

Stepping Out in Suffolk

Health Walks July, Aug, Sept & Oct 2014



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

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

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

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

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



- Stepping Out in Suffolk provide short, free health walks supported by the national Walking for Health programme 30-90 minutes in length.
- If you're looking for something more challenging, how about our progression walks covering more varied terrain and over 90 minutes in length? Supported by Live Well Suffolk.

Programme distribution information
NOW ON THE BACK PAGE



Live Well Suffolk
Steps to a healthier future



Health Walks Team, Livewell Suffolk, Adelphi House, 8 Turret Lane, Ipswich. IP4 1DL

Tel: 01473 22 92 92 e-mail: info@livewellsuffolk.org.uk

You can also visit our website <http://www.livewellsuffolk.org.uk>

Walk Cancellations -

Walks are very rarely ever cancelled but due to bad weather or unexpected situations that may arise, they sometimes are. Please remember if you are travelling any distance for a walk, all cancelled walks will be recorded at Livewell Suffolk Reception. Ring 01473 229292 to check.

For up to date bus service information contact Tel: 0845 606 6171 www.suffolkonboard.com

AREA ORDER

FELIXSTOWE HEALTH WALKS

Felixstowe Sea Front Health Walk

14 th July	28 th July	11 th August	1 st Sept 27 th Oct	15 th Sept 10 th Nov	29 th Sept	13 th Oct
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A fortnightly Monday morning walk for all, (bank holidays will be skipped to the next week).

Meet at 10.45am outside the Leisure Centre entrance.

Post code: IP11 2AE. Start your week off with a refreshing entry level Health Walk along the Promenade at Felixstowe. An average walk of approx. 40 - 60mins depending on walkers and weather on the day.

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

Tuesday 8th July Morning Walk - Felixstowe

Postcode IP11 7NG Map Reference 302 357

Meet at 10.45am in the Grove Road free car park, just north off the roundabout at the north end of Beatrice Avenue / Colneis Road, car park is past the new medical centre. No facilities available.

Walk is similar to last years, through the Grove and round paths beyond, but avoiding the sloping path.

Grade 3 Approx 2 and a half miles About 80 minutes Led by Nigel Meadows (07804 820853)

Tuesday 22nd July Morning Walk - Felixstowe

Meet at 10.45am at the Viewpoint Café, Viewpoint Road

Post code: IP11 3TW Map Reference 284 320

Café with Toilets available. Walk is to the Manor Road car park and back. Some uneven surfaces.

Grade 3 Approximately 2 miles About 80 minutes Led by Jenny MUNDIN

Tuesday 5th August Morning Walk - Felixstowe

Postcode IP11 7NG Map Reference 324 363

Meet at 10.45am in the cliff top car park off Golf Road, just before the Golf Club.

Facilities available. Walk is up to the Ferry and back, using paths either side of the golf course.

Grade 3 Approx 2 and a half miles About 80 minutes Led by Nigel Meadows (07804 820853)

Tuesday 19th August Morning Walk - Felixstowe

Meet at 10.45am at the Brackenbury sports centre, High Road East

Post code: IP11 9JF Map Ref 314 353

Toilets available approximately half way round.

Walking on paths through housing then onto the sea front road to walk back.

Grade 3 Just under 3 miles About 90 minutes Led by Jenny MUNDIN

Tuesday 9th September Morning Walk - Felixstowe

Postcode IP11 0UD Map reference 278 357

Meet at 10.45am at Searsons Farm free car park, which is at the end of Cordys Lane, past Trimley station.

No facilities available. Walk is all along footpaths around Trimley St Mary marshes and takes in Fagbury Cliff viewpoint. Grade 3 Approx 2 and a half miles / About 80 minutes Led by Nigel Meadows (07804 820853)

Tuesday 23rd September Morning Walk - Felixstowe

Meet at 10.45am in the Garrison Lane free car park, just north of the Lidl roundabout.

Post code: IP11 Map Ref 296 343

Walk is through Langer park, Peewit Hill area and back past the Cemetery, mostly grassy but some pavement walking. Toilets available in Langer Park.

Grade 3 Just over 2 miles. About 80 minutes Led by Jenny MUNDIN

Tuesday 7th October Morning Walk - Felixstowe

Postcode IP11 7SJ Map Reference 296 342

Meet at 10.45am in Garrison Lane free car park at the bottom (Lidl) end. Facilities available nearby. Walk is over railway bridge through pathways across to A14 footbridge, then back along the bridleway by the railway and through the Peewit Hill footpaths. About 90 minutes, but allow extra for viewing stops along the way.

Grade 4 Just over 3 miles Led by Nigel Meadows (07804 820853)

Tuesday 21st October Morning Walk - Felixstowe

Postcode IP11 7DY Map Reference 303 352

Meet at 10.45am in the station car park, which is free for 3 hours. Vehicular entrance via Station Approach, or walk in from Hamilton Road. Meet on the end of the old platform behind Hamilton Road shops. Facilities

available nearby. Walk is along paths and bridleways down to the sea front and back using part of the coast path and pathways just north of the main shopping area

Grade 3 Just under 3 miles About 80 to 90 minutes Led by Nigel Meadows (07804 820853)

IPSWICH AREA HEALTH WALKS

Monday 7th July Christchurch Park, Ipswich

Post code: IP4 2BG

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

Monday 7th July Orwell Country Park

Post code IP10 0JP (nearest)

Meet at Bridge Wood Car Park at 10.45pm. This is a walk with varied views throughout the Country Park. We visit both Bridge wood and Braziers wood and walk along the banks of the Orwell. We will have many splendid views across the river. One long, but gentle incline. No stiles. No refreshment or toilets near car park. Plenty of places for refreshment after the walk at Ravenswood.

Grade 3 3¾ miles Led by Daphne Turner and Rae Corrigan

Tuesday 8th July Ipswich Waterfront to Holywells Park

Post code: IP4 1DW

Meet at 10.30am outside the University building on the Waterfront, Ipswich.

Walking on hard surfaces, occasional grass paths in the park which can be a little muddy after rain. We will return to the Waterfront where there are many cafes all with toilet facilities. Holywells Park is beautiful through all the seasons and the Waterfront has plenty of interest. There is only pay and display parking nearby. We are happy to adapt to all levels of ability for all who enjoy fresh air, good company and gentle exercise.

Grade 2 1.5/2 miles approximately 1 hours walking Led by Stephanie Cullen

Monday 21st July Christchurch Park, Ipswich

Post code: IP4 2BG

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

Wednesday 23rd July Chantry

Post code: IP2 0BP

Meet at 11.00am in the visitor car park at Hadleigh Road entrance near the Sue Ryder Home for an hours walk around Chantry Park. The walk will be on and off the paths, so please wear suitable shoes. Come and experience yet another beautiful park in Ipswich, and make new friends, all age groups welcome and join us for refreshments at the Chantry Walled Garden Project after the walk.

Grade: 4 Led by ActivLives (formally Town and Bridge Project).

Monday 4th August Christchurch Park, Ipswich

Post code: IP4 2BG

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

Tuesday 12th August Ipswich Waterfront to Holywells Park

Post code: IP4 1DW

Meet at 10.30am outside the University building on the Waterfront, Ipswich.

Walking on hard surfaces, occasional grass paths in the park which can be a little muddy after rain. We will return to the Waterfront where there are many cafes all with toilet facilities. Holywells Park is beautiful through all the seasons and the Waterfront has plenty of interest. There is only pay and display parking nearby. We are happy to adapt to all levels of ability for all who enjoy fresh air, good company and gentle exercise.

Grade 2 1.5/2 miles approximately 1 hours walking Led by Stephanie Cullen

Monday 18th August Christchurch Park, Ipswich

Post code: IP4 2BG

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

Monday 18th August Claydon
Post Code IP6 0AJ

Meet at 11.00 am in the Old Ipswich Road (Post Code is nearby so do look out for the ladies in high vis jackets). The walk takes us along tracks, field edges and roadside paths. There are no public toilets at beginning of walk but refreshments and toilets available nearby at the end of the walk.

Grade 3 4 miles Led by Rae Corrigan and Daphne Turner

Wednesday 27th August Chantry
Post code: IP2 0BP

Meet at 11.00am in the visitor car park at Hadleigh Road entrance near the Sue Ryder Home for an hours walk around Chantry Park. The walk will be on and off the paths, so please wear suitable shoes. Come and experience yet another beautiful park in Ipswich, and make new friends, all age groups welcome and join us for refreshments at the Chantry Walled Garden Project after the walk.

Grade: 4 Led by ActivLives (formally Town and Bridge Project).

Monday 1st September Christchurch Park, Ipswich
Post code: IP4 2BG

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

Tuesday 9th September Ipswich Waterfront to Holywells Park
Post code: IP4 1DW

Meet at 10.30am outside the University building on the Waterfront, Ipswich.

Walking on hard surfaces, occasional grass paths in the park which can be a little muddy after rain. We will return to the Waterfront where there are many cafes all with toilet facilities . Holywells Park is beautiful through all the seasons and the Waterfront has plenty of interest. There is only pay and display parking nearby. We are happy to adapt to all levels of ability for all who enjoy fresh air, good company and gentle exercise.

Grade 2 1.5/2 miles approximately 1 hours walking Led by Stephanie Cullen

Thursday 18th September Rushmere Mill Stream.
Post code: IP4 5QQ

Meet at 11.00am at Rushmere Golf Club, Camberley Road, Ipswich.

After crossing the Foxhall Road at the Nuffield Hospital a woodland, field and riverside boardwalk circular walk. Parking, toilets and refreshments available at the clubhouse. 5 miles/120mins

Grade 4. Led by John Adams

Monday 15th September Christchurch Park, Ipswich
Post code: IP4 2BG

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

Wednesday 24th September Chantry
Post code: IP2 0BP

Meet at 11.00am in the visitor car park at Hadleigh Road entrance near the Sue Ryder Home for an hours walk around Chantry Park. The walk will be on and off the paths, so please wear suitable shoes. Come and experience yet another beautiful park in Ipswich, and make new friends, all age groups welcome and join us for refreshments at the Chantry Walled Garden Project after the walk.

Grade: 4 Led by ActivLives (formally Town and Bridge Project).

Monday 29th September Christchurch Park, Ipswich
Post code: IP4 2BG

Meet at 11.00am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers

every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park. Grade - 3 Led by ActivLives (formally Town & Bridge Project)

Monday 29th September Bus and one way walk - Bramford to Ipswich

Post Code: IP1 3DN

Meet at 10.15am at Tower Ramparts bus station in Ipswich. We will catch the First bus 89 to Bramford picnic site and then walk along the Gipping Valley footpath to return to the Ipswich waterfront where this walk ends. Along the way there are old woods and meadows as well as some modern industrial and residential developments as we approach Ipswich. The walk is mainly along flat good surfaces, with one ascent and descent in the woods. There are some points where you can reduce the length and the time of the walk, and return directly to the town centre. No stiles. There are plenty of cafes and toilets at the Ipswich waterfront.

Grade 3 4 miles Led by Daphne Turner and Rae Corrigan

Monday 13th October Christchurch Park, Ipswich

Post code: IP4 2BG

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

Tuesday 14th October Ipswich Waterfront to Holywells Park

Post code: IP4 1DW

Meet at 10.30am outside the University building on the Waterfront, Ipswich.

Walking on hard surfaces, occasional grass paths in the park which can be a little muddy after rain. We will return to the Waterfront where there are many cafes all with toilet facilities. Holywells Park is beautiful through all the seasons and the Waterfront has plenty of interest. There is only pay and display parking nearby. We are happy to adapt to all levels of ability for all who enjoy fresh air, good company and gentle exercise.

Grade 2 1.5/2 miles approximately 1 hours walking Led by Stephanie Cullen

Thursday 16th October Foxhall Woods

Post code: IP4 5QQ

Meet at 11.00am at Rushmere Golf Club, Camberley Road, Ipswich.

A meander through Foxhall Woods and Rushmere skirting Foxhall Stadium. Parking, toilets and refreshments available at clubhouse. 3 miles/ 90mins

Grade 4 Led by John Adams

Monday 27th October Christchurch Park, Ipswich

Post code: IP4 2BG

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

Wednesday 29th October Chantry

Post code: IP2 0BP

Meet at 11.00am in the visitor car park at Hadleigh Road entrance near the Sue Ryder Home for an hours walk around Chantry Park. The walk will be on and off the paths, so please wear suitable shoes. Come and experience yet another beautiful park in Ipswich, and make new friends, all age groups welcome and join us for refreshments at the Chantry Walled Garden Project after the walk.

Grade: 4 Led by ActivLives (formally Town and Bridge Project).

Thursday 20th November Foxhall Woods

Post code: IP4 5QQ

Meet at 11.00am at Rushmere Golf Club, Camberley Road, Ipswich.

A meander through Foxhall Woods and Rushmere skirting Foxhall Stadium. Parking, toilets and refreshments available at clubhouse. 3 miles/ 90mins

Grade 4 Led by John Adams

Thursday 18th December Rushmere Common

Post code: IP4 5QQ

Meet at 11.00am at Rushmere Golf Club House, Camberley Road, Ipswich. An easy walk around Rushmere Common. Parking, toilets and refreshments available at clubhouse. 2 miles/ 60mins

Grade 3. Led by John Adams

Thursday 15th January Rushmere Common
Post code: IP4 5QQ
Meet at 11.00am at Rushmere Golf Club House, Camberley Road, Ipswich. An easy walk around Rushmere Common. Parking, toilets and refreshments available at clubhouse. 2 miles/ 60mins
Grade 3. Led by John Adams

Thursday 19th February Foxhall Woods
Post code: IP4 5QQ
Meet at 1100 at Rushmere Golf Club, Camberley Road, Ipswich.
A meander through Foxhall Woods and Rushmere skirting Foxhall Stadium. Parking, toilets and refreshments available at clubhouse. 3 miles/ 90mins Grade 4 Led by John Adams

Thursday 19th March Rushmere Mill Stream
Post code: IP4 5QQ
Meet at 11.00am at Rushmere Golf Club, Camberley Road, Ipswich.
After crossing the Foxhall Road at the Nuffield Hospital a woodland, field and riverside boardwalk circular walk. Parking, toilets and refreshments available at the clubhouse. 5 miles/120mins
Grade 4. Led by John Adams

WOODBIDGE AREA HEALTH WALKS

NEW Rendlesham Pavement Walks

Tuesday 24th June Tuesday 1st July Tuesday 8th July Saturday 12th July Tuesday 15th July
Monday 28th July Monday 11th August

Post code: IP12 2JW Length of walk: 0.6 mile, about 30mins. Opportunity to do another 30mins if you are keen!
Meet at 9.30am at the GP surgery, Acer Road, Rendlesham.

Sadly NO dogs on this walk.

These walks are suitable for all, especially people managing pain; those recovering from surgeries; people new to walking and wheelchair users and parents with buggies. Come and have a stroll and meet some other village people ☺

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

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

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

Friday 4th July Framfield Health Centre, Woodbridge
Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.

Please park at the top of the car park away from Notcutts entrance.

A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3 60 - 75mins. Led by Woodbridge Walk Leaders

Wednesday 9th July Eyke - longer walk
Postcode IP12 2QP (approx.)

Meet for 10.30a.m. start in public car park just before Eyke school, from Woodbridge direction.

Walk to the edge of the forest then back by Friday Street.

Bus 65 Refreshments at Elephant and Castle

Grade 5 3.5 miles Led by Helen Howe & Cynthia Glinos

Monday 14th July Wickham Market
Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane at the Health Centre. Refreshments at Teapots on High St or 46 on The Hill.

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

Friday 18th July Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.

Please park at the top of the car park away from Notcutts entrance.

A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3 60 - 75mins. Led by Woodbridge Walk Leaders

Friday 18th July Evening Walk Bredfield area

Postcode: IP13 6AX / Map reference 269 531

Meet at 6 pm in Bredfield Village Hall car park

Walk route is nearly all on public footpaths northwards to Dallinghoo and back.

Toilets available at start, and Bredfield Castle pub is by the finish.

Grade 4 Approx 4 miles or 6.4 km 1.5 to 2 hours

Led by Nigel Meadows mobile 07804 820853

Monday 28th July Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane at the Health Centre. Refreshments at Teapots on High St or 46 on The Hill.

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

Wednesday 30th July Martlesham to Brightwell Church

Post Code IP5 3RU

Meet 10.30am at rear of Martlesham Community centre (next to Tescos)

Parking in Martlesham picnic area opposite the community centre or Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses.

Walk description - a walk through the woods and heaths to Brightwell Church / toilets and refreshments available at Tesco before and after / wheelchair/buggy friendly NO

Grade 4 / distance 4miles/ time 2hours/ walk leader Lyn & Graham Parker

Friday 1st August Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.

Please park at the top of the car park away from Notcutts entrance.

A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3 60 - 75mins. Led by Woodbridge Walk Leaders

Monday 4th August Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre, Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info:07970 937899

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

Tuesday 5th August Ruddy Duck Bromeswell

Post code: IP12 2PN /map reference 310506

Meet at 11.00am. Take the A1152 off the A12 pass over the lights/station and take left at the mini roundabout follow the road past The Larder and take little hill still on the A1152. Slow down after the hill indicate RH, Travel along the lane and park in Swanns Nursery. Park in the overflow car park opposite if crowded.

A walk over the heath and in the forest, listening to the cracking cones in the heat, and seeing the late butterflies on the wing. Refreshments are available in the Ruddy Duck. Toilets are by the main gate of the Nursery on the RH. Grade 4 slippery in the wet otherwise flat and easy walking

Led by Isabel Smith & Wickham leaders Info 07970 937899

Thursday 7th August Evening Walk Campsea Ashe area
Post code: IP13 / Map Reference 326 557
Meet at 6pm in Campsea Ashe (Wickham market) Rail Station Car Park. On B1078 in Campsea Ashe. Walk is mostly on public footpaths and field edge permissive paths. Dog and Duck pub near to finish.
Grade 5 Approx 4.3 miles or 6.8 km about 2 hours
Led by Nigel Meadows mobile 07804 820853

Friday 15th August Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3 60 - 75mins. Led by Woodbridge Walk Leaders

Monday 18th August Wickham Market
Post code: IP13 0XQ
Meet at 2.00pm on The Hill outside cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane at the Health Centre. Refreshments at Teapots on High St or 46 on The Hill. Info: 07970 937899
Grade 1+ and 3/5 split off groups. Led by Isabel Smith & Wickham Leaders

Tuesday 19th August Orford split
Post code: IP12 2NZ/ map ref 424498
Meet at 10.00am on the square. **LONG walk outside health guidelines**
Given we have three walks leaders available a split health walk The first will be an hour. Our annual pilgrimage into Butley Creek past the Pinney's Smoke House and Lobster pots returning back past Gedgrave Hall. This longer walk is now outside the new Health walk perimeters and takes over 1.5 hours. Refreshments either Pump Bakery at PO just off the square or at Quay Cafe on the Quay
Grade 5. Stiles on long walk. Led by Isabel Smith & Wickham leaders Info 07970 937899

Friday 22nd August Evening Walk Ufford area
Post code: IP13 / Map reference 293 524
Meet at 6pm in Ufford Village Hall car park, which is on the south side of The Avenue, about 300m from the west end, junction with the 'Old A12'. Just off B1438. Walk is nearly all on public footpaths around the village, Golf course and nursery. Grade 5 Approx 4.3 miles or 6.8 km about 2 hours
Led by Nigel Meadows mobile 07804 820853

Monday 25th August Wickham Market
Post code: IP13 0XQ
Meet at 2.00pm on The Hill outside cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899
Grade 1+ and 3/5 split off groups . Led by Isabel Smith & Wickham Leaders

Friday 29th August Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.
Please park at the top of the car park away from Notcutts entrance.
A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3 60 - 75mins. Led by Woodbridge Walk Leaders

Monday 1st September Wickham Market
Post code: IP13 0XQ
Meet at 2.00pm on The Hill outside cafe 46 for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need

of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899
Grade 1+ and 3/5 split off groups. Led by Isabel Smith & Wickham Leaders

Thursday 4th September Evening Walk Martlesham area

Post code: IP12 4SP / Map reference 245 463

Meet at 6pm in large lay by off Woodbridge road, just east of the big roundabout and almost opposite Black Tiles pub. On B1438 Woodbridge Road, Martlesham. Walk is to the south around Martlesham Heath.

Grade 4 Approx 4 miles or 6.4 km 1.5 to 2 hours

Led by Nigel Meadows mobile 07804 820853

Tuesday 9th September Kesgrave Tesco to Foxhall Hall

Post Code IP5 2FU

Meet 10.30 at Kesgrave Tesco Ropes Drive Parking in Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses. A stroll through pine woods to Foxhall Hall and back past the Nuffield Hospital/ toilets and refreshments available at Tesco or the Cafe 66 in the Scout HQ before and after / buggy friendly NO

Grade 3 / distance 3.7miles/ time 2hours/ walk leader Lyn & Graham Parker

Wednesday 10th September Hasketon - longer walk

Postcode IP13 6JD

Meet for 10.30am. start at village car park in centre of village at Tymmes Place. Parking is on grass area.

Walk past a church with an unusual tower. If Turks Head not open, refreshments in Woodbridge.

Grade 5 3.25 miles Led by Helen Howe & Cynthia Glinos

Wednesday 10th September Banters Barn Boyton

Post code: IP12 3LR/ Map reference 387475

Meet at 11.00am. Take the A1152 from the A12. Pass over the lights, past the station and take Left at the Mini Roundabout. Go past Sutton Hoo and take the first left for Hollesley. Travel 3 miles and take the left hand turning to the prison. Turn Left after 500yds for Boyton. Go over the cross roads. Travel through Boyton village to a 90degreee LH bend TURN right down a cement road to the Barn.

A walk over the RSPB's reserve listening to the haunting curlew and other migrants flying through along the Suffolk Coastal Path to the Butley Ferry point, under the famous Anglo Saxon Burrow Hill returning back across arable marshes in complete contrast the reserve.

No Loos Refreshments at The Shepherd and Dog Hollesley IP12 3QU

Grade 5 (The odd stile on the river wall) Led by Isabel Smith & Wickham leaders Info 07970 937899

Friday 12th September Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.

Please park at the top of the car park away from Notcutts entrance.

A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.

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

Monday 15th September Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Saturday 20th September Long Walk - Otley and Helmingham

Post code IP6 9HT

Meet at 10.30 in the Village Hall car park in Chapel Road, Otley. This walk has many different walking surfaces and varied views across meadows, parkland, woodland. We will see both Otley and Helmingham Hall, with its herd of deer. There are some stiles.

Grade 5 7 miles Led by Daphne Turner and Rae Corrigan

Wednesday 24th September

Martlesham Creek

Post Code IP5 3RU

Meet 10.30am at rear of Martlesham Community centre (next to Tescos)

Parking in Martlesham picnic area opposite the community centre or Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses. A stroll through the woods down to Martlesham Creek with a lovely view towards Woodbridge/ toilets and refreshments available at Tesco before and after / wheelchair/buggy friendly NO

Grade 4 / distance 4miles/ time 2hours/ walk leaders Lyn & Graham Parker

Friday 26th September

Pettistree

Post code: IP13 0JB/ map reference 294544

Meet at 2.00pm opposite Potash Cottage. Travel to the Green turn left past the Water Tower turn left toward Presmere Nursery. Park in the lane on the next corner.

A walk around Hungarian woods noticing the squirrels, other wildlife and migrating birds

Grade 5 (a series of stiles) Led by Isabel Smith & Wickham leaders Info 07970 937899

Friday 26th September

Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.

Please park at the top of the car park away from Notcutts entrance.

A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.

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

Monday 29th September

Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Wednesday 1st October

Laxfield

Post code IP13 8DZ

Meet at 11.00am outside the church. Parking in the centre of the village.

A walk along public footpaths and quiet roads around the picture postcard village with a chance to have a drink afterwards at the pub which time almost forgot, the Kings Head known as the low house.

Grade 3 3miles 1.25hrs. Led by David Green and Jim Harrison.

Tuesday 7th October

Kesgrave Tesco to Rushmere

Post Code IP5 2FU

Meet 10.30 at Kesgrave Tesco Ropes Drive Parking in Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses.

Walk description - a stroll across fields towards Rushmere duck pond/ toilets and refreshments available at Tesco or the Cafe 66 in the Scout HQ before and after / buggy friendly NO

Grade 4 / distance 3miles/ time 2hours/ walk leader Lyn & Graham Parker

Friday 10th October

Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.

Please park at the top of the car park away from Notcutts entrance.

A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.

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

Friday 10th October

Wickham Loop LONG walk outside health guidelines

Post code: IP13 0XQ/map reference

Meet at 1pm on the hill outside Cafe46

A fantastic loop round Hacheston from the valley of the Deben into the Ore and back. Comparing High Suffolk farming techniques with smallholdings in the Deben. (The short walk stays in the Deben Valley)

Grade 5 (distance) Led by Isabel Smith & Wickham leaders Info 07970 937899

Monday 13th October Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Tuesday 21st October Stone Common Blaxhall (Southern Walk)

Post code: IP12 2DS/ Map Ref 358573

Meet at 11.30am. Park and Meet at 11.30 am on the common just past the Church. Leave the A12 onto the A1152 straight over at the roundabout at Rendlesham B1069 to Tunstall. Straight on at the sharp RH Bend toward Blaxhall. Immediate left hand for Blaxhall Church on the first bend. Travel 1.5 miles straight over at the crossroads. Past the church 500yds and the common is on the left.

A walk through light land sandy crops on footpath and heath.

Grade 4 Led by Isabel Smith & Wickham leaders Info 07970 937899

Friday 24th October Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health Centre, Ipswich road, Woodbridge.

Please park at the top of the car park away from Notcutts entrance.

A walk once a fortnight with varied routes, mostly on hard surfaces. Toilets available at the Health Centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. Grade: 2 - 3 60 - 75mins. Led by Woodbridge Walk Leaders

Monday 27th October Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Tuesday 4th November Lux Farm

Post code: IP5 1DA /map reference 222468

Meet at 11.00am. Take the Playford road from either the Red Lion Martlesham or the Rushmere End turning from the A1214. Lux farm is marked half way along on the west side of the road. It has belted Galloway cattle outside (Black cattle with a large white belt round their middle.)

A walk through the Fynn Valley on the way marked path.

Grade 5 stiles Led by Isabel Smith & Wickham leaders Info 07970 937899

Monday 10th November Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Friday 21st November Eyke

Post code: IP12 2QW/map reference 317517

Meet at 11.00am. Take A1152 from A12 to Eyke. Indicate R as you pass the 30mph signs. Meet in the school car park. A walk in the Deben Valley and the pine plantations around the village a chance to look at the Church without a tower, visit the Elephant and see cows close up in their winter surroundings on the Walks.

Grade 5 (Slippery in wet) Led by Isabel Smith & Wickham leaders Info 07970 937899

Monday 24th November Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane at the Health Centre. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Monday 1st December Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane at the Health Centre. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Friday 12th December Brandeston

Post code: IP13 7AD / map Ref 248606

Meet at 11.00am at the Queen's Head at 11am. Park in the Pub Car Park. Order your lunch before the walk.

A walk in the high lands of Suffolk. Walk on bridleways and footpaths through new sown corn, rape and possible winter beans. Watch out for Partridge and Pheasant and again a chance to glimpse at deer and fox.

Grade 5 (if wet then heavy clay) Led by Isabel Smith & Wickham leaders Info 07970 937899

Monday 15th December Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane at the Health Centre. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Friday 19th December Melton

Post code: IP12 2PA/Map Ref 287503

Meet at 1.30pm at the Amenity Site. Leave A12 onto the A1152 over the Melton lights past the station. Immediately sign Right and pull into the site. A walk across the 1850 East Coast railway past the Melton Springs. Up the old smuggler's trail to St Audrey's. Travel along the Melton Woods Ridge with all their myriad of autumn colours. Finally toward twilight listen to the returning geese or migrant waders in the Deben Estuary.

Grade 5(if wet can be slippery in the woods) No loos. Refreshments Wilford Bridge or Coach and Horses.

Led by Isabel Smith & Wickham leaders Info 07970 937899

Monday 29th December Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

Monday 5th January Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on The Hill for a walk round Wickham Market and its surrounds. This will vary in length and time depending on the walkers. The shortest time will be 30 minutes or as appropriate for the need of the beginner walker. The longest depends on the walking group but generally comes in at around 1.5 hours. They are a gentle stroll to encourage a return to walking as a permanent healthy activity. Support given to walkers

planning short sponsored walking events. Parking at the Health Centre in Chapel Lane. Refreshments at Teapots on High St or 46 on The Hill. Info 07970 937899

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

MID SUFFOLK AREA HEALTH WALKS

Wednesday 2nd July Thornham walks

Post Code IP23 8HH

Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable. Parking is free for those attending the Health Walk but the normal car parking charge applies at other times. Annual car parking passes are available. Toilets and tea rooms on site

Grade 3 3.5 miles, 1 hr 30 mins Led by Helen Sibley and Joan Insley

Wednesday 6th August Thornham walks

Post Code IP23 8HH

Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable. Parking is free for those attending the Health Walk but the normal car parking charge applies at other times. Annual car parking passes are available. Toilets and tea rooms on site

Grade 3 3.5 miles, 1 hr 30 mins Led by Helen Sibley and Joan Insley

Wednesday 27th August Bramford

Post Code IP8 4AP

Meet in the car park for Bramford picnic site in ship lane opposite John Keeble car sales at 11.00am. This is a pleasant circular walk with a large part following the river Gipping path.

There is a pub in Bramford where refreshments can be purchased afterwards. Please note the toilet block is now closed. Grade 5 3.75 miles 1.5hrs. Led by Jim Harrison and David Green.

Wednesday 3rd September Thornham walks

Post Code IP23 8HH

Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable. Parking is free for those attending the Health Walk but the normal car parking charge applies at other times. Annual car parking passes are available. Toilets and tea rooms on site

Grade 3 3.5 miles, 1 hr 30 mins Led by Helen Sibley and Joan Insley

Wednesday 1st October Thornham walks

Post Code IP23 8HH

Meet at 10.45am for an 11am start at Thornham Walks main car park (Thornham Walks is sign from the A140 at the Stoke Ash crossroads). Join the staff at Thornham Walks for a walk through the historical Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather so sensible walking shoes are advisable. Parking is free for those attending the Health Walk but the normal car parking charge applies at other times. Annual car parking passes are available. Toilets and tea rooms on site

Grade 3 3.5 miles, 1 hr 30 mins Led by Helen Sibley and Joan Insley

Friday 10th October Thurston near Bury St Edmunds

Post Code IP31 3PR

Meet at 11.00am at Cavendish Hall where there is parking or park considerately on the road nearby. The walk takes us along roads and pathways as well as tracks and grassy paths. There are 2 stiles.

Grade 5 3.5 miles Led by Rae Corrigan and Daphne Turner

Wednesday 22nd October Henley

Post code IP6 0QP

Meet at 11.00am in the car park at the Cross Keys pub. A circular walk on mainly field edge paths and pasture passing through Barham Green. A couple of stiles to go over. Can be muddy in places if wet. Refreshments can

be had in the pub afterwards.

Grade 5 3.5 miles 1.5hrs. Led by Jim Harrison and David Green.

Saturday 25th October

Onehouse near Stowmarket

Post code IP14 3HJ

Meet at 11.00am at the Onehouse Community Centre. There is no parking here (permission required) but there is a layby on Forest Road and you can park in Northfield Drive (this is a crescent so make sure you park at the far end coming from Stowmarket). This is an easy walk, but there are 2 stiles, through varied countryside and woods passing Onehouse and Harleston Churches (which has a thatched roof). There are no toilets at beginning of walk but refreshments and toilets are available at the end in The Shepherd and Dog or nearby Stowmarket.

Grade 5 (stiles) 4 miles Led by Rae Corrigan and Daphne Turner

BABERGH AREA HEALTH WALKS

Tuesday 1st July

Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Thursday 3rd July

Lavenham

Post code: CO10 9SA

Meet at 12.00pm at The Cock. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 5 60mins Led by Babergh walk leaders.

Thursday 10th July

Newton Green

Post code: CO10 0QS

Meet at 12.00pm at the Village Hall. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 2 - 3 60mins Led by Babergh walk leaders

Tuesday 15th July

Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Thursday 17th July

Hadleigh

Post code: IP7 5AG

Meet at 12.00pm at Hadleigh Library. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 4 - 5 60mins Led by Babergh walk leaders.

Friday 18th July

Kersey

Post Code IP7 6EE

Meet at 11.00am on the hill near the Church, parking considerately on the road. We will be walking along grassy paths, field edges, road and track as we explore this pretty village with its 14th century Church. There are no public toilets, but refreshments and toilets will be available at the Bell at the end of the walk.

Grade 3 3 miles Led by Rae Corrigan and Daphne Turner

Tuesday 22nd July

Lawshall

Post code: IP29 4PJ

Meet at 1.30pm A walk around Golden Wood, Lawshall. This will be a walk of approximately one hour, around woodland paths on fairly level ground.

Can be muddy if wet. Grade 2 Led by Rosemary Currell

Wednesday 23rd July

Hoxne

Post code IP21

Meet at 11.00am at the village hall where there is car parking.

A walk along public footpaths and quiet roads around this historic village with its timbered buildings and community woodland.

Grade 4 3.5 miles 1.5hrs. Led by David Green and Jim Harrison.

Thursday 24th July

Acton

Post code: CO10 0AT

Meet at 12.00pm at the Village Hall. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade 1 - 2 Approx. 1 hour Led by Babergh walk leaders.

Tuesday 29th July Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Monday 4th August

Stutton

Post Code: IP9

Meet at 10.30am at Stutton church, signposted from the village centre. We will walk along the bank of the River Stour before returning past the Royal Hospital School. There are some stiles and one steep bank. Parking spaces are available at the churchyard. Toilets and pubs in Stutton and Holbrook

Grade 5 3 miles Led by Daphne Turner and Rae Corrigan

Thursday 7th August Leavenheath

Post code: CO6 4NX

Meet at 12.00pm at the Leavenheath Lion Public House. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 3 - 4 60mins Led by Babergh walk leaders.

Tuesday 12th August Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Wednesday 13th August Stutton longer walk

Postcode IP9 2TA (approx.)

Meet for 10.30a.m. start in car park at Stutton Community Hall. Hall is one third of a mile past the King's Head going towards Brantham. Please park on grass area to right when facing hall.

A walk to the Stour with good views of the river. Refreshments at King's Head or Gardiner's Arms.

Grade 5 4 miles Led by Helen Howe & Cynthia Glinos

Thursday 14th August Bradfield Woods

Post code: IP30 0AQ (approx.)

Meet at 1.30pm. A walk around Bradfield Woods of approximately one hour. This is an ancient wood which has been coppiced and managed for hundreds of years. The walk is on level footpaths.

Grade 2 Led by Rosemary Currell

Thursday 21st August Long Melford

Post code: IP21 4XP

Meet at 12.00pm at the Cherry Lane Garden Centre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 2 - 3 60mins Led by Babergh walk leaders.

Tuesday 26th August Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Thursday 4th September Hadleigh

Post code: IP7 5AG

Meet at 12.00pm at Hadleigh Library. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 4 - 5 60mins Led by Babergh walk leaders.

Tuesday 9th September Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Tuesday 9th September Stanningfield via Coldham Hall

Post code: IP29 4PJ (approx.)

Meet at 1.30pm. Meet in the cark of the Roman Catholic Church in Bury Rd Lawshall. The first part of the walk is a short way on the road and then is all on made up paths. The walk is approximately 3 miles with time to stop and see Stanningfield Church.

Grade 3 Led by Rosemary Currell

Thursday 11th September Monks Eleigh

Post code: IP7 7AY

Meet at 12.00pm at CORN CRAFT. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 3 - 4 60mins Led by Babergh walk leaders.

Thursday 18th September Sudbury

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 2 - 3 60mins Led by Babergh walk leaders.

Tuesday 23rd September Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Thursday 25th September Assington

Post code: CO10 5LW

Meet at 12.00pm at the Farm Shop. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 3 - 4 60mins Led by Babergh walk leaders.

Tuesday 7th October Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Wednesday 8th October Shotley

Postcode IP9 1NQ (approx.)

Meet for 10.45am. start or when bus 202 arrives at Shotley village hall car park, which is next to Rose pub. Walk to Erwarton with its association with a queen.

Grade 5 3 miles Led by Helen Howe & Cynthia Glinos

Thursday 9th October Hadleigh

Post code: IP7 5AG

Meet at 12.00pm at Hadleigh Library. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 4 - 5 60mins Led by Babergh walk leaders.

Thursday 16th October Shimpling

Post code: IP29 4HD (approx.)

Meet at 1.30pm. A circular walk of approximately 3 miles around Shimpling, on footpaths across fields to Shimpling Church. Meet at Shimpling Village Hall.

Grade 4 Led by Rosemary Currell

Tuesday 21st October Sudbury SHORTER walk

Post code: CO10 2AN

Meet at 12.00pm at the Quay Theatre. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 1 - 2 30mins gentle walk. Led by Babergh walk leaders.

Thursday 23rd October

Lavenham

Post code: CO10 9SA

Meet at 12.00pm at the Lavenham Cock. All durations are approximate and depend on individual walker's ability. Please wear suitable clothing and footwear for the walk.

Grade: 5

60mins

Led by Babergh walk leaders.

BOROUGH OF ST. EDMUNDSBURY WALKS

Free Get Walking Mondays!			Nowton Park Bury St. Edmunds			
7 th July	14 th July	21 st July	28 th July	4 th Aug	11 th Aug	18 th Aug
25 th Aug	1 st Sept	8 th Sept	15 th Sept	22 nd Sept	29 th Sept	
	6 th Oct	13 th Oct	20 th Oct	27 th Oct		

Post code: IP29 5LU Meet at 10.00am at the Nowton Park Café every Monday.

A weekly walking group in the lovely Nowton Park. You may be an absolute beginner, or in poor health or in recovery from poor health but we are here to help you to improve your health at your own pace. Whether it's 50 minutes or 50 yards, we will help you along with fresh air and good company. Join us and start building confidence and better health with others in the same position.

Toilets/disabled toilets, café and parking (£1 fee for 2 hours). Buses available to nearby but not to site.

Please check current services.

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

Led by Bury Walks Leaders

Thursday 3rd July

PUDDLEBROOK

Post Code: CB9 8LU

Meet 10.45am at Clements Surgery area (please do not park in their car park) for an 11.00 am start. Walk across Puddlebrook playing field, carefully cross the by-pass and take the footpath to Ladygate Wood and return. Refreshments available the home of Joan Key at 6 Fritton Court

Grade 3. 1hr

Led by Joan Key, Peter & Beryl Wilkens & Vivienne Gould

Thursday 10th July

Ixworth & Pakenham

Post code: IP31 2NB / Map ref: 937695

Meet at 10.15m for a 10.30am start at Pakenham Water Mill, signposted from the A143 at Ixworth (5 miles NE of Bury St. Edmunds). Open fields, quiet roads and riverside walking, past a working windmill and water mill. Free parking, toilets and refreshments available at the mill. Option to visit the watermill after the walk (small charge). Approx 90 minute walk

Grade 3 - 4

Led by Bury Walk Leaders

Thursday 10th July

THURLOW

Post Code: CB9 7LA

Meet 10.45am at The Cock PH, for an 11.00 start.

We walk part of the 70 mile long Stour Valley path.

Refreshments available at The Cock PH

Grade 4. 1 hr to 1.1/4 hrs

Led by Phyl Mynott, Robin, Grapes, Sue Berridge & David Payne

Thursday 17th July

BROADLANDS (New Walk) (Buggy Friendly)

Post Code: CB9 0LD

Meet 10.45am at New Croft football ground for an 11.00 am start.

From the new Rovers football ground we follow a track to Wilsey Farm. From the farm we head for the main A143 near Broadlands Hall, returning along that road back to New Croft football ground. Refreshments available at New Croft

Grade 2. 1 hr to 1.1/4 hrs

Led by David Payne, Joan Key, Peter & Beryl Wilkens

Sunday, 20th July

KEDINGTON OPEN GARDEN DAY

Post Code: CB9 7NN

Starting at 12.00 noon, this is a walk round the village, viewing gardens which are open for Charity (Kedington Church Restoration Appeal). Booklets with a map, lapel sticker and garden descriptions are available for sale from the Church or village shop at £3.00 per person, children free but must be supervised as some gardens have ponds or pools, no dogs apart from guide dogs. 16 or 17 gardens will be open, varying in size and content, some will have plants for sale. Toilet facilities are available at the Church and the Barnardiston Arms public house. Refreshments: Ploughman's lunch is available at Orchard House (opposite the Church) and cream teas will be served at the Church.

Grade 2: As long as you like. This is not a Health Walk but is led by the Haverhill Health Walking Group

Thursday 24th July Denston Village

Post code: CB8 8PW / Map ref: 763528

Meet at 10.45am for 11am start at Denston village hall. 3 miles skirting and occasionally entering the grounds of Denston Hall. Level ground, some edges of fields. Denston is midway between Bury and Haverhill on A143. From Bury pass Wickhambrook village sign, turn left at the bottom of dip. At Denston village turn right over river and immediately left to park at the village hall. May be livestock so no dogs please. No toilet or refreshments.

Grade 3 Approx. 105mins (or 90 mins depending on group) Led by Roger Medley and Jackie Medley

Thursday 24th July BROCKLEY GREEN

Post Code: C010 8DT

Meet 10.45am at The Plough PH for an 11.00 am start.

Turning left at The Plough, carry on straight to Clock Hall, bearing right onto a green lane to narrow road, turn left, and then left along Valley Wash, taking next footpath on left up to Hill Farm where we turn left and follow Chimney Street back to The Plough. Refreshments available at The Plough PH

Grade 4. 1hr to 1.1/4 hrs Led by Peter & Beryl Wilkens, David Payne & Sheila Lawless

Friday 25th July Abbeygate, Bury St. Edmunds

Post code: IP33 1LS / map ref Map ref: 855642

Meet at 10.15am for a 10.30am start at the Abbey Gateway (entrance to Abbey Gardens). A town and footpath walk across the water meadows to Hardwick Heath. Public car parks nearby. Toilets/refreshments available.

3 miles approx. 90 mins Grade 2 - 3 Led by Bury Walk Leaders

Thursday 31st July STURMER ARCHES

Post Code: CB9 0ER

Meet 10.45am at Leisure Centre for an 11.00 am start

We walk along the disused railway line from the Leisure Centre and then follow the link across Sturmer arches to the second railway line which used to connect Haverhill to the Colne Valley railway

Refreshments at Leisure Centre/Old Independent Church

Grade 3. 1hr Led by Phyl Mynott, Robin Grapes, Vivienne Gould & Sheila Lawless

Saturday 2nd August STOUR VALLEY (Longer Walk)

Post Code: CB9 7QQ

Meet 10.00am at Kedington Community Centre car park for a 10.30 am start

We walk up the fields towards Wilsey Farm, turning left on the path that takes us to the Woodlands Hotel and Haverhill East Town Park, through the park and onto the disused Railway line to Sturmer. Here we turn left then right onto the bridlepath towards Wixoe Mere, where we pick up the Stour Valley path back to Kedington.

Refreshments either at Barnardiston Arms PH or the Plough at Brockley Green.

Grade 3: 2 hrs approx. Led by Peter & Beryl Wilkens, David Payne & Sue Berridge

Tuesday 5th August Bury St. Edmunds West

Post code: IP33 2DE / map ref: 847635

Meet at 10.15am for a 10.30am start at the Spread Eagle pub on the A143 Horringer Road (car park entrance on Petticoat Lane). A town walk following the course of the River Linnet to the western outskirts of Bury, returning through residential areas. On public transport route. Free parking. Toilets and refreshments available at the pub after the walk. 60 minutes / 2.5 miles

Grade: 2 Led by Bury Walk Leaders

Thursday 7th August BURROUGH GREEN

Post Code: CB8 9NH

Meet 10.45am at The Bull PH for an 11.00 am start.

Taking fields and stud farm paddocks, we walk to Dullingham Ley, joining the Stour Valley path and returning via the Icknield Way path. Refreshments at The Bull PH

Grade 4. 1hr to 1.1/4 hrs Led by David & Jean Boxall, David Payne & Sue Berridge

Thursday 14th August FLOOD PARK

Post Code: CB9 7LY

Meet 10.45am at Sainsbury's Car Park for an 11.00 am start.

Crossing road at the mini round-about walk up steps onto flood park bank, turn right and walk round bank back to start. Refreshments at Sainsbury's café

Grade 3 . 1hr to Led by Robin Grapes, Sheila Lawless, Joan Key & Sue Berridge

Thursday 21st August CASTLE CAMPS
Post Code: CB21 4SN
Meet 10.45am at The Cockerel PH for an 11.00 am start.
We walk through the village and across fields to the church and site of the old
medieval village and return via a circular route. Refreshments at The Cockerel PH
Grade 4. 1 hr to 1.1/4 hrs Led by David & Jean Boxall, Phyl Mynott & David Payne

Friday 22nd August West Stow Country Park
Post code: IP28 6HG / Map ref: 799714
Meet at 10.15am for a 10.30am start at West Stow Country Park. A family friendly walk for the school holidays.
Toilets, refreshments and play area available. Car park charge £1/£2. 90 minute walks.
Grade: 2- 3 Led by Bury Walk Leaders

Thursday 28th August Stansfield
Post code: CO10 8LN / Map ref: OS 785517
Meet 10.45am for 11.00am start at Stansfield village hall, free parking.
An undulating walk giving good views of local valleys and crosses the infant River Glem. Some hills and 2 stiles.
Stansfield is 3miles east of the Bury St Edmunds to Haverhill road. After the Wickhambrook village sign turn left
thro' Denston and continue to Stansfield. The village hall is south of the village. Toilets and refreshments at the
village pub. Grade 5 75 minutes. Led by Roger Medley and Jackie Medley

Thursday 28th August HAVERHILL GOLF COURSE
Post Code: CB9 7UR
Meet 10.45am at East Town Country Park for an 11.00 am start.
We walk through the park onto part of the disused railway line and then cut across the
Golf course and up to Wilsey Woods, returning to the country park.
Refreshments at East Town Country Park
Grade 3. 1 hr Led by Sue Berridge, Peter & Beryl Wilkens, Joan Key

Tuesday 2nd September Bury Garden Centre, Bury St. Edmunds
Post code: IP33 2RN / map ref: 864633
Meet at 10.15am for a 10.30am start at Bury Garden Centre. Rougham Road, Bury St. Edmunds from A14 take
the Bury St. Edmunds East, junction 44, exit towards the town centre, the garden centre is on your left.
A different walk from the garden centre, taking in the wildlife areas and Moreton Hall Estate. All hard surfaces.
Free parking, public transport route, toilets/refreshments available. 90mins.
Grade: 2 - 3 Led by Bury Walk Leaders

Thursday 4th September GT ABINGTON
Post Code: CB21 6AB
Meet 10.45am at the Three Tuns Public House for an 11.00 am start.
A walk around the old war time horticultural co-operative estate, which is extensive, partly
original, partly modernised and some still horticultural, mainly on quiet roads and some
footpaths. Refreshments or Thai food at the Three Tuns PH.
Grade 2. 1hr to 1.1/2 hrs Led by David & Jean Boxall, Phyl Mynott & Sheila Lawless

Thursday 11th September HIDDEN HAVERHILL
Post Code: CB9 0ER
Meet 10.45am at Haverhill Leisure Centre for an 11.00 am start.
We walk west along the disused railway line, turning off after the road bridge to walk to and
through the cemetery and up towards the site of the old Anglo Saxon church, then onto
view the base of the old Paske windmill, before returning down into the town, passing the old
Quaker's meeting house and return via the Old Independent Church. We are invited into this
magnificent building, which boasts a fabulous pipe organ, to avail ourselves of refreshments,
courtesy of the caretaker and friends. Refreshments at the Old Independent Church
Grade 1. 1 hr Led by David Payne, Sue Berridge, Joan Key & Vivienne Gould

Thursday 18th September GT & LT WRATTING
Post Code: CB9 7HA
Meet 10.45am at the Karro Factory car park (or Red Lion PH car park if you arrive late)
for an 11.00 am start. We go past the church at Gt Wratting and head for the water tower. We then follow
field side footpaths across to the Lt Wratting church and back to the factory car park with the
Red Lion PH just a few hundred yards along the B1061. Refreshments at the Red Lion PH

Grade 2 . 1hr to 1.1/4 hrs Led by David Payne, Sheila Lawless & Robin Grapes

Friday 19th September Blackthorpe Barn, Rougham

Post code: IP30 9HZ / map ref: 899633

Meet at 10.15am for a 10.30am start in the car park beside the barn. Blackthorpe Barn is just off the A14 at Rougham, take junction 45 signed Rougham & Rougham Industrial Estate. A farmland and woodland walk. Following the walk there is an opportunity to visit 'Artworks', a free exhibition by 30 of East Anglia's leading artists. Free parking. Toilets/refreshments available. Approx 75 minutes.

Grade: 2 Led by Bury Walk Leaders

Thursday 25th September Wickhambrook

Post Code CB8 8XR / Map Ref. 745555

Meet for 10.45am departure at MSC (village) Hall. A longer walk. The walk makes use of tracks and minor roads to give a 4 mile circuit through studs, along brook, past church and site of old mill. Will take 110mins. There may be livestock so no dogs please. Two stiles. Toilets available in MSC Hall and refreshments available in village pub.

Grade 5 110 mins (or 90 mins depending on group) Led by Roger Medley

Thursday 25th September EAST TOWN PARK

Post Code: CB9 7UR

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

A walk round East Town Park, incorporating part of the disused railway line and the Golf Course. Refreshments at East Town Park

Grade 2 . 1 hr Led by Sheila Lawless, Joan Key & Vivienne Gould

Thursday 2nd October HELIONS BUMPSTEAD

Post Code: CB9 7AL

Meet 10.45am at the Three Horseshoes Public House for an 11.00 am start.

A walk through the churchyard and around the fields surrounding the village, including the old wartime airfields. Refreshments at the Three Horseshoes PH

Grade 4 . 1 hr to 1.1/4 hrs Led by David & Jean Boxall, Peter & Beryl Wilkens

Tuesday 7th October Great Livermere

Post code: IP31 1JR / map ref: 887713

Meet at 10.15am for a 10.30am start at the war memorial at the junction in the centre of Great Livermere (approx 4 miles north east of BSE). Park on the verge on the 'no through road' between the memorial and the church. Varied walk through open fields, woodlands and across Ampton Water (NB the footpath crosses Ampton Water via a narrow wooden bridge with safety rails, approx. 100 meters long). On public transport route. Free parking. No toilets/refreshments. Approx 90 mins

Grade: 3 - 4 Led by Bury Walk Leaders

Thursday 9th October NEWT POND

Post Code: CB9 7LY

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

We walk to Park Rd, through the underpass onto the Chimswell Estate and follow the path to the Newt Pond and park land on Chivers Rd. We return through the playing fields and Hanchett End. Refreshments at Sainsbury's café.

Grade 1. 1hr Led by Phyl Mynott, Sheila Lawless, Robin Grapes & Vivienne Gould

Thursday 16th October STOKE BY CLARE

Post Code: CO10 8HP

Meet 10.45am parking in High Street opposite the Lion Public House for an 11.00 am start.

This is a figure of 8 walk, heading west out of the village, then up Blacksmith's Hill to Stowlands Farm. After the farm the track is a good one, which eventually becomes a road leading back to Farmer's Farm. Here we briefly get onto another track before turning to follow a field side path down to the Green, with lovely views across the Stour Valley. Refreshments at the Lion PH

Grade 2 . 1 hr to 1.1/4 hrs Led by David Payne, Phyl Mynott, Peter & Beryl Wilkens

Thursday 23rd October Culford

Post Code IP26 6ET / Map Ref. 837704

Meet at 10.45am for an 11.00am start in the car park behind Culford Village Hall which can be found halfway along the main street next to the war memorial. A 90 minute circuit in the grounds of Culford School following

a figure of eight route crossing the lake using the iron bridge and making use of the new open access area.
Nearest refreshments and toilets are at West Stow Country Park. Grade 3 90mins Led by Roger Medley

Thursday 23rd October WILSEY WOODS

Post Code: CB9 0ER

Meet 10.45am at Haverhill Leisure Centre for an 11.00 am start.

We walk along past the tennis courts, under the railway bridge, through the housing estate and onto the underpass. We go along Ruffles Rd towards another underpass which leads us to a small cul-de-sac then onto playing fields with footpaths leading to Wilsey Woods. We walk through the woods and then back through the housing estate to the Leisure Centre. Refreshments at the Leisure Centre

Grade 2. 1 hr to 1.1/4 hrs Led by Phyl Mynott, David Boxall & Sheila Lawless

Friday 24th October Nowton Park and Hardwick Heath

Post code: IP29 5LU / map ref: 864622

Meet at 10.15am for a 10.30am start at Nowton Park car park. A circular walk along bridle paths to Hardwick Heath. Parking charge £1 / £2. Toilets/refreshments available. 75 / 90 mins.

Grade: 3 Led by Bury Walk Leaders

'NB Date for your diary Friday 12th December Xmas walk & lunch at the Spread Eagle pub'

Thursday 30th October BIRDBROOK

Post Code: CO9 4BJ

Meet 10.45am at the Plough Inn for an 11.00 am start.

We walk through the village and turn into Moynes Park, following the path past the Tudor Mansion, then turning left onto the footpath through the park, continuing to Finkle Green and back to the village. Refreshments at the Plough Inn

Grade 2. 1 hr to 1.1/4 hrs Led by Peter & Beryl Wilkens, Robin Grapes, David Payne & Sue Berridge

ALDEBURGH, LEISTON, SAXMUNDHAM & WALBERSWICK AREA HEALTH WALKS

Tuesday 1st July Captain's Wood, Sudbourne

Post Code IP12 2AD

Map Ref: TM420520

Meet at 10.30am opposite Sudbourne Church. Travelling south from Snape Maltings take a fork left, signed Orford and continue to Sudbourne. Go right through the village to a 5 way crossroads and take the first left, signed Sudbourne Church. A lovely walk through this ancient wood. We usually see fallow deer as this is home to a large herd and for this reason SORRY NO DOGS ARE ALLOWED. Free parking. Not on bus route. Toilets and refreshments are available in nearby Orford or Snape. Please arrive early if you are a new walker.

Grade 2 - 3 about 3½ miles, about 1¾ hours. Led by Maggie Jennings and Fiona Foreman

Wednesday 9th July RSPB North Warren nature reserve walk

Post code: IP15 5BH

Map ref: TM467576

Meet at 10.30am in the pay-and-display car park between Thorpeness and Aldeburgh opposite the Scallop sculpture. The walk starts at 10.45am. A walk around the lovely RSPB North Warren nature reserve, right by the sea, home to some of Suffolk's greatest wildlife. During the walk we'll have a coffee break at The Mere Café in Thorpeness for 20 minutes (buy there or bring your own), which has toilets. Dogs are allowed on short leads, because of breeding birds. Approx. 3 miles 1.5 - 2 hours

Grade: 2 to 3. Some dune walking Led by RSPB volunteers trained as Health Walk Leaders.

Wednesday 9th July Newbourne to Hemley

Post Code IP12 4NY /GR 274432

Meet 10.30am at Newbourne Fox Parking in pub car park or village hall. A stroll along the board walk through the willows and down to Hemley Church. Return via Kirton Creek / toilets and refreshments available at the Fox pub after. NOT wheelchair or buggy friendly.

Grade 5 (2stiles) 3.7miles/2 hours Led by Lyn & Graham Parker

Tuesday 15th July Castle Walks, Framlingham

Post Code: IP13 9BH

Meet at 10.30am outside Castle Inn for a prompt 10.45 am start.

A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Approx. 2 - 3 miles Grade 4 - 5 (possibility of kissing gates) Led by Castle Walks Group Walk Leaders

Wednesday 16th July Thorpeness

Post Code IP6 4NW / map ref: 327578

Meet at 2.00pm by the Meare Cafe by the Duck Pond.

A walk around the Thorpeness Golf Course and back along the Cliffs and then onto the coast across shingle.

View Sizewell Power Station in the distance and listen to visiting migrants and see local pig keeping.

Take the A1064 from A12. Travel to the Leiston junction about nine miles. Take the A1069 to Knodishall. Take a RH (B1353) to Aldringham crossroads by The Parrot and Punchbowl. Go straight over the staggered junction and meet at the Meare about 5.5 miles down that minor road.

Grade 5 (Shingle) Walk 4 miles Led by Isabel Smith and Wickham Walk leaders mobile 07970 937899

Wednesday 16th July Westwood Lodge, Walberswick

Post code: IP18 / map ref TM467737

Meet at 10.00am at the Westwood Lodge car park.

This walk starts from the Westwood car park and heads towards the reed bed on land that is usually closed to public access. It then goes west along the central marsh path and the board walk through Fen Hill. It returns to Westwood along the byway from Hinton five ways.

Grade 5 5km Walk Led by Will Russell

Tuesday 22nd July RSPB Minsmere nature reserve walk

Post code: IP17 3BY

Map ref: TM470672

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

Grade: 2 or 3 1.5 miles / 1.5 - 2hrs Led by RSPB volunteers trained as Health Walk Leaders.

Tuesday 5th August

Dunwich Beach

Post code IP17 3DE

Map ref os 479 706

Meet at 10.30am in the large main car park at Dunwich beach (NOT Dunwich Heath).

From the B1125 in Westleton take the road signed Dunwich and Minsmere and follow the road for 2 ½ miles to Dunwich beach. This walk takes us through woodland, old green tracks, and even the original road, now a track, that was the main entrance to Dunwich, when it was a huge city with loads of Churches! We even walk past the house where L.M.Montgomery first penned her scribblings that went on to be the famous book "Anne of Green Gables". She was Canadian, but stayed here often with her Grandmother. Along this walk you will also see the new heath that is being formed. Aptly named the Neptune Project. Various bodies and organisations have got together, to create a "new" heath so that Suffolk can still enjoy this lovely area, even when the current heath eventually falls to the sea. Toilets and refreshments at the car park or at the Ship Inn in the village. Dogs welcome on short lead. Not buggy friendly.

Grade 3 3 miles about 1 ¾hrs. Led by Maggie Jennings and Fiona Foreman

Wednesday 13th August

RSPB North Warren nature reserve walk

Post code: IP15 5BH

Map ref: TM467576

Meet at 10.30am in the pay-and-display car park between Thorpeness and Aldeburgh opposite the Scallop sculpture. The walk starts at 10.45am. A walk around the lovely RSPB North Warren nature reserve, right by the sea, home to some of Suffolk's greatest wildlife. During the walk we'll have a coffee break at The Mere Café in Thorpeness for 20 minutes (buy there or bring your own), which has toilets. Dogs are allowed on short leads, because of breeding birds. Approx. 3 miles 1.5 - 2 hours

Grade: 2 to 3. Some dune walking Led by RSPB volunteers trained as Health Walk Leaders.

Tuesday 19th August

Castle Walks, Framlingham

Post Code: IP13 9BH

Meet at 10.30am outside Castle Inn for a prompt 10.45 am start.

A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Approx. 2 - 3 miles Grade 4 - 5 (possibility of kissing gates) Led by Castle Walks Group Walk Leaders

Wednesday 20th August

Blythburgh

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

Join the Natural England Reserve Manager for a walk around the upper Blyth Estuary and Angel Marshes returning through Dead Man's Covert. This is a great walk with opportunities to see local wildlife and find out about the gruesome history of the woods!

Grade: 2 2.5km walk Led by Will Russell

Tuesday 26th August RSPB Minsmere nature reserve walk

Post code: IP17 3BY Map ref: TM470672

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

Grade: 2 or 3 1.5 miles / 1.5 - 2hrs Led by RSPB volunteers trained as Health Walk Leaders.

Friday 29th August Dunwich Heath

Post Code IP 17 3DJ Map ref TM476685

Meet at 10.30am in the National Trust Car Park, Dunwich Heath. It is signposted from the A12. From the Westleton/ Dunwich road, turn right into Minsmere Road, a mile before Dunwich village, then its 1 mile to Dunwich Heath. Car parking is free with a numbered Health Walk pass which **you should collect from and return to the walk leader at the end of the walk**. This is a delightful walk through heathery heath land and tracks winding through silver birches and small pine trees. Breathtaking views of the coastline from cliffs overlooking Minsmere Haven. Not on bus route but refreshments /toilets available at the tea rooms. Dogs welcome on short lead. Not buggy friendly.

Grade 3, 2 ½ miles, about 1 ½ hours. Led by Fiona Foreman and Judy Chesterfield.

Tuesday 2nd September Orford

Post Code IP12 2NF Map ref TM425495

Meet at 10.30am at Orford Castle. There is limited parking in the centre of the village but a large pay and display car park is on the left, just before the quayside. We will walk inland, past the castle and along wood side tracks by the school. Then over towards Gedgrave before returning on the river path with views of Havergate Island. Refreshments/toilets available in Orford. Dogs welcome on short lead. Not buggy friendly.

Grade 3 3 miles/ approx 1½ hours Led by Maggie Jennings and Fiona Foreman

Wednesday 10th September RSPB North Warren nature reserve walk

Post code: IP15 5BH Map ref: TM467576

Meet at 10.30am in the pay-and-display car park between Thorpeness and Aldeburgh opposite the Scallop sculpture. The walk starts at 10.45am. A walk around the lovely RSPB North Warren nature reserve, right by the sea, home to some of Suffolk's greatest wildlife. During the walk we'll have a coffee break at The Mere Café in Thorpeness for 20 minutes (buy there or bring your own), which has toilets. Dogs are allowed on short leads, because of breeding birds. Approx. 3 miles 1.5 - 2 hours

Grade: 2 to 3. Some dune walking Led by RSPB volunteers trained as Health Walk Leaders.

Tuesday 16th September Castle Walks, Framlingham

Post Code: IP13 9BH

Meet at 10.30am outside Castle Inn for a prompt 10.45 am start.

A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Approx. 2 - 3 miles Grade 4 - 5 (possibility of kissing gates) Led by Castle Walks Group Walk Leaders

Wednesday 17th September Palmers Lane, Walberswick

Post code: IP18 / map ref TM490754

Meet at 10.00am at the Lower car park, Palmers Lane.

Join the Natural England Reserve Manager for a walk around Tinker's Marshes. This is the perfect time of year for one of our regular walks. With breeding season behind us, this is a great opportunity to catch up the seasons results and look at the on-going management. Binoculars really are a must!

Grade 4 5.5km walk Led by Will Russell

Tuesday 23rd September RSPB Minsmere nature reserve walk

Post code: IP17 3BY Map ref: TM470672

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

Grade: 2 or 3

1.5 miles / 1.5 - 2hrs

Led by RSPB volunteers trained as Health Walk Leaders.

Tuesday 30th September

Southwold

Post Code IP18 6BU

Map ref: TM510760

Meet at 11.00am at Southwold Pier. From the A1096, through Reydon, turn left into Pier Avenue off the first roundabout. Parking usually available towards the end of the road before the pier. If not there is a pay and display car park to the left of the pier. We will walk over the marshes by the boating lake, with stunning views over the common and back via Gun Hill and the promenade, past the stylish beach huts. Refreshments and toilets available on the pier or in the town. Dogs welcome on short lead. 'Beginning of walk not buggy friendly.

Grade 2

2½ - 3 miles, about 1¾ hours

Led by Fiona Foreman and Judy Chesterfield.

Tuesday 7th October

Blaxhall Common and Tunstall Forest

Post Code IP12

Map ref TM 382557

Meet at 10.30am in the Sangalls car park, Iken Rd, Tunstall. From Snape Maltings take the Tunstall Rd. B1069. Go past the Orford sign and also ignore the turn for Blaxhall. Look out for the bridleway/footpath signs on each side of the road and after that take the left turn to Iken. The car park is up there on the right. This lovely walk, on good well drained paths, will take us over Blaxhall Common and on to the Sandlings path into Tunstall forest. Free parking. Toilets and refreshments are available in nearby Snape. Not buggy friendly. Please arrive early if you are a new walker. Dogs welcome on short lead.

Grade 2 2¾ miles which should take us around 1½ hours

Led by Maggie Jennings and Fiona Foreman

Wednesday 8th October

RSPB North Warren nature reserve walk

Post code: IP15 5BH

Map ref: TM467576

Meet at 10.30am in the pay-and-display car park between Thorpeness and Aldeburgh opposite the Scallop sculpture. The walk starts at 10.45am. A walk around the lovely RSPB North Warren nature reserve, right by the sea, home to some of Suffolk's greatest wildlife. During the walk we'll have a coffee break at The Mere Café in Thorpeness for 20 minutes (buy there or bring your own), which has toilets. Dogs are allowed on short leads, because of breeding birds. Approx. 3 miles 1.5 - 2 hours

Grade: 2 to 3.

Some dune walking

Led by RSPB volunteers trained as Health Walk Leaders.

Wednesday 15th October

Westleton

Post code: IP17 / map ref TM459696.

Meet at 10.00am at Westleton Car Park, Westleton Road.

Join us for a walk around the wonderful woodland and Heathland of Westleton. Starting from the car park the walk loops from the car park, down to Fredericks wood and returns via the Roman Road

Grade: 2

2.5km walk

Led by Will Russell

Tuesday 21st October

Castle Walks, Framlingham

Post Code: IP13 9BH

Meet at 10.30am outside Castle Inn for a prompt 10.45 am start.

A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Approx. 2 - 3 miles

Grade 4 - 5 (possibility of kissing gates)

Led by Castle Walks Group Walk Leaders

Friday 24th October

Benhall Church, Saxmundham

Post Code IP17 1JL

Map ref: 372619

Meet at 10.30am at St Mary's Church Deadman's Lane, Benhall. Turn west off the A12 into Mitford Road, signed Benhall Church. Turn right at the end of the road and the church is 0.2 miles on the left. The car park is on the north side of the church. Mostly wide grassy paths around open arable farmland. Possibility of ploughed fields. Small distance of road walking. Will be muddy if wet. Gentle slope at start of walk. Free parking. Not on bus route. Not buggy friendly. Toilets and refreshments available nearby at Friday Street Farm Shop or Saxmundham. Dogs welcome on short lead. Please arrive early if you are a new walker.

Grade 4

2¾ - 3 miles about 1¾ hours.

Led by Fiona Foreman and Judy Chesterfield.

Tuesday 28th October RSPB Minsmere nature reserve walk

Post code: IP17 3BY Map ref: TM470672

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

Grade: 2 or 3

1.5 miles / 1.5 - 2hrs

Led by RSPB volunteers trained as Health Walk Leaders.

FOREST HEATH HEALTH WALKS

Thursday 3rd July Moulton

Post code: CB8 8SP

Meet at 10.00am at Moulton Village Hall, Bridge Street. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross on longer walk, with hills up and down. Beautiful scenery. Parking available at the village hall car park. Refreshments and toilets at the finish point. Parking is free. Distance varies for the ability of the walkers on the day between 2 and 4 miles. Some of the walks are timed with bus routes so don't forget your bus pass.

Grade variable: 3/4/5

Led by Forest Heath Walk Leaders

Monday 7th July Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 10th July Mildenhall River Lark and Barton Mills

Post code: IP28 7HG

Meet at 10.00am next to the signpost of the River Lark map. Next to the car park. A combination of pavements, tracks and grassy surfaces. Some uneven. A bridge to cross and steps at the beginning and end of the walk.

Roads to cross. Can be muddy and slippery in places. Toilets at the start/finish point.

Parking is free in the recreation way car park. Approx: 2.3 miles

Grade: 3

Led by Forest Heath Walk Leaders

Monday 14th July Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 17th July Forest Heath Wild Card/Request Walk

Post code: TBA

Meet at 10.00am

For more information on the walk and grade etc. Contact Mick Smith 07957 433096 or micksmith@aol.com

Led by Forest Heath Walk Leaders

Monday 21st July Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same

position. Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 24th July Dalham

Post code: CB8 8TG

Meet at 10.00am outside the Affleck Arms. 'Special health check day' in conjunction with Newmarket Leisure Centre. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Parking available at the pub car park. Refreshments and toilets at the finish point. Approx: 2 miles Grade: 2 Led by Forest Heath Walk Leaders

Monday 28th July Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 31st July Exning

Post Code: CB8 7EH

Meet at 10.00am in The Rosery Hotel car park.

A combination of firm paths, grassy surfaces. Can be muddy/slippery in places. Roads to cross. Toilets and refreshments at the finish point. Parking in The Rosery car park. Approx: 2.5 miles

Grade: 3 Led by Forest Heath Walk Leaders

Monday 4th August Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 7th August Ashley/Cheveley

Post Code: CB8 9DR

Meet at 10.00am in the Crown car park. (new and very welcoming pub landlords) A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy/slippery in places. Roads to cross. Refreshments at the finish point at the local shop. Parking in Ashley Crown car park. Approx: 4.2 miles

Grade: 3 Led by Forest Heath Walk Leaders

Monday 11th August Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 14th August Summer Special, Anglesea Abbey

Post code: CB25 9EJ

Meet at 10.00am Quay road, Lode, Cambs.

For more information on the walk and grade etc. Contact Mick Smith 07957 433096 or micksmith@aol.com

Led by Forest Heath Walk Leaders

Monday 18th August Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Thursday 21st August Newmarket Town and Around
Post code: CB8 0EA

Meet at 10.00am in the Leisure Centre Reception. Gentle gradient slightly uneven in places. Can be slippery in wet condition. Roads to cross. Toilets at the start and finish point. Refreshments at the finish point. Parking is free in Leisure Centre. Approx: 2.1 miles. Grade: 2 Led by Forest Heath Walk Leaders

Monday 25th August Newmarket
No Walk / Bank Holiday

Thursday 28th August Mildenhall Woods
Post code: IP28 7HS

Meet at 10.00am at the Half Moon pub. Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments/toilets at the finish point. Parking in pub car park. Approx: 3 miles
Grade: 2 Led by Forest Heath Walk Leaders

Monday 1st September Newmarket
Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Thursday 4th September Burwell
Post code: CB25 0HD

Meet at 10.00am outside Church opposite 5 Bells Pub. A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or wet conditions. Roads to cross. Refreshments and toilets at the finish point. Parking in road outside the church. Approx: 2 miles. Grade: 2 Led by Forest Heath Walk Leaders

Monday 8th September Newmarket
Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Thursday 11th September Newmarket Devils Dyke
Post code: CB8 0TQ

Meet at 10.00am at A1304 Barbara Stradbroke Avenue. Turn in at the National Stud exit on the roundabout and parking at the end of road at the Devils Dyke. Level 2: Flat walk along the flat beside the dyke and July racecourse. Slightly uneven in places.

Level 3/4 For the more adventurous moderate/steep gradients walking along the top of the Devils Dyke. Can be muddy and slippery in places. Refreshments and toilets on this walk at the end on the National Stud.

Parking is free. Approx: 3 miles. Grade: 2 and 3 - 4 Led by Forest Heath Walk Leaders

Monday 15th September Newmarket
Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field

and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 18th September Moulton
Post code: CB8 8SP

Meet at 10.00am at Moulton Village Hall, Bridge Street. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross on longer walk, with hills up and down. Beautiful scenery. Parking available at the village hall car park. Refreshments and toilets at the finish point. Parking is free. Distance varies for the ability of the walkers on the day between 2 and 4 miles. Some of the walks are timed with bus routes so don't forget your bus pass.
Grade variable: 3/4/5 Led by Forest Heath Walk Leaders

Monday 22nd September Newmarket
Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 25th September Mildenhall River Lark and Barton Mills
Post code: IP28 7HG

Meet at 10.00am next to the signpost of the River Lark map. Next to the car park. A combination of pavements, tracks and grassy surfaces. Some uneven. A bridge to cross and steps at the beginning and end of the walk. Roads to cross. Can be muddy and slippery in places. Toilets at the start/finish point.
Parking is free in the recreation way car park. Approx: 2.3 miles
Grade: 3 Led by Forest Heath Walk Leaders

Monday 29th September Newmarket
Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 2nd October Forest Heath Wild Card/Request Walk
Post code: TBA

Meet at 10.00am

For more information on the walk and grade etc. Contact Mick Smith 07957 433096 or micksmith@aol.com
Led by Forest Heath Walk Leaders

Monday 6th October Newmarket
Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 9th October Dalham
Post code: CB8 8TG

Meet at 10.00am outside the Affleck Arms. 'Special health check day' in conjunction with Newmarket Leisure Centre. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Parking available at the pub car park. Refreshments and toilets at the finish point. Approx: 2 miles Grade: 2 Led by Forest Heath Walk Leaders

Monday 13th October Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 16th October Exning

Post Code: CB8 7EH

Meet at 10.00am in The Rosery Hotel car park.

A combination of firm paths, grassy surfaces. Can be muddy/slippery in places. Roads to cross. Toilets and refreshments at the finish point. Parking in The Rosery car park. Approx: 2.5 miles

Grade: 3 Led by Forest Heath Walk Leaders

Monday 20th October Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 23rd October Ashley/Cheveley

Post Code: CB8 9DR

Meet at 10.00am in the Crown car park. (new and very welcoming pub landlords) A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy/slippery in places. Roads to cross. Refreshments at the finish point at the local shop. Parking in Ashley Crown car park. Approx: 4.2 miles

Grade: 3 Led by Forest Heath Walk Leaders

Monday 27th October Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

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

Grade: 1 - 2 Led by Forest Heath Walk Leaders

Thursday 30th October Newmarket Town and Around

Post code: CB8 0EA

Meet at 10.00am in the Leisure Centre Reception. Gentle gradient slightly uneven in places. Can be slippery in wet condition. Roads to cross. Toilets at the start and finish point. Refreshments at the finish point. Parking is free in Leisure Centre. Approx: 2.1 miles. Grade: 2

Led by Forest Heath Walk Leaders

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