

# Stepping Out In Suffolk

## Waveney Area Walks

Autumn/Winter  
2017  
October  
to December



# Health WALKS



## One Life Suffolk

Helping local people live healthier lives



# One Life Suffolk

Welcome to the Autumn/Winter 2017 Walking for Health brochure.

Each walk description will give you information on the grade, time, distance and other possible features on the walk so you will be able to choose walks to suit you. Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. Postcodes are given for the meeting place or the nearest postcode to parking location.

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

**1**

On easy, good, flat surfaces

**2**

Mostly one level, can be muddy

**3**

Some moderate slopes, good surfaces

**4**

More challenging, may include steeper slopes, rough ground or mud in wet weather

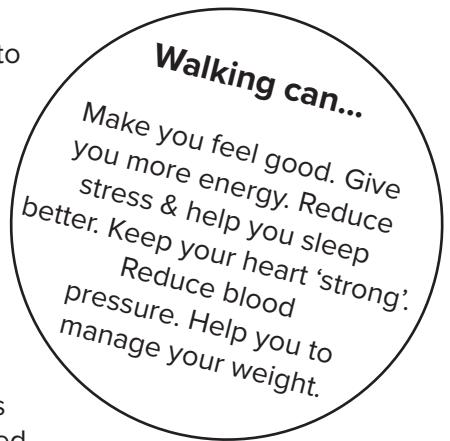
**5**

As grade 4, but may include one or two stiles

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

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

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



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



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



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



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

## Why is walking the perfect activity for health?

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

# **Volunteer with Stepping Out In Suffolk**

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

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

**Contact Name:** Emma Freeman

**Email:** [emma.freeman@onelifesuffolk.co.uk](mailto:emma.freeman@onelifesuffolk.co.uk)

**Call:** 01473 718193

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



**One  
Life  
Suffolk**

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Mon 2nd October	KESSINGLAND BEACH/BENACRE SLUICE	9
Tues 3rd October	HENSTEAD CHURCH WALK	9
Weds 4th October	SPARROWS NEST	9
Fri 6th October	BECCLES MARSH TRAIL/WORLINGHAM WALL	10
Mon 9th October	BECCLES/DUNBURGH/RIVER BANK	10
Tues 10th October	BARSHAM CITY	10
Weds 11th October	BECCLES COMMON	11
Fri 13th October	BECCLES/BOAT HOUSE HILLS	11
Mon 16th October	GORLESTON	11
Tues 17th October	NORTH COVE/WORLINGHAM	11
Weds 18th October	BECCLES QUAY CAFE/RIVERBANK TO SAILING CLUB	12
Fri 20th October	BUNGAY TOWN & COMMON	12
Mon 23rd October	NORMANSTON PARK/OLD RAILWAY LINE/GUNTON CLIFF	12
Tues 24th October	SOUTHWOLD INLAND	13
Weds 25th October	BECCLES TOWN	13
Fri 27th October	STOVEN	13
<b>5</b>		

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Mon 30th October	SOUTHWOLD SEAFRONT	14
Tues 31st October	NORTH COVE/RIVER & MARSH	14
Weds 1st November	NICHOLAS EVERITT PARK & BROAD	14
Fri 3rd November	MUTFORD WOOD	14
Mon 6th November	DUNWICH WOODS & TRACKS	15
Tues 7th November	PYES MILL/LODDON	15
Weds 8th November	NORMANSTON PARK/OLD RAILWAY LINE	15
Fri 10th November	NORMANSTON PARK/OULTON BROAD	16
Mon 13th November	DITCHINGHAM/BROOME PLACE	16
Tues 14th November	NORTH COVE/BARNBY - ROAD WALK	16
Weds 15th November	GUNTON WOODS	17
Fri 17th November	WANGFORD - ROAD WALK	17
Mon 20th November	NORMANSTON PARK/IVY HOUSE	17
Tues 21st November	RINGSFIELD/WESTON	18
Weds 22nd November	MARSH LANE TO RIVER BANK AT WORLINGHAM	18
Fri 24th November	WATERLOO FARM SOTTERLEY/FROSTENDEN	18
<b>6</b>		

**Date****Area****Page**

<b>Date</b>	<b>Area</b>	<b>Page</b>
Mon 27th November	KESSINGLAND BEACH/BENACRE SLUICE	19
Tues 28th November	BECCLES/DUNBURGH - ROAD WALK	19
Weds 29th November	BECCLES COMMON	19
Fri 1st December	METTINGHAM CASTLE	20
Mon 4th December	LOUND LAKES	20
Tues 5th December	SOUTHWOLD SEAFRONT	20
Weds 6th December	PAKEFIELD/ LOWESTOFT PROMENADE	21
Fri 8th December	PYES MILL/RIVER CHET - NEW WALK	21
Mon 11th December	BECCLES MARSH TRAIL/WORLINGHAM WALL	21
Tues 12th December	MUTFORD HALL	22
Weds 13th December	NO WALK TODAY	22
Fri 15th December	RINGSFIELD CHURCH	22
Mon 18th December	GORLESTON	22
Tues 19th December	BARSHAM CHURCH	22
Weds 20th December	PAKEFIELD - COASTAL & INLAND	23
Fri 22nd December	NORTH COVE/BARNBY - ROAD WALK	23
Mon 25th December	NO WALK TODAY - MERRY CHRISTMAS!	23

# Walks by Date

<b>Date</b>	<b>Area</b>	<b>Page</b>
Tues 26th December	NO WALK TODAY	23
Weds 27th December	BECCLES TOWN WALK	24
Fri 29th December	SOUTHWOLD SEAFRONT	24

**MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR TO ALL OUR VOLUNTEERS AND EVERYONE THAT JOINED US ON A HEALTH WALK IN 2017.**

**Please join us in 2018, look out for our Waveney Winter/Spring programme later this year. Also, head to [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) for details of all our walks across Suffolk, which includes some new walks in the Halesworth area.**



# Waveney Health Walks

**Monday 2nd Oct**

## **KESSINGLAND BEACH/BENACRE SLUICE**

**NR33 7SF**

**10.30am**

Grade 3  
80 min  
3.3 miles

Meet at the Beach Car Park Church Road. Turn off the A12 into Whites Lane, after  $\frac{3}{4}$  mile this road becomes Church Road then shortly after the junction turn right into Beach Car Park. Care needs to be taken going down the steps to the promenade. The walk proceeds along a grass/sand dune stretch set back 400 yards from the sea, and crosses over the sluice gate of the River One Hundred. It then proceeds beside a lake formed by excavation of gravel used to construct the runway at Ellough airfield in the early 1940's. At one point, you are walking with the sea on your immediate left. An exhilarating walk. There are refreshment and toilet facilities in Kessingland.

**Beccles WFH Derek & June**

---

**Tuesday 3rd Oct**

## **HENSTEAD CHURCH WALK**

**NR34 7LD**

**10.30am**

Grade 4  
90 min  
3.5 miles

Meet ready for a prompt start at Henstead Church car park which can be accessed either from the Beccles or Wrentham roads. The walk does involve some road walking but also includes several field tracks. Care needs to be taken as we come off a field track onto Henstead road and walk a short distance up this road. A lovely walk but can be very muddy in wet conditions

**Beccles WFH Mike & Simon**

---

**Wednesday 4th Oct**

## **SPARROWS NEST**

**NR32 1XG**

**2PM**

Grade 1  
60 min  
1.5 miles

Meet ready for a prompt start at Sparrow's Nest car park at the end of Whapload Road in the North Dene's area of Lowestoft. The walk includes coastal paths and country park paths. There are gentle slopes. Refreshment and toilet facilities are available at the caravan park or at Sparrow's Nest. **Beccles WFH Carole & Martin**

**Friday 6th Oct**

**NR34 9EJ**

**10:30am**

Grade 4  
80 min  
3.7 miles

**BECCLES MARSH TRAIL/WORLINGHAM WALL**

Meet for a prompt start at the small car park near the allotments off the Morrison's A146 roundabout at the edge of Beccles. Morrison's store has a cafe and toilets and is quite near the car park. This delightful walk starts on wide easily walked level track across the marshes with extensive views across the water meadow and dykes with cows grazing. It moves onto the Worlingham Wall which is a shallow raised bank, originally built to provide protection against flooding. This meanders through belts of trees, grasses and wild flowers and is uneven in places. The route then follows the River Waveney for about 1 kilometre, before turning back through the marshes on a wide track. No road walking, a lovely walk through a water meadow landscape. **Beccles WFH Mike & Simon**

---

**Monday 9th Oct**

**NR34 9BH**

**10.30am**

Grade 4  
85 min  
3.75 miles

**BECCLES/DUNBURGH/RIVER BANK**

Meet at Beccles Quay car park ready for a prompt start. This walk involves some minor road walking but also includes a delightful walk for about two miles along the Norfolk bank of the River Waveney. The walk leads us along the Gillingham Dam where single file is appropriate due to overhanging wing mirrors on vehicles. We cross the main road twice. Toilets/cafe at Quay. **Beccles WFH Derek & June**

---

**Tuesday 10th Oct**

**NR34 8HJ**

**10.30am**

Grade 5  
80 min  
3.5 miles

**BARSHAM CITY**

Meet at the lay-by on the Beccles/Bungay Road – B1062 - near Barsham Church. A delightful walk with a good debate on why it is called 'a City' when only a few houses exist. Some minor road walking and two stiles but with some field track walking and we walk through a wooded area. We pass a farm where free range fresh eggs are for sale. Care needs to be taken when we cross the B1062 road which we must do twice. **Beccles WFH Bob & Simon**

**Wednesday 11th Oct BECCLES COMMON**  
Meet at the Beccles Common car park at the end of Common Road South ready for a prompt start. This walk avoids the wood area to keep us on the flat level paths of the Common, we cross over the golf course at times. Steeped in history, e.g. Boney's Island, now a fenced-off wooded area, where troops were stationed in the Peninsular war and in the run up to Waterloo. Refreshments and toilets are available at PAWS the café on the Common.  
**Beccles WFH Carole & Martin**

---

**Friday 13th Oct BECCLES/BOAT HOUSE HILLS**  
Park at the large car park at Beccles Quay ready for a prompt start. The first part of the walk leads us along the Gillingham Dam where single file is appropriate due to overhanging wing mirrors on vehicles. We cross the A146 once and after that it is mostly field tracks and walking along the river bank. Glorious views from Boat House Hills over the river, Waveney Valley and Beccles. There are two stiles. Refreshment and toilet facilities available at nearby Beccles Quay. **Beccles WFH Roger & Maureen**

---

**Monday 16th Oct GORLESTON**  
Meet for a prompt start at the car park on Marine Parade Gorleston. Access this by turning right off the A12 Lowestoft/Yarmouth Road (travelling north) at the Toby Carvery roundabout taking the third exit into Links road and carry on into Yallop Avenue. Turn left at the sea front into Marine Parade and take the first right into the car park. The walk is principally on the cliff top promenade and associated footpaths. Care needs to be taken on local roads and steps. **Beccles WFH Derek & June**

---

**Tuesday 17th Oct NORTH COVE/WORLINGHAM**  
Meet for a prompt start at the North Cove church lay-by near the Three Horseshoes Public house. There are two walks, a 2.6 or a 3 mile walk both within the 90-minute mandate. Both walks are principally road/lane walking and do cross the A146 twice. Useful in wet weather conditions. Refreshment and toilet facilities are available at the Three Horseshoes Public house. **Beccles WFH Bob & Simon**

**Wednesday 18th Oct BECCLES QUAY CAFÉ/RIVERBANK TO SAILING CLUB**  
**NR34 9BH** Meet at Beccles Quay cafe for a prompt start, parking available at Beccles Quay car park. We walk beside the river Waveney to the sailing club and then return by the Marsh Trail and riverbank. Toilet and refreshment facilities are available at Beccles Quay. **Beccles WFH Martin & backmarker**  
**2pm**  
Grade 1  
60 min  
1.5 miles

---

**Friday 20th October BUNGAY TOWN & COMMON**  
**NR35 1DS** Meet at the car park of Bungay golf club, park at far end away from club house ready for a prompt start. The walk proceeds around the perimeter of Bungay common, beside the River Waveney and through Bungay Town - a pleasant walk. This walk can be hard going so we can vary the length depending on the conditions on the day and walker's abilities, we may cut out some walking over the Common and add further walking in the Town area. Toilets and refreshments available in Bungay town centre. **Beccles WFH Roger & Maureen**  
**10.30am**  
Grade 2-3  
70 min  
2.7 - 3.1 miles

---

**Monday 23rd Oct NORMANSTON PARK/OLD RAILWAY LINE/ GUNTON CLIFF**  
**NR32 2QB** Meet in Normanston Park, off Peto Way ready for a prompt start in the car park area. This walk partly follows the old railway line now re-surfaced with tarmac. It does involve some road walking and crosses the A47 (prev. A12) Yarmouth Road twice, then proceeds along Gunton Cliffs. This is an out and back walk. Toilets and refreshments available in Normanston Park. **Beccles WFH Derek & June**  
**10.30am**  
Grade 4  
90 min  
3.7 miles

**Tuesday 24th Oct**

**SOUTHWOLD INLAND**

**IP18 6TB**

**10.30am**

Grade 3  
90 mins  
3.75 miles

Meet ready for a prompt start at the water tower car park on the edge of Southwold. The walk takes in some common land and field tracks and crosses over some roads. It is a delightful walk in countryside surrounding Southwold. Refreshment and toilet facilities are available in nearby Southwold. **Beccles WFH Bob & Emma**

---

**Wednesday 25th Oct BECCLES TOWN**

**NR34 9QB**

**2pm**

Grade 3  
60 min  
1.5 miles

Meet at the entrance to Beccles Tesco store. We walk to St. Michael's church along Ballygate, past the museum then to Puddingmoor and back to start. If you are feeling well off we take tea at the Waveney House Hotel, if not at Tesco - toilets at both. **Beccles WFH Martin & Carole**

---

**Friday 27th Oct**

**STOVEN**

**NR34 8ER**

**10.30am**

Grade 4  
90 min  
3.5 miles

Meet at Stoven Green for a prompt start. Coming from Beccles, turn left at Brampton crossroads and after 9/10ths of a mile turn left and Stoven Green is on the right. A lovely walk involving some minor road walking, but also on field tracks and through a wooded area. A good possibility of seeing deer. This walk avoids Further Green Farm. **Beccles WFH Roger & Maureen**

**Monday 30th Oct**

**IP18 6TB**

**10.30am**

Grade 4  
90 min  
3.8 miles

**SOUTHWOLD SEAFRONT**

Meet at the water tower near the golf course using the car parking area about 100 metres before the water tower. This walk is one of our favourites. It leads across the golf course and then follows the river right down to the sea. After walking across a sand dune area, we walk the entire length of the promenade up to the pier where toilet facilities and refreshments are available. After crossing a marshy area, we proceed over the main road and re-join the golf course. **Beccles WFH Derek & June**

---

**Tuesday 31st Oct**

**NR34 7PH**

**10.30am**

Grade 4  
80 min  
3.5 miles

**NORTH COVE/RIVER & MARSH**

Meet for a prompt start at the North Cove Church lay-by near the Three Horseshoes Public house. This is a very nice walk involving some lane walking and walking along the banks of the River Waveney, as well as on marsh tracks. We cross over two level crossings so care needs to be taken here. Refreshment and toilet facilities are available at the pub. **Beccles WFH Bob & Simon**

---

**Wednesday 1st Nov**

**NR33 9JT**

**2pm**

Grade 1  
60 min  
1.5 miles

**NICHOLAS EVERITT PARK & BROAD**

Meet at the gated entrance to Nicholas Everitt park, next to the Spar store on Bridge Road ready for a prompt start, ***the car park is pay and display***. The walk is around the park and alongside Oulton Broad. A delightful area to walk. Refreshment and toilet facilities are available. **Beccles WFH Carole & Martin**

---

**Friday 3rd November** **MUTFORD WOOD**

**NR34 7UR**

**10.30am**

Grade 4  
90 mins  
3.5 miles

Meet ready for a prompt start at Mutford Village Hall car park which is just off The Street, Mutford. This is a lovely walk around Mutford which features some lane walking as well as field tracks and walking through a wood. ***Parking = 20p per car***  
**Beccles WFH Bob & Backmarker**

**Monday 6th Nov**

**DUNWICH WOODS & TRACKS**

**IP17 3EN**

**10.30am**

Grade 4  
90 min  
3.8 miles

Meet at the beach car park, end of the High Street bearing left just beyond the Ship Inn. A delightful walk but can be windswept in winter. Mostly tracks through woods, a marshy area and only a small amount on roads. The main walk can be extended over the permitted 90 mins for a further 15 mins to take in Greyfriars Wood and Abbey with lovely sea views. Refreshments at the car park in summer/all year round at the pub. Toilet facilities all year round. **Beccles WFH Derek & June**

---

**Tuesday 7th Nov**

**PYES MILL/LODDON**

**NR14 6DS**

**10.30am**

Grade 4/5  
90 min  
3.75 miles

Walk starts promptly at from the car park at the end of Pye's Mill Road. We walk from Pye's Mill into Loddon, across Warren Hills and Stubbs Green Common then back via High Bungay Road. We must cross the A146 twice where great care is needed. Toilets and refreshments available in Loddon town centre. **Beccles WFH Roger & Maureen**

---

**Wednesday 8th Nov**

**NORMANSTON PARK/OLD RAILWAY LINE**

**NR32 2QB**

**2pm**

Grade 1  
60 min  
1.5 miles

Meet for a prompt start at Normanston Park car park just off Peto Way. We start out by going across Peto Way and join a track which leads into the old railway line which has been surfaced with tarmac. We walk up this trackway for a while and then re-trace our steps to get back to the car park. Refreshment and toilet facilities are available at Normanston Park. **Beccles WFH Martin & Carole**

**Friday 10th Nov**

**NR32 2QB**

**10.30am**

Grade 1

70 min

2.8 miles

**NORMANSTON PARK/OULTON BROAD**

The walk starts promptly from the car park in Normanston Park which is off Peto Way in Lowestoft. There are some steep steps over the railway line, then the walk proceeds alongside Lake Lothing with its many boat repair yards. Then into Nicholas Everitt Park in Oulton Broad and along the edge of the Broads. This walk is mostly pathways through parks with lovely views. Refreshment and toilet facilities are available on route. **Beccles WFH Roger & Maureen**

---

**Monday 13th Nov**

**NR35 2RD**

**10.30am**

Grade 5

80 min

3.4 miles

**DITCHINGHAM/BROOME PLACE**

Meet at the car park in Green Lane Ditchingham ready for a prompt start. A very pleasant walk on some minor roads, and on field tracks and through some wooded areas. There are some hills and one awkward stile. We cross Broome Heath on our return. Refreshment and toilet facilities are available in nearby Bungay. **Beccles WFH Derek & June`**

---

**Tuesday 14th Nov**

**NR34 7PH**

**10.30am**

Grade 3

75 min

3 miles

**NORTH COVE/BARNBY – ROAD WALK**

Meet ready for a prompt start at North Cove Church lay-by near the Three Horseshoes Public house. This walk is all on minor roads a delightful walk around North Cove and nearby Barnby, passing the Swan Inn which is famous for its fish cuisine. Refreshment and toilet facilities available at the pub. **Beccles WFH Emma & Simon**



**Wednesday 15th Nov GUNTON WOODS**

**NR32 4LF**

**2pm**

Grade 2  
60-90 min  
1.5 miles

Meet at Gunton St. Peters church on Gunton Church Lane, park with care on the road. The walk proceeds through Gunton Woods as a marked footpath, care may be needed due to exposed tree roots in some parts of the woods. This is a walk with lots of colour dependant on the season with snowdrops in the winter and changing colours on the trees. No toilet facilities in Gunton Woods but available nearby. Tea/ Coffee stop after the walk. **Beccles WFH Carole & Martin**

---

**Friday 17th Nov**

**WANGFORD – ROAD WALK**

**NR34 8RL**

**10.30am**

Grade 4  
90 min  
4 miles

Meet for a prompt start, parking by the roadside in front of Wangford church just after the Angel Inn. We start off by walking on a footpath beside the A12 towards Lowestoft. Cross over the A12 and take the fourth lane on the left and proceed to Wash Lane. The walk then takes us to Clay Common passing by Manor farm, Church farm, Bullions cottage and Hadingham's Covert where we then cross the A12 again and return to the start. Refreshment and toilet facilities are available in Wangford. **Beccles WFH Roger & Maureen**

---

**Monday 20th Nov**

**NORMANSTON PARK/IVY HOUSE**

**NR32 2QB**

**10.30am**

Grade 5  
90 min  
3.75 miles

Meet at Normanston Park just off Peto Way in Lowestoft ready for a prompt start. This delightful walk passes Lake Lothing and proceeds alongside Oulton Broad taking in Nicholas Everitt Park, then heading on towards Carlton Marshes. Part of the pathway floods at high tide when we must make a small detour. Mostly footpaths, tracks and park land but the route includes steep steps over the railway bridge, uneven ground alongside Lake Lothing and two stiles near the Ivy House Hotel. Refreshment and toilet facilities are available on the walk. **Beccles WFH Derek & June**

**Tuesday 21st Nov**

**NR34 8NT**

**10.30am**

Grade 5  
75 min  
3.5 miles

**RINGSFIELD/WESTON**

Meet ready for a prompt start parking in the village hall car park at Ringsfield. We cross the railway line twice where there are stiles. We also walk beside the A145 Beccles/Blythburgh road in single file a short distance. No toilets/refreshments available. **Beccles WFH Mike & Simon**

---

**Wednesday 22nd Nov MARSH LANE TO RIVER BANK AT WORLINGHAM**

**NR34 7PD**

**2pm**

Grade 1 (2 if extended walk)  
50/80min  
1.6/2.1 miles

Meet for a prompt start. Take A146/and or Beccles/Worlingham Road to Worlingham roundabout on A146. Go left, right, or straight on at the roundabout as appropriate and enter Marsh Lane. Almost immediately turn right off Marsh Lane, proceed around bends, and then park up beside the road. This is the old Norwich/Lowestoft Road. This is an out and back walk and proceeds down Marsh Lane to the level crossing. It is all road walking but passes through lovely open countryside. The walk can be extended by proceeding over the level crossing and carrying straight on down a track to the river. Toilet and refreshments are available at the Three Horseshoes Pub at North Cove. **Beccles WFH Martin & Carole**

---

**Friday 24th Nov**

**NR34 7UA**

**10.30am**

Grade 4  
90 mins  
3.7 miles

**WATERLOO FARM SOTTERLEY/FROSTENDEN**

Meet for a prompt start on Waterloo Road, parking on the verge opposite Waterloo Farm. The walk involves some walking on a minor road, but is mainly on field tracks in a very quiet part of North Suffolk. This is a delightful meandering walk along field edges and country paths between hedges. There is an area known as Frostenden Springs where the track can be very wet and muddy in the winter months. There are no toilet facilities or refreshments available on this route. **Beccles WFH Mike & Simon**

**Monday 27th Nov**

**KESSINGLAND BEACH/BENACRE SLUICE**

**NR33 7SF**

**10.30am**

Grade 3

80 min

3.3 miles

Meet for a prompt start at the Beach Car Park Church Road. Turn off the A12 into Whites Lane, after  $\frac{3}{4}$  mile this road becomes Church Road then shortly after the junction turn right into Beach Car Park. Care needs to be taken going down the steps to the promenade. The walk proceeds along a grass/sand dune stretch set back 400 yards from the sea, and crosses over the sluice gate of the River One Hundred. It then proceeds beside a lake formed by excavation of gravel used to construct the runway at Ellough airfield in the early 1940's. At one point, you are walking with the sea on your immediate left. An exhilarating walk. There are refreshment and toilet facilities in Kessingland. **Beccles WFH Derek & June**

---

**Tuesday 28th Nov**

**BECCLES/DUNBURGH – ROAD WALK**

**NR34 9BH**

**10.30am**

Grade 3

85 min

3.75 miles

Meet at Beccles Quay car park ready for a prompt start. The walk is all on minor roads and leads us along the Gillingham Dam where single file is appropriate due to overhanging wing mirrors on vehicles. We cross the main road twice. There are toilets and a café at Beccles Quay. **Beccles WFH Bob & Emma**

---

**Wednesday 29th Nov** **BECCLES COMMON**

**NR34 9BY**

**2pm**

Grade 1

60 min

1.5 miles

Meet at the Beccles Common car park at the end of Common Road South ready for a prompt start. This walk avoids the wood area to keep us on the flat level paths of the Common, we cross over the golf course at times. Steeped in history, e.g. Boney's Island, now a fenced-off wooded area, where troops were stationed in the Peninsular war and in the run up to Waterloo. Refreshments and toilets are available at 'PAWS' the café on the Common. **Beccles WFH Carole & Martin**

**Friday 1st Dec**

**METTINGHAM CASTLE**

**NR35 1TL**

**10.30am**

Grade 4-5  
80 min  
3.5 miles

Meet lay-by B1062 Beccles/Bungay Road just before Mettingham Church/Tally-Ho tearoom for prompt start. The walk, which can be hilly in places takes us to Mettingham Castle, a fortified Manor House formed by Sir John de Norwich who was given a licence to crenulate his existing Manor House on the site in 1432. Some road walking, country paths and tracks. A very interesting walk. Care crossing B1062 twice. Refreshments and toilets at Tally-Ho tearooms and in nearby Beccles Town. **Beccles WFH Bob & Backmarker**

---

**Monday 4th Dec**

**LOUND LAKES**

**NR31 9AU**

**10.30am**

Grade 3  
90 min  
3.75 miles

Meet at the Suffolk Wildlife Car Park off Hall Road ready for a prompt start. Walking is mostly on paths in the Lound Lakes reserve with a short distance of road walking in Hobland Road. A lovely walk with glorious views. **Beccles WFH Derek & June**

***CHRISTMAS LUNCH AT BROWSTON HALL  
NR31 9DW AFTER THE WALK TODAY,  
WALKERS & NON WALKERS WELCOME –  
PRIOR BOOKING IS ESSENTIAL VIA DEREK &  
JUNE***

---

**Tuesday 5th Dec**

**SOUTHWOLD SEAFRONT**

**IP18 6TB**

**10.30am**

Grade 4  
90min  
3.8miles

Meet at the water tower near the golf course using the car parking area about 100 metres before the water tower. This walk is one of our favourites. It leads across the golf course and then follows the river right down to the sea. After walking across a sand dune area, we walk the entire length of the promenade up to the pier where toilet facilities and refreshments are available. After crossing a marshy area, we proceed over the main road and re-join the golf course. **Beccles WFH Bob & Simon**

**Wednesday 6th Dec PAKEFIELD/LOWESTOFT PROMENADE**

**NR33 OJS**

**2pm**

Grade 1

60 min

1.5 miles

Meet near the Jolly Sailor pub in Pakefield to start promptly. Car parking is free at the All Saints Road site, NR33 OJN. The walk has a small amount of road walking but most of it is on footpaths beside the sea and along Lowestoft Promenade. A very bracing walk. Refreshment and toilet facilities available. **Beccles WFH Martin & Carole**

---

**Friday 8th Dec**

**PYES MILL/RIVER CHET - NEW WALK**

**NR14 6DS**

**10.30am**

Grade 4-5

80-90 min

3.45 - 3.95 miles

This walk starts promptly from the car park at end of Pye's Mill Road. A lovely walk in the Loddon/Chedgrave area, mainly over firm surfaces passing rural town, country and river scenery. We walk by both Loddon and Chedgrave churches. Toilets available in Loddon at Bridge Street car park, refreshments at Spoons Cakes or Rosie Lee's, both on Bridge St.

**Beccles WFH Roger & Maureen**

---

**Monday 11th Dec**

**BECCLES MARSH TRAIL/WORLINGHAM WALL**

**NR34 9EJ**

**10.30am**

Grade 4

80 min

3.7 miles

Meet for a prompt start at the small car park near the allotments off the Morrison's A146 roundabout at the edge of Beccles. Morrison's store has a cafe and toilets and is quite near the car park. This delightful walk starts on wide easily walked level track across the marshes with extensive views across the water meadow and dykes with cows grazing. It moves onto the Worlingham Wall which is a shallow raised bank, originally built to provide protection against flooding. This meanders through belts of trees, grasses and wild flowers and is uneven in places. The route then follows the River Waveney for about 1 kilometre, before turning back through the marshes on a wide track. No road walking, a lovely walk through a water meadow landscape. **Beccles WFH Derek & June**

**Tuesday 12th Dec**

**MUTFORD HALL**

**NR34 7UR**

Meet ready for a prompt start at Mutford Village Hall car park which is just off The Street, Mutford. The walk takes in some lovely countryside tracks, there is some road walking and two stiles to negotiate. A very lovely walk.

**10.30am**

Grade 4  
80 min  
2.7 miles

**Parking = 20p per car**  
**Beccles WFH Mike & Simon**

---

**Wednesday 13th Dec NO WALK TODAY**

---

**Friday 15th Dec**

**RINGSFIELD CHURCH**

**NR34 8NT**

Meet at Ringsfield village hall car park ready for a prompt start. This walk is mostly field tracks with some minor road walking. The views are expansive and it is worthwhile visiting the Church. There are no toilet or refreshment facilities other than at the local pub, or in Beccles Town. **Beccles WFH Mike & Backmarker**

**10.30am**

Grade 3  
75 mins  
2.5 miles

---

**Monday 18th Dec**

**GORLESTON**

**NR31 6EZ**

Meet for a prompt start at the car park on Marine Parade Gorleston. Access this by turning right off the A12 Lowestoft/Yarmouth Road (travelling north) at the Toby Carvery roundabout taking the third exit into Links road and carry on into Yallop Avenue. Turn left at the sea front into Marine Parade and take the first right into the car park. The walk is principally on the cliff top promenade and associated footpaths. Care needs to be taken on local roads and steps. **Beccles WFH Derek & June**

**10.30am**

Grade 2  
75 min  
3 miles

---

**Tuesday 19th Dec**

**BARSHAM CHURCH**

**NR34 8HJ**

Meet at ready for a prompt start at the lay-by on the Beccles/Bungay Road – B1062 near Barsham Church. A truly delightful walk, one which is steeped in history. The walk is mainly on field, footpaths and tracks, but there is some walking by the side of the Beccles/Bungay Road and a more minor road. We cross the Beccles/Bungay Road twice when care needs to be taken. Horatio Nelson's mother, Catherine Suckling, was born at Barsham Church rectory. Captain Maurice Suckling who gave Nelson his first post at the age of 12 on a Royal Navy ship is buried in the Church and Oliver Cromwell oversaw a troop of cavalry at Barsham Old Hall. **Beccles WFH Bob & Simon**

**10.30am**

Grade 3  
85 min  
3.25 miles

**Wednesday 20th Dec PAKEFIELD – COASTAL & INLAND**

**NR33 0JN**

**2pm**

Grade 3  
60 min  
1.7 miles

Meet ready for a prompt start at All Saints Road car park (which is free). All Saints Road is just before the Trowel and Hammer pub, right off Pakefield Street. We head south along the beach cliff top then head inland on minor and estate roads. We must cross the A12 twice. Refreshment/toilets available at the Tramway Hotel. **Beccles WFH Carole & Martin**

---

**Friday 22nd Dec**

**NR34 7PH**

**10.30am**

Grade 3  
75 min  
3 miles

**NORTH COVE/BARNBY – ROAD WALK**

Meet ready for a prompt start at North Cove Church lay-by near the Three Horseshoes Public house. This walk is all on minor roads a delightful walk around North Cove and nearby Barnby, passing the Swan Inn which is famous for its fish cuisine. Refreshment and toilet facilities available at the pub. **Beccles WFH Roger & Maureen**

*Christmas drinks  
after the walk*

**MEET WITH US FOR CHRISTMAS DRINKS AT  
THE PUB AFTER THE WALK TODAY, WALKERS  
& NON WALKERS, ALL WELCOME**

**Merry Christmas!**

---

**Monday 25th Dec**

NO WALK TODAY

---

**Tuesday 26th Dec**

NO WALK TODAY

**Wednesday 27th Dec BECCLES TOWN WALK**

**NR34 9QB**

**2pm**

Grade 3  
60 min  
1.5 miles

Meet at the entrance to Beccles Tesco store. We walk to St. Michael's church along Ballygate, past the museum then to Puddingmoor and back to start. If you are feeling well off we take tea at the Waveney House Hotel, if not at Tesco - toilets at both. Beccles **WFH Martin & Carole**

---

**Friday 29th Dec**

**SOUTHWOLD SEAFRONT**

**IP18 6TB**

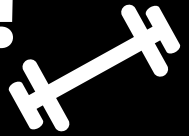
**10.30am**

Grade 4  
90 min  
3.8 miles

Meet at the water tower near the golf course using the car parking area about 100 metres before the water tower. This walk is one of our favourites. It leads across the golf course and then follows the river right down to the sea. After walking across a sand dune area, we walk the entire length of the promenade up to the pier where toilet facilities and refreshments are available. After crossing a marshy area, we proceed over the main road and re-join the golf course. **Beccles WFH Derek & June**



# Improve your health and wellbeing!



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

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

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

**Active**  
  
**wellbeing**

**01473 718193**

---

## **\*Eligible health conditions**

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

Note: suitable for patients following exit from rehabilitation services

# Halesworth Walking for Health

Halesworth Walking for Health is a new group in partnership with Cutlers Hill GP practice – please see posters in Cutlers Hill and around Halesworth town for further details of walks currently on offer.

Look out for our next Health Walks brochure, January-March 2018 when these new walks will be included in our programme.

**For more information, contact Emma Freeman:**

**Email:** [emma.freeman@onelifesuffolk.co.uk](mailto:emma.freeman@onelifesuffolk.co.uk)

**Call:** 01473 718193

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

' L O S E '  
WEIGHT

*Adults & Children*

**STOP**  
*Smoking*

**Get Help  
To Get  
ACTIVE**

health  
checks

Health  
WALKS

TRAINING  
*And more...*

**One  
Life  
Suffolk**  
CLUB

**One  
Life  
Suffolk**

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

**Call: 01473 718193**

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

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



**/OneLifeSuffolk**



**@onelifesuffolk**