

# 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

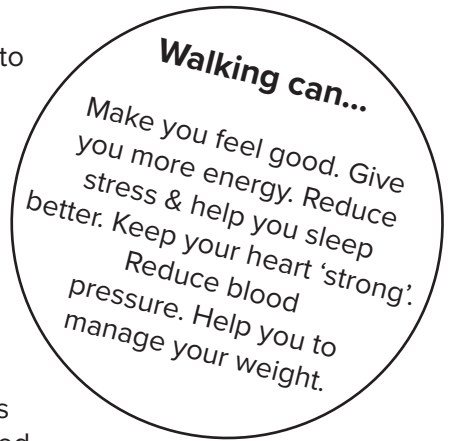
**5**

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](http://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!



**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](http://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

# Contents

<b>Walk Area</b>	<b>Page</b>
WEST SUFFOLK - NEW MARKET/FOREST HEATH	18
ST EDMUNDSBURY	28
HAVERHILL	44
BABERGH	52
MID SUFFOLK	61
EAST SUFFOLK	65
FELIXSTOWE	72
IPSWICH	77
WOODBIDGE	83

## **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](mailto:debbie.maynard@onelifesuffolk.co.uk)

**Call:** 01473 718193

**Visit:** [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)



# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Weds 28th June 2017	Sudbury Health Centre, Chilton	52
Sun 2nd July 2017	Around Chantry Library	77
Mon 3rd July 2017	Nowton Park	28
Mon 3rd July 2017	Newmarket Town	18
Mon 3rd July 2017	Combs Ford	61
Mon 3rd July 2017	Haverhill	44
Mon 3rd July 2017	Christchurch Park	77
Mon 3rd July 2017	Felixstowe Sea Front	72
Tues 4th July 2017	Westleton Heath	65
Tues 4th July 2017	BURY ST EDMUNDS	28
Tues 4th July 2017	Kesgrave Tesco to Mill Stream	77
Weds 5th July 2017	Great Cornard	53
Weds 5th July 2017	New Brandon Run	18
Weds 5th July 2017	West Stow	29
Weds 5th July 2017	Thornham Walks	61
Thurs 6th July 2017	HAVERHILL – Wilsey Farm	44
Thurs 6th July 2017	Boxford Primrose Wood Walk	53

<b>Date</b>	<b>Area</b>	<b>Page</b>
Thurs 6th July 2017	Burwell Priory Woods	18
Fri 7th July 2017	Framfield Health Centre	83
Mon 10th July 2017	Ipswich Waterfront & Holywells Park	78
Mon 10th July 2017	Haverhill – Beginners Weekly Walk	44
Mon 10th July 2017	Weekly Gentle Walk around Newmarket Town	19
Mon 10th July 2017	NEW Evening Walk	19
Mon 10th July 2017	NOWTON PARK Bury St Edmunds	29
Tues 11th July 2017	Falkenham	72
Tues 11th July 2017	New Brandon Run/Walk Route	19
Tues 11th July 2017	Lavenham	29
Tues 11th July 2017	BURY ST EDMUNDS	30
Tues 11th July 2017	Sudbury Shorter Walks	53
Weds July 12th 2017	Dedham	53
Weds July 12th 2017	RSPB North Warren nature reserve	65
Weds July 12th 2017	Ickworth Park Walk	30
Thurs 13th July 2017	Ixworth and Pakenham Watermill	30
Thurs 13th July 2017	Devils Dyke	20

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Thurs 13th July 2017	Castle Camps	45
Fri 14th July 2017	Coddenham	61
Mon July 17th 2017	Wickham Market	83
Mon July 17th 2017	Christchurch Park	78
Mon July 17th 2017	Weekly Gentle Walk around Newmarket Town	20
Mon July 17th 2017	NOWTON PARK Bury St Edmunds	31
Mon July 17th 2017	Felixstowe Sea Front	73
Mon July 17th 2017	Haverhill	45
Tues 18th July 2017	Castle Walks, Framlingham	66
Tues 18th July 2017	BURY ST EDMUNDS	31
Tues 18th July 2017	New Brandon	20
Weds 19th July 2017	Walberswick Heathland Walk	66
Weds 19th July 2017	Sudbury Health Centre, Chilton	54
Thurs 20th July 2017	Stoke By Nayland Walk	54
Thurs 20th July 2017	HAVERHILL – Meadows Estate	45
Thurs 20th July 2017	Stetchworth	31
Thurs 20th July 2017	Mildenhall - River Lark	21

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Fri 21st July 2017	Framfield Health Centre	84
Fri 21st July 2017	Ramsholt	84
Fri 21st July 2017	Hadleigh Railway Walk	54
Mon 24th July 2017	Ipswich Waterfront & Holywells Park	78
Mon 24th July 2017	Haverhill Beginners Weekly Walk	46
Mon 24th July 2017	NOWTON PARK Bury St Edmunds	31
Mon 24th July 2017	Weekly Gentle Walk around Newmarket Town	21
Tues 25th July 2017	Kesgrave Farmhouse Pub to Halls Pit	79
Tues 25th July 2017	Felixstowe Ferry	73
Tues 25th July 2017	RSPB Minsmere nature reserve walk	67
Tues 25th July 2017	Sudbury Shorter Walks	55
Tues 25th July 2017	New Evening Haverhill Walk	46
Tues 25th July 2017	BURY ST EDMUNDS – Beginners Walk - WEEKLY	32
Tues 25th July 2017	Sicklesmere/Rushbrooke Arms and around EVENING WALK	32
Weds 26th July 2017	Earl Stonham	62
Thurs 27th July 2017	New Beginners walk linking Grow Your Community project	55



# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Thurs 27th July 2017	Wickhambrook	46
Thurs 27th July 2017	Ashley/Cheveley	21
Fri 28th July 2017	Hengrave to Bury St Edmunds BUS WALK	32
Mon 31st July 2017	Wickham Market	84
Mon 31st July 2017	Christchurch Park	79
Mon 31st July 2017	Felixstowe Sea Front	73
Mon 31st July 2017	Haverhill	47
Mon 31st July 2017	NOWTON PARK Bury St Edmunds	33
Mon 31st July 2017	Weekly Gentle Walk around Newmarket Town	22
Tues 1st Aug 2017	Snape Maltings River, Snape Warren and Sailors Path	67
Tues 1st Aug 2017	BURY ST EDMUNDS – Beginners Walk	33
Tues 1st Aug 2017	Wyvales Garden Centre, Bury St Edmunds	33
Weds 2nd Aug 2017	Orford	85
Weds 2nd Aug 2017	Newbourne Smallholdings and Springs	79
Weds 2nd Aug 2017	Great Cornard	55
Weds 2nd Aug 2017	Hartest to Boxted Church	34

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Thur 3rd Aug 2017	HAVERHILL – Railway Walk West	47
Thur 3rd Aug 2017	Cockfield Countryside Walk	56
Thur 3rd Aug 2017	Moulton	22
Fri 4th Aug 2017	Framfield Health Centre	86
Mon 7th Aug 2017	Wickham Market	85
Mon 7th Aug 2017	Ipswich Waterfront & Holywells Park	80
Mon 7th Aug 2017	Combs Ford	62
Mon 7th Aug 2017	Haverhill Beginners Weekly Walk	47
Mon 7th Aug 2017	NOWTON PARK Bury St Edmunds	34
Mon 7th Aug 2017	Weekly Gentle Walk around Newmarket Town	22
Tues 8th Aug 2017	Walton and Clickett Hill	74
Tues 8th Aug 2017	Sudbury Shorter Walks	56
Tues 8th Aug 2017	BURY ST EDMUNDS – Beginners Walk - WEEKLY	34
Tues 8th Aug 2017	Evening Walk NEW	23
Weds 9th Aug 2017	RSPB North Warren nature reserve walk	68
Weds 9th Aug 2017	Hadleigh to Aldham Church	56
Weds 9th Aug 2017	Thornham Walks	62

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Thurs 10th Aug 2017	Saxmundham Sports Club	68
Thurs 10th Aug 2017	Withersfield	48
Thurs 10th Aug 2017	Exning	23
Fri 11th Aug 2017	Snape	86
Fri 11th Aug 2017	Cavenham Heath NNR, Tuddenham St Mary	35
Mon 14th Aug 2017	Christchurch Park	80
Mon 14th Aug 2017	Felixstowe Sea Front	74
Mon 14th Aug 2017	NOWTON PARK Bury St Edmunds	35
Mon 14th Aug 2017	Weekly Gentle Walk around Newmarket Town	23
Mon 14th Aug 2017	Haverhill Beginners Weekly Walk	48
Tues 15th Aug 2017	Castle Walks, Framlingham	35
Tues 15th Aug 2017	BURY ST EDMUNDS – Beginners Walk - WEEKLY	35
Weds 16th Aug 2017	Palmer's Lane & Grazing Marshes Walk	69
Weds 16th Aug 2017	Sudbury Health Centre, Chilton	57
Weds 16th Aug 2017	Ickworth Park Walk	36
Thur 17th Aug 2017	Hadleigh Railway & Riverside Walk	57
Thurs 17th Aug 2017	HAVERHILL – Wilsey Woods	48

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Thurs 17th Aug 2017	Evening Walk Nowton Park to High Green	36
Thurs 17th Aug 2017	Wild Card Walk	24
Fri 18th Aug 2017	Framfield Health Centre	86
Fri 18th Aug 2017	Holbrook –NEW	57
Mon 21st Aug 2017	Ipswich Waterfront & Holywells Park	80
Mon 21st Aug 2017	Haverhill Beginners Weekly Walk	49
Mon 21st Aug 2017	NOWTON PARK Bury St Edmunds	36
Mon 21st Aug 2017	Weekly Gentle Walk around Newmarket Town	24
Mon 21st Aug 2017	Wickham Market	87
Tues 22nd Aug 2017	Nacton and Levington	74
Tues 22nd Aug 2017	RSPB Minsmere nature reserve walk	69
Tues 22nd Aug 2017	Sudbury Shorter Walks	57
Tues 22nd Aug 2017	BURY ST EDMUNDS – Beginners Walk - WEEKLY	36
Thurs 24th Aug 2017	New Beginners walk linking the grow your community project	58
Thurs 24th Aug 2017	Kedington East	24
Thurs 24th Aug 2017	Denston Village	37
Thurs 24th Aug 2017	Newmarket - Town & Around	24

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Mon 28th Aug 2017	NOWTON PARK Bury St Edmunds	37
Mon 28th Aug 2017	Weekly Gentle Walk around Newmarket Town	24
Tues 29th Aug 2017	Horringer to Bury St Edmunds BUS WALK	37
Tues 29th Aug 2017	BURY ST EDMUNDS	38
Weds 30th Aug 2017	Somersham	63
Weds 30th Aug 2017	Barrow	38
Thurs 31st Aug 2017	HAVERHILL - Broadlands	49
Thurs 31st Aug 2017	Great Waldingfield Walk	58
Thurs 31st Aug 2017	Mildenhall Woods	25
Fri 1st Sept 2017	Framfield Health Centre	87
Fri 1st Sept 2017	Nowton Park to Nowton Church	38
Mon 4th Sept 2017	Wickham Market	88
Mon 4th Sept 2017	Ipswich Waterfront & Holywells Park	81
Mon 4th Sept 2017	Felixstowe Sea Front	75
Mon 4th Sept 2017	Combs Ford	63
Mon 4th Sept 2017	Haverhill Beginners Weekly Walk	50
Mon 4th Sept 2017	NOWTON PARK Bury St Edmunds	39

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Mon 4th Sept 2017	Weekly Gentle Walk around Newmarket Town	25
Tues 5th Sept 2017	Kesgrave Tesco to Foxhall	81
Tues 5th Sept 2017	Thorpeness and the Coast	70
Tues 5th Sept 2017	Sudbury Shorter Walks	58
Tues 5th Sept 2017	Moreton Hall , Bury St Edmunds	39
Tues 5th Sept 2017	BURY ST EDMUNDS – Beginners Walk - WEEKLY	39
Weds 6th Sept 2017	Thornham Walks	63
Weds 6th Sept 2017	Great Cornard	59
Thurs 7th Sept 2017	Cavendish	50
Thurs 7th Sept 2017	Dalham	25
Fri 8th Sept 2017	Tangham	88
Mon 11th Sept 2017	Christchurch Park	26
Mon 11th Sept 2017	Haverhill Beginners Weekly Walk	50
Mon 11th Sept 2017	NOWTON PARK Bury St Edmunds	40
Mon 11th Sept 2017	Weekly Gentle Walk around Newmarket Town	26
Tues 12th Sept 2017	Kirton and Falkenham Marshes	75
Tues 12th Sept 2017	Southwold	70

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Tues 12th Sept 2017	BURY ST EDMUNDS - Beginners Weekly Walk	40
Tues 12th Sept 2017	Elmsett	59
Weds 13th Sept 2017	Needham Market	64
Thurs 14th Sept 2017	Lavenham Walk	59
Thurs 14th Sept 2017	HAVERHILL – East Town Park	51
Thurs 14th Sept 2017	Blackthorpe Barn, Rougham Farmland and Woodland Walk	40
Thurs 14th Sept 2017	Burwell Priory Woods	26
Fri 15th Sept 2017	Framfield Health Centre	88
Mon 18th Sept 2017	Wickham Market	89
Mon 18th Sept 2017	Ipswich Waterfront & Holywells Park	82
Mon 18th Sept 2017	Felixstowe Sea Front	76
Mon 18th Sept 2017	Haverhill Beginners Weekly Walk	51
Mon 18th Sept 2017	NOWTON PARK - Bury St Edmunds	41
Mon 18th Sept 2017	Weekly Gentle Walk around Newmarket Town	26
Tues 19th Sept 2017	Sudbury Shorter Walks	60
Tues 19th Sept 2017	BURY ST EDMUNDS – Beginners Walk - WEEKLY	41
Tues 19th Sept 2017	Sicklesmere to Bury St Edmunds.	41

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Weds 20th Sept 2017	Angel Marshes & Woodland Walk	71
Weds 20th Sept 2017	Bucklesham Shannon Pub to Brightwell	82
Weds 20th Sept 2017	NEW Ickworth Park Walk	42
Thurs 21st Sept 2017	Brinkley	51
Thurs 21st Sept 2017	Devils Dyke	27
Mon 25th Sept 2017	Haverhill Beginners Weekly Walk	52
Mon 25th Sept 2017	Christchurch Park	82
Mon 25th Sept 2017	NOWTON PARK Bury St Edmunds	42
Mon 25th Sept 2017	Weekly Gentle Walk around Newmarket Town	27
Tues 26th Sept 2017	Kelsale	89
Tues 26th Sept 2017	Trimley St Martin	76
Tues 26th Sept 2017	RSPB Minsmere nature reserve walk	72
Tues 26th Sept 2017	Gosbeck	64
Tues 26th Sept 2017	New Walk Around Whepstead and Mickly Green.	43
Tues 26th Sept 2017	BURY ST EDMUNDS – Beginners Walk - WEEKLY	42
Thurs 28th Sept 2017	Sudbury Meadow & Railway walk	60
Thurs 28th Sept 2017	HAVERHILL – Flood Park	52



# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Thurs 28th Sept 2017	Stansfield Area	43
Thurs 28th Sept 2017	Mildenhall - River Lark	27
Fri 29th Sept 2017	Framfield Health Centre	89

# 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.

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**Weds 5th July 2017**

**New Brandon Run/Walk Route LAUNCH**

Postcode IP27 0JB

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

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

Grade 3 3 miles/ 90 mins

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**Thursday 6th July 2017**

**Burwell Priory Woods NO DOGS**

Postcode: CB25 0HD

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

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

Grade: 2 /3 3 miles  
60 to 90 mins

**Monday 10th 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

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**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](mailto:patandjenking@btinternet.com)

Facebook page ‘Forest Heath Health Walks’

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

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

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

Grade 3

3 miles / approx. 90 mins

**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, moder-  
ate/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

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**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

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**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

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**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

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**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

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**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

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**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](mailto:patandjenking@btinternet.com)

Facebook page 'Forest Heath Health Walks'

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**Thursday 10th August  
2017**

Postcode CB8 7EH

Meet at 11am in The  
Rosery Hotel car park.

Grade: 3; 3 miles /60 to  
90 mins

**Exning NO DOGS**

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

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**Monday 14th August  
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 17th August  
2017**

Meet at 11am

**Wild Card Walk - NO DOGS**

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

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**Monday 21st August  
2017**

Meeting: Place and time to be advised.

Grade: 1 –2

1.8 miles / max 45 mins

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**Weekly Gentle Walk around Newmarket Town**

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

**Thursday 24th August  
2017**

Postcode: CB8 0EA

Meet at 11am in Newmarket Leisure Centre Reception.

Grade: 2

2.1 miles: 60-90 mins

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**Newmarket - Town & Around - NO DOGS**

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

**Monday 28th August  
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 31st August  
2017**

**Mildenhall Woods NO DOGS**

Postcode: IP28 7HS

Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments/toilets at the finish point.

Meet at 11am at the Half Moon pub.

Parking: In pub car park. Led by Forest Heath Health Walkers

Grade: 2 to 3

3 miles / 60 to 90 mins

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**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

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**Thursday 7th  
September 2017**

**Dalham NO DOGS**

Postcode: CB8 8TG

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.

Meet at 11am outside the Affleck Arms

Grade: 3/4.

2 miles / 60 to 90 mins

**Monday 11th  
September 2017**

Meeting: Place and time to be advised.

Grade: 1 –2

1.8 miles / max 45 mins

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**Weekly Gentle Walk around Newmarket Town**

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

**Thursday 14th  
September 2017**

Postcode CB25 0HD

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

Grade: 2 to 3

3 miles / 60 to 90 mins

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**Burwell Priory Woods NO DOGS**

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

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**Monday 18th  
September 2017**

Meeting: Place and time to be advised.

Grade: 1 –2

1.8 miles max 45 mins

Grade 2 & 3/4

3 miles / 60 to 90 mins

**Weekly Gentle Walk around Newmarket Town**

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

**Thursday 21st  
September 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

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**Devils Dyke NO DOGS**

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.

Led by Forest Heath Health Walkers

**Monday 25th  
September 2017**

Meeting: Place and  
time to be advised.

Grade: 1 –2

1.8 miles / max 45 mins

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**Weekly Gentle Walk around Newmarket  
Town**

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

**Thursday 28th  
September 2017**

Postcode: IP28 7HG

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

**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

## ST EDMUNDSBURY WALKS

**Monday 3rd July 2017**

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

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.

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.

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**Tuesday 4th July 2017**

**BURY ST EDMUNDS – Beginners Walk –**

Postcode: IP33 3TT

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

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

Grade 1 / 30 mins

**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.

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**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**

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**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

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**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

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**Thursday 13th July 2017**

**Ixworth and Pakenham Watermill**

Postcode: IP31 2NB

Meet at Pakenham  
Water Mill Ixworth at  
10.15am for 10.30am  
start (signposted from  
A143). Park in Mill car  
park (free)

Grade 3-4 / 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

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**Tuesday 18th 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 Grade 1 30 minutes

Led by Bury Leisure Staff Walk Leaders

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**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

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.

Grade 4 - 90 min approx

Led by Bury Walks Leaders

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**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

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**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

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**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 Mild-  
enhall).

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

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**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

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**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 Wy-  
vales, 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.

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**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**

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**Tuesday 8th August  
2017**

Postcode IP33 3TT

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

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

A walk around the Tayfen and Springfield road nature reserve.

Led by Bury Leisure Staff Walk Leaders

Grade 1 30 mins

**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

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**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.

**Monday 14th August  
2017**

Postcode: IP29 5LU

Meet Nowton Park Car Park 10am

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**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**

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

Grade 3/4    2.5 miles  
60 to 90 mins

**NEW Ickworth Park Walk**

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

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**Thursday 17th August  
2017**

Post Code IP29 5LU

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

Grade 3 - 3.7 miles  
90mins

**Evening Walk Nowton Park to High Green**

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.

**Monday 21st August  
2017**

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

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

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**Tues 22nd August  
2017**

Postcode IP33 3TT

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

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

A walk around the Tayfen and Springfield road nature reserve.

Led by Bury Leisure Staff Walk Leaders

**Thursday 24th August  
2017**

Postcode: CB8 8PW

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

**Denston Village NO DOGS**

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.

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**Monday 28th August  
2017**

Postcode: IP29 5LU

Meet Nowton Park Car  
Park 10am

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

**Tuesday 29th August  
2017**

Postcode: IP33 1TZ

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

**Horringer to Bury St Edmunds BUS WALK**

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

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**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

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**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

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**Tuesday 5th  
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

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**Tuesday 5th  
September 2017**

**Moreton Hall , Bury St Edmunds.**

Postcode: IP32 7EW

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

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.

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

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**Tuesday 12th  
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

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**Thursday 14th  
September 2017**

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

Postcode: IP30 9LZ

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.

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

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

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**Tuesday 19th  
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

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**Tuesday 19th  
September 2017**

**Sicklesmere to Bury St Edmunds. BUS WALK**

Postcode: IP33 1TZ

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)

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).

Led by Bury Walks Leaders

Grade 3-4 - 90 mins

**Wednesday 20th  
September 2017**

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

Grade 3/4  
2.5 miles 60 to 90  
mins

**NEW Ickworth Park Walk**

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

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**Monday 25th  
September 2017**

Postcode: IP29 5LU

Meet Nowton Park Car  
Park 10am

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

**Tuesday 26th  
September 2017**

Postcode: P33 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

**Tuesday 26th  
September 2017**

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.

Grade 3 90 mins

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

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.

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**Thursday 28th  
September 2017**

Postcode CO10 8LW

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

Grade 5 - Approx 75 mins

**Stansfield Area**

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.

Led by Bury Walks Leaders.

# HAVERHILL WALKS

## **Monday 3rd July 2017**

### **Haverhill – Beginners Weekly Walk**

Postcode CB9 0ER

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.

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

Led by Mandy Felton

Grade 1 approx 30 mins

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## **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.

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

Grade 2. 60 mins

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## **Monday 10th July 2017**

### **Haverhill – Beginners Weekly Walk**

Postcode CB9 0ER

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

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

Led by Mandy Felton

Grade 1 approx 30 mins

**Thursday 13th July  
2017**

Postcode: CB21 4SS

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

Grade 3. 60 – 75 mins

**Castle Camps**

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.

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**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

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**Thursday 20th July  
2017**

Postcode: CB9 7YL

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

Grade 2. 60 mins

**HAVERHILL – Meadows Estate**

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 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

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**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

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**Thursday 27th July  
2017**

Postcode: CB8 8XS

Meet 10.45 am at Wick-  
hambrook  
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 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

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**Thursday 3rd August 2017**

**HAVERHILL – Railway Walk West**

Post Code: CB9 0ER

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

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

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**Monday 7th 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 10th August  
2017**

**Withersfield**

Post Code: CB9 7RX

Meet 10.45 am  
at Village Hall or near-  
by 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

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**Monday 14th August  
2017**

**Haverhill Beginners Weekly Walk**

Postcode CB9 0ER

Meet at 13.45pm at  
Haverhill Leisure Cen-  
tre 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

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**Thursday 17th August  
2017**

**HAVERHILL – Wilsey Woods**

Post Code: CB9 0ER

Meet 10.45 am at Lei-  
sure 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**

Postcode CB9 0ER

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

Grade 1 approx 30  
mins

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**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 24th August  
2017**

Post Code: CB9 7QQ

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

Grade 4. 60 mins

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**Kedington East**

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

**Thursday 31st August  
2017**

Post Code: CB9 0BW

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

Grade 2. 60 mins

**Haverhill - Broadlands**

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

**Monday 4th  
September 2017**

Postcode CB9 0ER

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

Grade 1 approx 30  
mins

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**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

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**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

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**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

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**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

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**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**

**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 Gt Cornard Library Staff

Grade 1 to 2 Approx. 30 to 45 mins

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**Thursday 6th July 2017    Boxford Primrose Wood Walk**

Postcode CO10 5PB

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

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

Led by Babergh Walk Leaders

Grade 5 allow 90 mins

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**Tuesday 11th 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 in Sudbury

Led by Babergh walk leaders

Grade 1/2 30 mins

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**Wednesday 12th July  
2017**

**Dedham**

Postcode: CO7 6DH

Walk in the Stour valley to Langham church.

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.

Led by Cynthia Glinos and Helen Howe

Grade 5 90 minutes

**Wednesday 19th July  
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

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**Thursday 20th July  
2017**

Postcode CO6 4QY

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

Grade 5 allow 90  
mins

**Stoke By Nayland Walk – NO DOGS PLEASE  
ON THIS WALK**

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

Led by Babergh walk leaders

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**Friday 21st July 2017**

Post Code (Nearest)  
IP7 5QD

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

Grade 4 Approx 3.5 –  
4 miles 90 mins

**Hadleigh Railway Walk**

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

Led by Alison Monk

**Tuesday 25th July  
2017**

Postcode CO10 2SU

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

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**Thursday 27th July  
2017**

Postcode: CO10 2SU

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

**New Beginners walk linking the grow your  
community project.**

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.

Beginners walk Led by OneLife Suffolk

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**Wednesday 2nd  
August 2017**

Postcode: CO10 0JU

Meet at the Great  
Cornard Library for  
10am walk

**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 Greatt 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

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**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

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**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

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**Wednesday 9th  
August 2017**

Postcode: IP7 5AD  
(approx.)

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

**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

Grade 5/90 minutes



**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

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**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

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**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

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**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**

Postcode CO10 2SU

Meet at 10am at the  
Kingfisher Leisure Cen-  
tre in Sudbury

Grade 1 30 – 45 mins

**New Beginners walk linking the grow your  
community project.**

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.

Beginners walk Led by OneLife Suffolk

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**Thursday 31st August  
2017**

Postcode CO10 OSA

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

Grade 4/5 Allow 90  
mins

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

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

Led by Babergh walk leaders

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**Tuesday 5th  
September 2017**

Postcode CO10 2SU

Meet at 11.45am to start  
at 12 Noon from King-  
fisher 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 6th  
September 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 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

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**Tuesday 12th  
September 2017**

Postcode IP7 6PA

Meet at 10:45 outside the Rose and Crown Pub

Grade 4 Approx 3.5 – 4 miles 90 mins

**Elmsett**

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.

Any questions 07954 684 752

Led by Alison Monk

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**Thursday 14th  
September 2017**

Postcode CO10 9SA

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

Grade 4/5 allow 90 mins

**Lavenham Walk – Dogs welcome on a lead at all times**

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

Led by Babergh walk leaders

**Tuesday 19th  
September 2017**

Postcode CO10 2SU

Meet at 11.45am to start  
at 12 Noon from King-  
fisher Leisure Centre in  
Sudbury

Grade 1/2 30 mins

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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

**Thursday 28th  
September 2017**

Postcode CO10 2SU

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

Grade 4/5 allow 90  
mins

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**Sudbury Meadow & Railway walk**

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

Led by Babergh walk leaders

## MID SUFFOLK WALKS

**Monday 3rd July 2017**

**Combs Ford MONTHLY**

Postcode IP142SY

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

Grade 5 (stile) – 90  
mins

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.

Led by Rae Corrigan and Daphne Turner

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**Wednesday 5th July  
2017**

**Thornham Walks**

Postcode IP23 8HH

Meet at 10:30am for a  
10.45am start at Thorn-  
ham Walks OVERFLOW  
car park

Grade 3 3-3.5 miles 90  
mins

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.

Led by Beyond The Wall (01379 788700)

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**Friday 14th July 2017**

**Coddenham**

Postcode IP69PS

Meet at 10.45am for  
11.00am start at Cod-  
denham Village Hall  
Car Park

Grade 4 3-3.5 miles  
90 minutes

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

No toilets but refreshments available at the village shop.

Led by Rae Corrigan and Daphne Turner

**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 10.3am 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

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**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

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**Wednesday 9th  
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**

Post Code IP8 4PF

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

Grade 5 3-3.5miles 60  
to 90 mins

**Somersham**

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

Led by Alison Monk

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**Monday 4th  
September 2017**

Postcode IP142SY

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

Grade 5 (stile) 90 mins

**Combs Ford**

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.

Led by Rae Corrigan and Daphne Turner

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**Wednesday 6th  
September 2017**

Post Code IP23 8HH

Meet at 10:30am for a  
10.45am start at Thorn-  
ham Walks OVERFLOW  
car park

Grade 33-3.5 miles 90  
mins

**Thornham Walks**

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.

Led by Beyond The Wall (01379 788700)

**Wednesday 13th  
September 2017**

Postcode: IP6 8DF  
(approx.)

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

Grade 5 90 minutes

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**Needham Market**

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

Led by Cynthia Glinos and Helen Howe

**Tuesday 26th  
September 2017**

Post Code IP6 9RZ

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

Grade 5 3-3.5 miles 90  
mins

**Gosbeck**

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

Led by Alison Monk



## 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

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### **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

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**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

**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

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**Tuesday 1st August  
2017**

Post Code IP17 1SP

Map ref: TM393575

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

Grade 3

3½ miles / Approx 90 mins

**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

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**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

**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.

Grade 2/3 2½miles

Approx 90 mins

**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

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**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.

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

**22nd August 2017**

Post code IP17 3BY

Meet at 10:45 am, out-  
side 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

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**Tuesday 12th  
September 2017**

Postcode IP18 6BU  
Map ref: TM510760

Meet at 11am at South-  
wold Pier. From the  
A1096, through Rey-  
don, 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 Blyth-  
burgh 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.

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**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.

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

Grade 5 About 4 miles



## 17th July 2017

Regular fortnightly Monday morning walk (excluding bank holidays)

Postcode IP11 2AE.

Meet at 10.45am outside the Felixstowe Leisure Centre entrance.

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## 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

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**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.

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## 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

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## 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

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**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.

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**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 Or-  
well 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.

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## **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.

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**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

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### **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

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### **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 Holy-  
wells park.

Postcode IP4 1QJ

Grade 3 Approx 60  
mins

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**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

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**A regular walk on  
alternative Mondays  
(omitting bank holi-  
days)**

**17th July 2017**

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

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**Christchurch Park**

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

Led by ActivLives. For more information  
contact 01473 345350

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**A regular walk on  
alternative Mondays  
(omitting bank holi-  
days)**

**24th July 2017**

Postcode IP4 1QJ

**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

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**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

**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.

**Christchurch Park**

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

Led by ActivLives. For more information contact 01473 345350

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**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

**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**

A regular walk on alternative Mondays (omitting bank holidays)

Postcode IP4 1QJ

## **Ipswich Waterfront & Holywells Park**

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 incline.

Led by Doreen Chapman

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## **14th August 2017**

A regular walk on alternative Mondays (omitting bank holidays)

## **Christchurch Park**

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

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## **21st August 2017**

A regular walk on alternative Mondays (omitting bank holidays)

Postcode IP4 1QJ

## **Ipswich Waterfront & Holywells Park**

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.



**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.

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**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

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**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

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**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

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**25th September 2017**

**Christchurch Park**

A regular walk on alternative Mondays (omitting bank holidays)

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

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

Led by ActivLives. For more information contact 01473 345350

## Woodbridge Health Walks

**Friday 7th July 2017**

Walk takes places every 2nd Friday

Postcode IP12 4FD

Grade 2-3 Approx 60-75 mins

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

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.

Led by the Woodbridge Walk Leaders

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**Monday 17th July 2017**

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

**Wickham Market**

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

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## **Friday 21st July 2017**

## **Ramsholt**

Post Code: IP12 3AB

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.

Map Ref: 307415

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

Grade 5, Approx: 90 mins

Led by Isabel Smith and Wickham leaders:  
Info 07970 937899

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## **Friday 21st July 2017**

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

Every 2nd Friday

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

Postcode IP12 4FD

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

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## **31st July 2017**

## **Wickham Market**

Post Code: IP13 0QS

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

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

Led by Isabel Smith and Wickham leaders:

**Wednesday 2nd  
August 2017**

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

**Orford**

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**

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

**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

**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

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**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.

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

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**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 surroundings.

Grade 1, 3 + 5 (split groups)

Approx: 35-90 min

**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

**Friday 1st Sept 2017**

Walk takes places every 2nd Friday

Postcode IP12 4FD

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

**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

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## **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

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## **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 it's 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

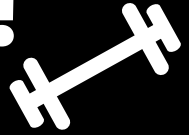
**29th September 2017****Framfield Health Centre, Ipswich Road,  
Woodbridge**

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**

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## \*Eligible health conditions

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

Note: suitable for patients following exit from rehabilitation services

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# 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](mailto:info@onelifesuffolk.co.uk)**  
**Visit: [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)**

## 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!

**HEALTHY**  
*families*  
**HAPPY**  
*families*

ARE

Join our  
**FamilyLife clubs**

'LOSE'  
WEIGHT

*Adults & Children*

**STOP**  
*Smoking*

BECOME MORE  
**active**

♥ *health* ♥  
**checks**

**Health**  
-WALKS-

TRAINING  
*And more...*

**One**  
**Life**  
**Suffolk**  
**CLUB**

If you are interested in becoming a volunteer  
or want to know more about our services:

Call: 01473 718193

Visit: [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

Email: [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk)



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