins

31st July 2017

A regular walk on alternative Mondays (omitting bank holidays)

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

Wednesday 2nd August 2017

Postcode IP12 4NY
Meet at 10.30am at Newbourne Fox Pub. Parking in car park or at village hall

Grade 4, 3 miles
Approx 90 mins

Kesgrave Farmhouse Pub to Halls Pit

A stroll around Kesgrave sand pit, past the horses and back through the woods. Toilets and refreshments available at pub after. Led by Lyn & Graham Parker

Christchurch Park

Come and join ActivLives for a walk around this beautiful park.

Led by ActivLives. For more information contact 01473 345350

Newbourne Smallholdings and Springs

A stroll around the backs of the former LSA smallholdings and back through the Springs Nature Reserve. Toilets and refreshments available at pub before and after.

Led by Lyn & Graham Parker

7th August 2017**Ipswich Waterfront & Holywells Park**

A regular walk on alternative Mondays (omitting bank holidays)

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

Postcode IP4 1QJ

Walking on pavements and paths, with some slight incline.

Led by Doreen Chapman

14th August 2017**Christchurch Park**

A regular walk on alternative Mondays (omitting bank holidays)

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

Come and join ActivLives for a walk around this beautiful park.
Led by ActivLives. For more information contact 01473 345350

21st August 2017**Ipswich Waterfront & Holywells Park**

A regular walk on alternative Mondays (omitting bank holidays)

Walking on pavements and paths, with some slight incline.

Led by Doreen Chapman

Postcode IP4 1QJ

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

4th September 2017**Ipswich Waterfront & Holywells Park**

A regular walk on alternative Mondays (omitting bank holidays)

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

Postcode IP4 1QJ

Walking on pavements and paths, with some slight incline. Led by Doreen Chapman.

Tuesday 5th September 2017**Kesgrave Tesco to Foxhall**

Postcode IP5 2FU

A stroll through Pine Woods to Foxhall and back past the Nuffield Hospital. Toilets and refreshments available at Tesco or 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 3.5miles
Approx 90 mins

11th September 2017**Christchurch Park**

A regular walk on alternative Mondays (omitting bank holidays)

Come and join ActivLives for a walk around this beautiful park.
Led by ActivLives. For more information contact 01473 345350

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

18th September 2017

Ipswich Waterfront & Holywells Park

A regular walk on alternative Mondays (omitting bank holidays)

Walking on pavements and paths, with some slight incline.

Led by Doreen Chapman

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

Postcode IP4 1QJ

Wednesday 20th September 2017

Bucklesham Shannon Pub to Brightwell

Meet at 10.30 at Bucklesham Shannon Pub. Parking in car park or at village hall

A walk across fields towards Brightwell Church. Toilets/refreshments at pub.

Led by Lyn & Graham Parker

Postcode IP10 ODR

Grade 5 3miles
Approx 90 mins

25th September 2017

Christchurch Park

A regular walk on alternative Mondays (omitting bank holidays)
Meet at 11am at the main gates of Christchurch Park, Soane Street entrance, near the wooden benches

Come and join ActivLives for a walk around this beautiful park.

Led by ActivLives. For more information contact 01473 345350

Woodbridge Health Walks

Friday 7th July 2017

Framfield Health Centre, Ipswich Road, Woodbridge

Walk takes places every 2nd Friday

Meet at 10:15 am outside the Health Centre for a 10:30 am start. Varied routes, mostly on hard surfaces. Please park at the top of the car park away from Notcutts entrance. Toilets available at the Health Centre and Notcutts Café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.

Postcode IP12 4FD

Grade 2-3 Approx 60-75 mins

Led by the Woodbridge Walk Leaders

Monday 17th July 2017

Wickham Market

Post Code: IP13 0QS

Map Ref TM302559

Meet at 2pm on The Hill outside Café 46 for a walk round Wickham Market and its surroundings.

Grade 1, 3 + 5 (split groups)

Approx: 35-90 mins

This will vary in length and time dependant on the walkers. The shortest time is 30 minutes and the longest 90 minutes. 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

Friday 21st July 2017**Ramsholt**

Post Code: IP12 3AB

Map Ref: 307415

Meet at 2pm in the car park above Ramsholt Arms.

Grade 5, Approx: 90 mins

A walk overlooking Gosford Bay that harboured the Kings Fleet in past marine wars. Visiting one of the rare circular towered churches made from flint and plaster. Passing the Deben shell industry centre industry centre. Toilets in the pub, book if you want lunch pre-walk.

Led by Isabel Smith and Wickham leaders: Info 07970 937899

Friday 21st July 2017**Framfield Health Centre, Ipswich Road, Woodbridge**

Every 2nd Friday

Postcode IP12 4FD

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

Varied routes, mostly on hard surfaces. Led by the Woodbridge Walk Leaders

31st July 2017**Wickham Market**

Post Code: IP13 0QS

Map Ref TM302559

Meet at 2pm on The Hill outside Café 46 for a walk round Wickham Market and its surroundings.

Grade 1, 3 + 5 (split groups)

Approx: 30-90 min

Will vary in length and time 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 1 weeks' notice required. Refreshments from Teapots or Café 46

Led by Isabel Smith and Wickham leaders:

Wednesday 2nd August 2017**Orford**

Post Code IP12

Meet at 10am in the front of Town Hall on the Square. Park by the school and walk down to the square.

Grade 5
Approx: 90mins

A walk around the old town of Orford viewing the Radio Masts on Orfordness. Watch the wading birds on the river and the lapwing arriving to overwinter in the area. The odd hare may be on arable stubbles. View the Pagodas on Orfordness and a vista up the coast.

Public Toilets behind the Town Hall. Refreshments in one of the pubs or Quay Café.

Led by Wickham leaders: Info 07970 937899

7th August 2017**Wickham Market**

Post Code: IP13 0QS

Map Ref TM302559

Meet at 2pm on The Hill outside Café 46 for a walk round Wickham Market and its surroundings.

Grade 1, 3 + 5 (split groups)

Approx: 30-90 min

Will vary in length and time 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 1 weeks' notice required. Refreshments from Teapots or Café 46

Led by Isabel Smith and Wickham leaders: Info 07970 937899

**Friday 4th August
2017**

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

Walk takes places
every 2nd Friday

Varied routes, mostly on hard surfaces.
Led by the Woodbridge Walk Leaders

Postcode IP12 4FD

Meet at 10:15am out-
side the Health Centre
for a 10:30 am start

**Friday 11th August
2017**

Snape

Postcode IP17 1SR

A Walk along the Smugglers Path on the Alde
Banks, fleeting views of the river bank and
valley. See breeds of native cattle. Watch
migrating birds and the last swallows flocking
up to travel south.

TM 402584

Meet at the Sailor Path
Car Park in Priory Lane
at 11am

No Toilets or Refreshments. Use one of the
three pubs or Snape Maltings or Friday St
Café.

Grade 4
Approx: 90 mins

Led by Wickham Leaders. Info 07970 937899

**Friday 18th August
2017**

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

Walk takes places
every 2nd Friday

Varied routes, mostly on hard surfaces.
Led by the Woodbridge Walk Leaders

Postcode IP12 4FD

Meet at 10:15 am out-
side the Health Centre
for a 10:30 am start

21st August 2017

Postcode: IP13 0QS

Map Ref TM302559

Meet at 2pm on The
Hill outside Café 46 for
a walk round Wickham
Market and its sur-
roundings.

Grade 1, 3 + 5 (split
groups)

Approx: 35-90 min

Friday 1st Sept 2017

Walk takes places
every 2nd Friday

Postcode IP12 4FD

Meet at 10:15 am out-
side the Health Centre
for a 10:30 am start

Wickham Market

Will vary in length and time 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
1 weeks' notice required. Refreshments from
Teapots or Café 46

Led by Isabel Smith and Wickham leaders:
Info 07970 937899

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

Varied routes, mostly on hard surfaces.

Led by the Woodbridge Walk Leaders

4th September 2017**Wickham Market**

Post Code: IP13 0QS

Map Ref TM302559

Meet at 2pm on The Hill outside Café 46 for a walk round Wickham Market and its surroundings.

Grade 1, 3 + 5 (split groups)

Approx: 35-90 min

Will vary in length/time 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 1 weeks' notice required. Refreshments from Teapots or Café 46. Led by Isabel Smith and Wickham leaders: Info 07970 937899

Friday 8th September 2017**Tangham**

Post Code IP12 3NF

Meet at Folly Cottage Car Park at 11am

Grade 5 90 mins
3 miles approx.

A walk in the Forest listening for three types of deer Chinese, Fallow and Muntjac. The deer herds are preparing for the Rutting so there is a slight chance of hearing the Stags roaring and fighting. Watch for early migrants travelling south. Toilets down in the pay car park in the main centre area. Refreshments at The Oyster Butley or The Wild Blackberry at Swann's Bromeswell

Led by Wickham Leaders. Info Mb 07970 937899

15th Sept 2017**Framfield Health Centre, Ipswich Road, Woodbridge**

Walk takes places every 2nd Friday

Postcode IP12 4FD

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

Varied routes, mostly on hard surfaces.
Led by the Woodbridge Walk Leaders

18th September 2017**Wickham Market**

Postcode: IP13 0QS
Map Ref TM302559

Meet at 2pm on The Hill outside Café 46 for a walk round Wickham Market and its surroundings.

Grade 1, 3 + 5 (split groups)

Approx: 35-90 min

Will vary in length and time dependant on the walkers. 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 1 weeks' notice required. Refreshments from Teapots/Café 46

Led by Isabel Smith and Wickham leaders:
Info 07970 937899

Tuesday 26th September 2017**Kelsale**

Post Code IP17 2RD
Map Ref TM385657

Meet at 11am at bus stop at Dorling's Corner just off A12 on the B1121.

Grade 5 / 90 mins

A walk around the small hamlet of Kelsale and footpaths View the large churchyard with its unusual lynch gate. Wander around the wooden framed houses. See the migrant flocks working their way south trying to catch their last meal over the winter stubbles. No Toilets or Refreshments. Use Cafes in Saxmundham.

Led by Wickham leaders. More Info Mb. 07970 937899

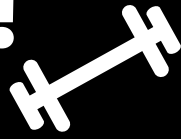
29th September 2017**Framfield Health Centre, Ipswich Road, Woodbridge**

Walk takes places every 2nd Friday

Postcode IP12 4FD
Meet at 10:15 am outside the Health Centre for a 10:30 am start

Varied routes, mostly on hard surfaces.
Led by the Woodbridge Walk Leaders

Improve your health and wellbeing!



We offer bespoke one to one support to help inactive adults with long term health conditions* become more physically active

Our **FREE** active wellbeing programme offers up to **12 months** of tailored support to improve your general wellbeing and enhance your quality of life

If you're aged 16 and over and suffer from a long term condition CALL US NOW to find out how we can help you!

Active wellbeing

01473 718193

*Eligible health conditions

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

Note: suitable for patients following exit from rehabilitation services

WANT TO GET FIT FOR FREE?

NO SWEAT

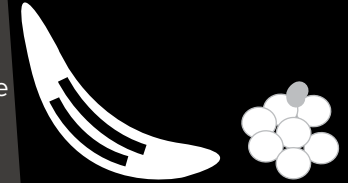


Join our **#TeenLife clubs**



Book now!

This **10 week** programme is for young people aged **12-18** who struggle with their weight and want to get fit and healthy. The course includes free physical activity sessions together with nutrition advice from our experts.



Call: **01473 718193**

Email: info@onelifesuffolk.co.uk

Visit: www.onelifesuffolk.co.uk

HEALTHY
families
HAPPY
families

Book now!

This **10 week** programme is for families with children aged **4-11** who want to achieve a healthy weight. The clubs are designed by our experts to give parents support and advice on healthy living, whilst the children get a fun, free physical activity session. The children will also receive a free water bottle and goodie bag!

Join our **FamilyLife clubs**

'LOSE'
WEIGHT

Adults & Children

STOP
Smoking

BECOME MORE
active

♥ *health* ♥
checks

Health
-WALKS-

TRAINING
And more...

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CLUB

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