

Stepping Out in Suffolk

January
to
March
2020



Health -WALKS-



Suffolk Winter Brochure

**One
Life
Suffolk**

Helping local people live healthier lives

Abbeycroft Leisure

KEEP ACTIVE

Brandon - Mildenhall - Newmarket



Over 50 and want to get more active?

Come and Keep Active at Newmarket Leisure Centre, Brandon Leisure Centre and Mildenhall Leisure Centres with our fun and social sport activities.

Help yourself to a Bourbon whilst trying Walking Netball or maybe a Custard Cream to help with your Table Tennis.

Try something new and inspire a healthier you for just a couple of pounds each session.

Want to get involved?

Email keepactive@acleisure.com to find out more and join a session near you.



Suffolk
Wildlife
Trust

**FREE
TO
VISIT**

Discover Carlton Marshes

Stroll into The Broads
from Lowestoft

Burnt Hill Lane
Carlton Colville
NR33 8HU



Follow Carlton
Marshes for
wildlife news, events &
nature reserve updates



suffolkwildlifetrust.org

One Life Suffolk

Welcome to our Health Walks Programme – Stepping out in Suffolk brochure.

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.

Full details of all of our walks are available at:
www.onelifesuffolk.co.uk/our-services/health-walks
Either enter your postcode to find a walk near you or
download the current health walk 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 and
can be slightly
faster in pace

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

www.onelifesuffolk.co.uk/our-services/health-walks

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 Ramblers, Walking for Health. They are led by trained volunteer walk leaders to ensure that they are effective and above all, enjoyable!

Walking can...

- Make you feel good
- Give you more energy
- Reduce stress
- Help you sleep better
- Keep your heart 'strong'
- Reduce blood pressure
- Help you to manage your weight



Please note: All walks return to the start point unless stated otherwise.



Please note: Where there is **no Dog Icon** against a walk this means that **ONLY** Registered Assistance Dogs are permitted, no other dogs will be allowed on that walk. All dogs must be kept on a short lead.



Please note: Extreme weather conditions may result in a walk being cancelled. If this happens, or you would like to check 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.



Please note: During the warmer summer months ticks can be found in a variety of habitats: woods, heaths and sometimes in wet habitats. We would advise wearing light-coloured clothing, keep your socks over your trousers and use insect repellent.



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

Volunteer with Stepping Out In Suffolk

We want everyone to live happier and healthier lives.

Help us achieve this by volunteering with your local Ramblers, Walking for Health scheme. We need people to lead, assist and develop new routes for our walks.

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

East Suffolk:

Email: claire.mccullough@onelifesuffolk.co.uk

West & Mid Suffolk:

Email: jane.dow@onelifesuffolk.co.uk

Waveney:

Email: emma.freeman@onelifesuffolk.co.uk

Health Walks Lead:

Email: claire.mccullough@onelifesuffolk.co.uk

or Call: 01473 718193

or Visit: www.onelifesuffolk.co.uk

Please contact your local Health Walks Practitioner for more information on training dates in your local area.

Suffolk Health Walks Index







East Suffolk 6

West & Mid Suffolk 20































Waveney 42



Walks Table Key


































-  All Dogs permitted
-  Parking either at location or nearby
-  Toilets either at location, nearby or on route
-  Refreshments either at location or nearby
-  Wheelchair friendly walk
-  Public Transport either to location or nearby































East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 3rd Jan	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Fri 3rd Jan	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance.	IP12 4FD	Woodbridge Walk Leaders	    
Mon 6th Jan	Felixstowe Sea Front	1 to 2	40-60	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny / Nigel	     
Mon 6th Jan	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	    
Tue 7th Jan	Martlesham Community Centre to the Creek	5	90 3 miles	10:30	Martlesham Community Centre	IP12 4SE	Graham & Lyn Parker	    
Tue 7th Jan	Kenton Hills	3 to 4	90 3.5 miles	11:00	Woodland Walks Car Park off Lover's Lane, Leiston. Free parking. ½ mile north of Leiston on the B1122 turn right into Lover's Lane, signposted Sizewell Beach. Turn left into the car park after approx ½ mile	Nearest IP16 4U or IP16 4TP Map ref TM45363	Saxmundham and Coastal walk leaders Fiona 07803 501194 Fay 07804 184464	 
Wed 8th Jan	Purdis and Warren Heath	5	90	10:30	Grass area at junction of Foxglove Crescent (off Murrills Rd) and Woodrush Road	IP3 8RE	Cynthia and Helen	  

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 8th Jan	RSPB North Warren Nature Reserve	2	90	10:45	Village Green Thorpeness Meare	IP16 4NW	RSPB Volunteer Health Walk Leaders	
Fri 10th Jan	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers, Vicky Thurston, Kim Wolstenholme and Erica Wren	
Fri 10th Jan	Framfield Health Centre, Woodbridge. Short walk.	1	30-45	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Steve Pestell	
Fri 10th Jan	Ufford layby – Old main road	5	3 miles	10:00	Turn off Yarmouth Road, Ufford onto Old Main Road meet in layby	IP13 0GZ Grid : 297537	Wickham Leaders	
Mon 13th Jan	Felixstowe old town and northern sea front	4	80-90	10:45	Brackenbury Sports Centre car park	IP11 9JF	Felixstowe Health Walk Leaders: Nigel	
Mon 13th Jan	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street Entrance	IP4 2BX	ActivLives 01473 345350	
Mon 13th Jan	Wickham	1 to 5	30-90	14:00	Café 46 The Hill	IP13 0QS, Grid : 302559 Explorer 212	Wickham Leaders	
Wed 15th Jan	Angel Marshes and village walk	3	60-80	10:00	Blythburgh Village Carpark (opposite the White Hart pub)	IP19 9LQ	Paul Lacey 07767 647727 / Fiona Foreman 07803 501194	
























East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 15th Jan	Newbourne to Hemley Church	5	90 3 miles	10:30	Newbourne Fox Pub	IP12 4NY	Graham & Lyn Parker	   
Fri 17th Jan	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Fri 17th Jan	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance.	IP12 4FD	Woodbridge Walk Leaders	    
Fri 17th Jan	Leiston Short Walk	1 to 2	60	11:00	Meet outside Leiston Library, Old Post Office Square, Main Street, Leiston	IP16 4ER	Saxmundham and Coastal walk leaders, Margaret Stanway, 07979 373934	    
Mon 20th Jan	Felixstowe sea front	1 to 2	40-60	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny / Nigel	     
Mon 20th Jan	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	    
Tue 21st Jan	Castle Walks Framlingham	4 to 5	70 3 miles	10:45	10:30 outside Castle Inn. Pay & display parking	IP13 9BH	Castle Walks Group Walk Leaders	   

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 22nd Jan	Friston	3 to 4	90 3.5 miles	11:00	Meet outside The Old Chequers Pub, Aldeburgh Road, Friston	IP17 1NP Map ref TM413600	Saxmundham and Coastal walk leaders Fiona 07803 501194 Fay 07804 184464	   
Thur 23rd Jan	Henley Community Centre	5	3 miles	10:30	Henley Community Centre	IP6 0RP Grid: 159516, Explorer 212	Wickham Leaders	  
Fri 24th Jan	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Sat 25th Jan	Ipswich parkrun be part of the parkrun by joining our new health walk Please register at parkrun.org.uk	5	60	09:00	Meet up at 8:45 next to the Cricket Pavilion, Chantry Park, Ipswich	IP2 0BS	Graham Rodgers	    
Mon 27th Jan	Peewit Hill and West Felixstowe	4	80-90	10:45	Garrison Lane free car park	IP11 7SH	Felixstowe Health Walk Leaders: Nigel	  
Mon 27th Jan	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street Entrance	IP4 2BX	ActivLives 01473 345350	     
Mon 27th Jan	Wickham	1 to 5	30-90	14:00	Café 46 The Hill	IP13 0QS Grid 302559, Explorer 212	Wickham Leaders	    

























East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 28th Jan	RSPB Minsmere Nature Reserve	2 to 3	60-90	11:00	Outside visitor centre	IP17 3BY Map ref TM470672	RSPB Volunteer Health Walk Leaders	
Wed 29th Jan	Kesgrave Tesco to Foxhall	5	90 3 miles	10:30	Kesgrave Tesco	IP5 2FU	Graham & Lyn Parker	
Thur 30th Jan	Around Tuddenham	3 to 4	60-75 3 miles	10:30	Car park of Tuddenham Fountain. Tuddenham St Martin	IP6 9BT	Steve and Rosie	
Fri 31st Jan	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	
Fri 31st Jan	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Woodbridge Walk Leaders	
Fri 31st Jan	Leiston Short Walk	1 to 2	60	11:00	Meet outside Leiston Film Theatre, High Street, Leiston	IP16 4BZ	Saxmundham and Coastal walk leaders Fiona 07803 501194 Fay 07804 184464	
Mon 3rd Feb	Felixstowe Sea Front	1 to 2	40-60	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny / Nigel	
Mon 3rd Feb	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	
































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 5th Feb	Dunwich Beach	3 to 4	90 3.5 miles	11:00	From the B1125 in Westleton take the road signed Dunwich and Minsmere and follow the road for 2 ½ miles to Dunwich beach car park. Donations.	IP17 3EN Map ref TM479706	Saxmundham and Coastal walk leaders Fiona 07803 501194 Fay 07804 184464	   
Fri 7th Feb	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Fri 7th Feb	Framfield Health Centre, Woodbridge. Short walk.	1	30-45	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Steve Pestell	    
Fri 7th Feb	Tunstall	1	3 miles	10:30	Community centre	IP12 2HR Grid : 358550 Explorer 212	Wickham Leaders	 
Mon 10th Feb	Trimley St Mary and Falkenham	5	90	10:45	Capel Hall Lane picnic area, Kirton. Just off A14 Junction 59	IP11 ORB	Felixstowe Health Walk Leaders: Nigel	 
Mon 10th Feb	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street Entrance	IP4 2BX	ActivLives 01473 345350	     

East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 10th Feb	Wickham	1 to 5	30-90	14:00	Café 46 The Hill	IP13 0QS, Grid : 302559 Explorer 212	Wickham Leaders	
Tue 11th Feb	Martlesham Community Centre to Waldringfield Heath	5	90 3 miles	10:30	Martlesham Community Centre	IP12 4SE	Graham & Lyn Parker	
Wed 12th Feb	RSPB North Warren Nature Reserve	2	90	10:45	Village Green Thorpeness Meare	IP16 4NW	RSPB Volunteer Health Walk Leaders	
Fri 14th Feb	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	
Fri 14th Feb	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Woodbridge Walk Leaders	
Fri 14th Feb	Leiston Short Walk	1 to 2	60	11:00	Meet outside Leiston Library, Old Post Office Square, Main Street, Leiston	IP16 4ER	Saxmundham and Coastal walk leaders, Margaret Stanway, 07979 373934	
Mon 17th Feb	Felixstowe Sea Front	1 to 2	40-60	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny / Nigel	
Mon 17th Feb	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	







































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tues 18th Feb	Melton	5	3 miles	10:30	Melton Riverside Amenity Car Park	IP12 2PA Grid : 288503 Explorer 212	Wickham Leaders	 
Tue 18th Feb	Castle Walks Framlingham	4 to 5	70 3 miles	10:45	10:30 outside Castle Inn. Pay & display parking	IP13 9BH	Castle Walks Group Walk Leaders	   
Wed 19th Feb	Palmer's Lane & Walberswick Village Walk	2	60-80	10:00	Lower car park on Palmers Lane, Walberswick	IP18 6TD	Paul Lacey 07767 647727 Fiona Foreman 07803 501194	 
Thur 20th Feb	Fynn Valley, Witnesham to Tuddenham, hoping to see snowdrops in Witnesham Church	5 (one stile)	75-90 (+30 minute coffee break)	10:30	Village Hall car park, Church Lane. From Ipswich pass Barley Mow on your right turn left at the bottom of the hill. NOTE this is not the usual car park. There will be a 30 min refreshment break also.	IP6 9EL	Rosie and Steve	   
Fri 21st Feb	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Mon 24th Feb	Trimley to Levington Marina	4	90	10:45	Thorpe Lane Trimley in Goslings Farm fishing lakes free car park	IP11 0RZ	Felixstowe Health Walk Leaders: Nigel	 
Mon 24th Feb	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street Entrance	IP4 2BX	ActivLives 01473 345350	     

East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 24th Feb	Wickham	1 to 5	30-90	14:00	Café 46 The Hill	IP13 0QS, Grid : 302559 Explorer 212	Wickham Leaders	    
Tue 25th Feb	RSPB Minsmere Nature Reserve	2 to 3	60-90	11:00	Outside visitor centre	IP17 3BY Map ref TM470672	RSPB Volunteer Health Walk Leaders	  
Wed 26th Feb	Waldringfield to Newbourne	5	90 3 miles	10:30	Waldringfield Maybush	IP12 4QL	Graham & Lyn Parker	   
Fri 28th Feb	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Fri 28th Feb	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Woodbridge Walk Leaders	    
Fri 28th Feb	Leiston Short Walk	1 to 2	60	11:00	Meet outside Leiston Film Theatre, High Street, Leiston	IP16 4BZ	Saxmundham and Coastal walk leaders, Margaret Stanway, 07979 373934	    
Sat 29th Feb	Ipswich parkrun be part of the parkrun by joining our new health walk Please register at parkrun.org.uk	5	60	09:00	Meet up at 8:45 next to the Cricket Pavilion, Chantry Park, Ipswich	IP2 0BS	Graham Rodgers	    
























Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Sun 1st March	Around Gippeswyck and Chantry parks	2	3 miles	13:30	Chantry Library, Ipswich	IP2 0QY	Cathy Gale, contact Chantry Library 01473 927275	
Mon 2nd March	Felixstowe Sea Front	1 to 2	40-60	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny / Nigel	
Mon 2nd Mar	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	
Wed 4th Mar	Eastbridge	3 to 4	90 3.5 miles	11:00	Meet outside the Eels Foot Inn Eastbridge	IP16 4SN, Map ref TM452660	Saxmundham and Coastal walk leaders Fiona 07803 501194 Fay 07804 184464	
Fri 6th Mar	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	
Fri 6th Mar	Framfield Health Centre, Woodbridge. Short walk.	1	30-45	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Steve Pestell	
Fri 6th Mar	Boyton RSPB	5	2-3 miles	11:00	Banters Barn Farm	IP12 3LP Grid : 387475 Explorer 212	Wickham Leaders	




East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 9th Mar	Gulpher Road and Candlet area	5	90	10:45	The Grove free car park (Eastward Ho)	IP11 9GA	Felixstowe Health Walk Leaders: Nigel	  
Mon 9th Mar	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street Entrance	IP4 2BX	ActivLives 01473 345350	     
Mon 9th Mar	Wickham	1 to 5	30-90	14:00	Café 46 The Hill	IP13 0QS, Grid : 302559 Explorer 212	Wickham Leaders	    
Tue 10th Mar	Kesgrave Tesco to Rushmere	5	90 3 miles	10:30	Kesgrave Tesco	IP5 2FU	Graham and Lyn Parker	    
Wed 11th Mar	RSPB North Warren Nature Reserve	2	90	10:45	Village Green Thorpeness Meare	IP16 4NW	RSPB Volunteer Health Walk Leaders	    
Fri 13th Mar	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Fri 13th Mar	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Woodbridge Walk Leaders	    
Fri 13th Mar	Leiston	1 to 2	60	11:00	Meet outside Leiston Library, Old Post Office Square, Main Street, Leiston	IP16 4ER	Saxmundham and Coastal walk leaders, Margaret Stanway, 07979 373934	    






































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 16th Mar	Felixstowe Sea Front	1 to 2	40-60	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny / Nigel	
Mon 16th Mar	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	
Tue 17th Mar	Castle Walks Framlingham	4 to 5	70 3 miles	10:45	10:30 outside Castle Inn. Pay & display parking	IP13 9BH	Castle Walks Group Walk Leaders	
Wed 18th Mar	Westleton Heath Walk	2	60-80	10:00	Westleton Heath National Nature Reserve Carpark	IP17 3DB	Paul Lacey 07767 647727 Fiona Foreman 07803 501194	
Fri 20th Mar	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	
Mon 23rd Mar	Prom and Landguard Nature Reserve	4 to 5	90	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny	
Mon 23rd Mar	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street Entrance	IP4 2BX	ActivLives 01473 345350	
Mon 23rd Mar	Wickham	1 to 5	30-90	14:00	Café 46 The Hill	IP13 0QS Grid 302559, Explorer 212	Wickham Leaders	















































East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 24th Mar	RSPB Minsmere Nature Reserve	2 to 3	60-90	11:00	Outside visitor centre	IP17 3BY Map ref TM470672	RSPB Volunteer Health Walk Leaders	   
Wed 25th Mar	Bucklesham to Brightwell	5	90 3 miles	10:30	Bucklesham Shannon Pub	IP10 0BR	Graham & Lyn Parker	   
Wed 25th Mar	Thorpeness	3 to 4	90	11:00	Meet outside the Meare Cafe by the duck pond. There is usually plenty of free parking in the village.	IP16 4NZ Map ref TM596472	Saxmundham and Coastal walk leaders Fiona 07803 501194 Fay 07804 184464	   
Fri 27th Mar	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	   
Fri 27th Mar	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. Park at top of Notcutts Car Park away from the entrance	IP12 4FD	Woodbridge Walk Leaders	    
Fri 27th Mar	Monewden	5	3 miles	11:00	Monewden Church	IP13 7DA Grid 239585, Explorer 212	Wickham Leaders	 














































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Sat 28th Mar	Ipswich parkrun be part of the parkrun by joining our new health walk Please register at parkrun.org.uk	5	60	09:00	Meet up at 8:45 next to the Cricket Pavilion, Chantry Park, Ipswich	IP2 0BS	Graham Rodgers	
Mon 30th Mar	Felixstowe Sea Front	1 to 2	40-60	10:45	In front of Felixstowe leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Jenny / Nigel	
Mon 30th Mar	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	

West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 1st Jan	Bury New Year's Day Walk - Eastgate to Southgate and back	2 to 3	75	10:30	Meet 10:15 at Abbeygate, entrance to Abbey Gardens	IP33 1LS	Bury Leaders Facebook@ bsehealthwalks	   
Wed 1st Jan	Hadleigh Kersey Mill	4 to 5	90	09:30	Kersey Mill, large car park at back of site. Meet 9:20	IP7 6DP	Pam, Babergh Leader	   
Thu 2nd Jan	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	   
Thu 2nd Jan	Bury Monthly Library 'town' walks	2 to 3	60-75	13:45	Meet 13:30 Bury Library (opp Bus Station)	IP33 1TZ	Bury Leaders Facebook@ bsehealthwalks	    
Thu 2nd Jan	Ashley / Chevely	3 to 4	90	10:30	Ashley Crown car park	CB8 9DR	Forest Heath	 
Thu 2nd Jan	Haverhill Newt Pond	3	60	11:00	Sainsbury's car park	CB9 7YL		   
Mon 6th Jan	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   
Mon 6th Jan	Long Melford Short Walk	1	30	10:00	Meet 9:45am at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Mon 6th Jan	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	     










































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 6th Jan	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Tue 7th Jan	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tue 7th Jan	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Tue 7th Jan	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00 Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Tue 7th Jan	Eye Circular	4	90	10:30	Pennings nature reserve Car Park	IP23 7NH	Eye leaders	    
Wed 8th Jan	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Wed 8th Jan	Bury West Walk	2	90	10:30	Meet 10:15 Spread Eagle PH, Horringer Road (A143)	IP33 2DE	Bury Leaders Facebook@ bsehealthwalks	    
Wed 8th Jan	Great Cornard Library Walk	1	30	10:00	Great Cornard Library and afterwards for refreshments in Great Cornard Sports Centre	CO10 0JU	Heather and Jane	     
Thu 09 Jan	Exning	3	90	10:30	Cotton End Road, Exning, near the War Memorial.	CB8 7NN	Forest Heath	 
Thu 9th Jan	Haverhill Estates	3	60	11:00	Haverhill library	CB9 8HB	Vivienne, David P, Anthea, Lynne	   











































West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 9th Jan	Sudbury	4 to 5	90	11:30	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Julian	    
Mon 13th Jan	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 13th Jan	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	      
Mon 13th Jan	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   
Mon 13th Jan	Needham Market	4	90	10.45	Needham Lake, at the bridge	IP6 8AL	Rae Corrigan/ Daphne Turner	   
Mon 13th Jan	Stowmarket town and riverbank	1	60	10:00	St Peter and St Mary's church, Church Walk, Stowmarket	IP14 1ET	Mike	    
Tue 14th Jan	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Tue 14th Jan	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tue 14th Jan	Hadleigh River Path Circular Stroll	1 to 2	45-60	10:00	Hadleigh Market Place	IP7 5AE	Pam, Babergh Leader	     
















































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 15th Jan	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	
Wed 15th Jan	Shotley River Stroll	4	90	11:30	Opposite Bristol Arms Pub, Shotley Gate. Free Parking.	IP9 1PU	Shotley Open Spaces	
Wed 15th Jan	Ickworth Park	3 to 4	60-90 2.5 miles	10:15	Meet 10:00am Ickworth House Car Park (Admission free for Health Walkers)	IP29 5QE	Bury Leaders Facebook@bsehealthwalks	
Thu 16th Jan	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	
Thu 16 Jan	Dalham	3	90	10:30	On road opposite Affleck Arms pub, Dalham.	CB8 8TG	Forest Heath	
Thu 16th Jan	Haverhill Birdbrook	1	60-90	11:00	Birdbrook Church	CO9 4BJ	David P, Jim, Maura, Anthea	
Mon 20th Jan	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	
Mon 20th Jan	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	










































West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 20th Jan	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   
Mon 20th Jan	Long Melford Short Walk	1	30	10:00	Meet 9:45am at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Tue 21st Jan	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tue 21st Jan	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Tue 21st Jan	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Wed 22nd Jan	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Thu 23rd Jan	Acton	4 to 5	90	11:30	Acton Village Hall	CO10 0BA	Julian	   
Thu 23rd Jan	West Stow / Forest Lodge Walk	2	90	11:00	Meet 10:45 am in car park at West Stow country park -Charge £2	IP28 6HG	Bury Leaders Facebook@ bsehealthwalks	  
Thu 23rd Jan	Burwell	2 to 3	90	10:30	On road, beside the church & opposite Five Bells pub	CB25 0HD	Forest Heath	 
Thu 23rd Jan	Haverhill Golf Course	2	60	11:00	East Town Park	CB9 7UR	Tom, George, Margaret, Lian	   


































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 24th Jan	Bury Garden Centre to Moreton Hall	4	90	10:30	Meet 10:15am at Dobbies (formerly Wyvale Garden Centre	IP33 2RN	Bury Leaders Facebook@ bsehealthwalks	   
Mon 27th Jan	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	    
Mon 27th Jan	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   
Mon 27th Jan	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	    
Tue 28th Jan	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tue 28th Jan	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Tue 28th Jan	Hadleigh, Holbecks Park and beyond	4 to 5	90	10:00	Topsfield Bridge, Hadleigh	IP7 5DP	Pam, Babergh Leader	    
Wed 29th Jan	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Thu 30th Jan	Mildenhall Woods	2 to 3	90	10:30	Half Moon pub (Hungry Horse) car park	IP28 7HS	Forest Heath	   

West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 30th Jan	Haverhill Great & Little Wratting	3	60-90	11:00	Karro Car Park	CB9 7TD	Peter, Maura, Jim, Nick	    
Thu 30th Jan	Around Tuddenham	3 to 4	60-75 3 miles	10:30	Car park of Tuddenham Fountain. Tuddenham St Martin	IP6 9BT	Steve and Rosie	    
Thu 30th Jan	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	    
Thu 30th Jan	Bury Water Meadows and Graveyards	3 to 4	90	10:30	Meet 10:15 at Abbeygate, entrance to Abbey Gardens	IP33 1LS	Bury Leaders Facebook@ bsehealthwalks	    
Sat 1st Feb	Clare Short Walks Weekend Walk	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	     
Mon 3rd Feb	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	      
Mon 3rd Feb	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 3rd Feb	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	    
Mon 3rd Feb	Long Melford Short Walk	1	30	10:00	Meet 9:45am at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	    











































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 4th Feb	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Tue 4th Feb	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Tue 4th Feb	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tues 4th Feb	Eye Circular	4	90	10:30	Pennings nature reserve Car Park	IP23 7NH	Eye Leaders	   
Wed 5th Feb	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Wed 5th Feb	Great Cornard Library Walk	1	30	10:00	Great Cornard Library and afterwards for refreshments in Great Cornard Sports Centre	CO10 0JU	Heather and Jane	     
Wed 5th Feb	Hadleigh Kersey Mill	4 to 5	90	09:30	Kersey Mill, large car park at back of site. Meet 9:20	IP7 6DP	Pam, Babergh Leader	   
Wed 5th Feb	Little Whelnetham (old railway line near Lt Whelnetham)	5 (stile)	3 mile	10:30	Meet 10:15 parking area on north side of disused line.	IP30 0DS	William and Monique Wilson Facebook@bsehealthwalks	  
Thu 6th Feb	Haverhill Wilsey Woods	3	60	11:00	Leisure Centre	CB9 0ER	David P, Anthea, Nick, Margaret	   

West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 6th Feb	Devils Dyke	3 to 4	90	10:30	Car parking at National Stud/July Course. Nearest post code CB8 0XE	CB8 0XE	Forest Heath	  
Thu 6th Feb	Bury monthly Library 'town' walks	2 to 3	60-75	13:45	Meet 13:30 Bury Library (opp Bus Station)	IP33 1TZ	Bury Leaders Facebook@bsehealthwalks	    
Thu 6th Feb	Long Melford	4 to 5	90	11:30	Car Park next to Old School opposite Long Melford Hall	CO10 9DX	Chris	   
Mon 10th Feb	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	     
Mon 10th Feb	Gt Finborough	1 to 2	60	10:00	Great Finborough Village Car park (just past the Chestnut Horse Pub)	IP14 3AT	Mike Munson	 
Mon 10th Feb	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 10th Feb	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@bsehealthwalks	   
Tue 11th Feb	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    











































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 11th Feb	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	
Tue 11th Feb	Hadleigh River Path Circular Stroll	1 to 2	45-60	10:00	Hadleigh Market Place	IP7 5AE	Pam, Babergh Leader	
Tue 11th Feb	Rushbrook	3	90	13:30	Meet 13:15 in car park at Rushbrook Arms, Sicklesmere (Please park at rear of car park)	IP30 0BU	Bury Leaders Facebook@bsehealthwalks	
Wed 12th Feb	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	
Wed 12th Feb	Washbrook, hoping to see snowdrops	5	90	10:30	Main village street near Brook Inn. Parking on street	IP8 3HR	Cynthia and Helen	
Wed 12th Feb	Ickworth Park	3 to 4	60-90 2.5 miles	10:15	Meet 10:00am Ickworth House Car Park (Admission free for Health Walkers)	IP29 5QE	Bury Leaders Facebook@bsehealthwalks	
Thu 13th Feb	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	
Thu 13th Feb	Moulton	3 to 4	90	10:30	Moulton Village Hall car park or by the church.	CB8 8SP	Forest Heath	
Thu 13th Feb	Haverhill Linton	2	60-90	11:00	Village Hall	CB21 4JS	Lian, Vivienne, Margaret, Jim	
Mon 17th Feb	Long Melford Short Walk	1	30	10:00	Meet 9:45am at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	










































West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 17th Feb	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	     
Mon 17th Feb	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 17th Feb	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   
Mon 17th Feb	Stowmarket Rugby Club	3	90	10.45	Rugby Club carpark Chilton Way	IP14 1SZ	Rae Corrigan / Daphne Turner	  
Mon 17th Feb	Sudbury Family Fun Walk	1 to 2	60	11:00	Kingfisher Leisure Centre, Station Road, Sudbury	CO10 2SU	Madi	    
Tue 18th Feb	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tues 18th Feb	Brandon Country Park Family Fun Walk	1 to 2	60	11:00	Meet in Car Park	IP27 0SU	Madi	    
Tue 18th Feb	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Tue 18th Feb	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    

















































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 19th Feb	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	
Wed 19th Feb	Haverhill Family Fun Walk	1 to 2	60	11:00	East Town Park, Coupals Road, Haverhill	CB9 7UW	Madi	
Wed 19th Feb	Shotley Golden Wood	4	90		Shotley Village Hall. Free Parking	IP9 1LX	Shotley Open Spaces	
Thu 20th Feb	Clare Town Circuit	5 (2 stiles)	90	11:00	Meet 10:45am at Clare Country Park car park (£2 charge)	CO10 8NW	Bury Leaders Facebook@ bsehealthwalks	
Thu 20th Feb	Cavenham Heath	3	90	10:30	Cavenham Heath Nature Reserve car park	nr. IP28 6TB	Forest Heath	
Thu 20th Feb	Haverhill Railway Walk East	2	60	11:00	Leisure Centre	CB9 0ER	Lynne, George, Vivienne, Beryl	
Thu 20th Feb	Fynn Valley. Witnesham to Tuddenham. Hoping to see snowdrops in Witnesham Church. We will make a 30 min refreshment break at Tuddenham	5 (stile)	75-90 3 miles	10:30	Village Hall car park. Church Lane. From Ipswich pass Barley Mow on your right turn left at bottom of hill. NOTE this is not the usual car park	IP6 9EL	Rosie and Steve	
Thu 20th Feb	Bury Nowton Park Family Fun Walk	1 to 2	60	11:00	Meet outside the café	IP29 5LU	Madi	
Thu 20th Feb	Hadleigh Library Walk	4 to 5	90	11:30	Hadleigh Library	IP7 5AG	Roger	

































West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 24th Feb	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	     
Mon 24th Feb	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 24th Feb	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 & 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   
Mon 24th Feb	Dedham	4	90 3.5 miles	10:45	Dedham Church	CO7 6AA	Daphne and Rae	  
Tue 25th Feb	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Tue 25th Feb	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tue 25th Feb	Hadleigh, Holbecks Park and beyond	4 to 5	90	10:00	Topsfield Bridge, Hadleigh	IP7 5DP	Pam, Babergh Leader	    
Wed 26th Feb	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Thu 27th Feb	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	    















Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 27th Feb	Mildenhall River Lark	3	90	10:30	Wilco side of Recreation Way car park, behind Sainsburys at Mildenhall	IP28 7HG	Forest Heath	    
Thu 27th Feb	Clare	2	60-90	11:00	Clare Football Ground	CO10 8PH	Maura, Lynne, Nick, Lian	    
Fri 28th Feb	Bury Moreton Hall	3	75-90	10:30	Meet 10:15 Skyliner Leisure Centre car park	IP32 7QB	Bury Leaders Facebook@bsehealthwalks	    
Mon 2nd Mar	Long Melford Short Walk	1	30	10:00	Meet 9:45am at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	    
Mon 2nd Mar	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	     
Mon 2nd Mar	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	    
Mon 2nd Mar	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	3	30-45 or 45-60	10:30	Meet 10:15 Nowton Park Car park	IP29 5LU	Bury Leaders Facebook@bsehealthwalks	    
Tue 3rd Mar	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    








































West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 3rd Mar	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Tue 3rd Mar	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tue 3rd Mar	Eye Circular	4	90	10:30	Pennings nature reserve Car Park	IP23 7NH	Eye Leaders	    
Wed 4th Mar	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Wed 4th Mar	Great Cornard Library Walk	1	30	10:00	Great Cornard Library and afterwards for refreshments in Great Cornard Sports Centre	CO10 0JU	Heather and Jane	     
Wed 4th Mar	Hadleigh Kersey Mill	4 to 5	90	09:30	Kersey Mill Large car park at back of site. Meet 9:20	IP7 6DP	Pam, Babergh Leader	   
Thu 5th Mar	Bury Monthly Library 'town' walks	2 to 3	60-75	13:45	Meet 13:30 Bury Library (opp Bus Station)	IP33 1TZ	Bury Leaders Facebook@bsehealthwalks	    
Thu 5th Mar	West Stow	3 to 4	90	10:30	West Stow Country Park £2 Charge.	IP28 7HG	Forest Heath	   
Thu 5th Mar	Stoke By Nayland	4 to 5	90	11:30	Recreation Ground	CO6 4QY	Chris	    
Thu 5th Mar	Haverhill New Croft and East Town Park	3	60	11:00	New Croft car park	CB9 0BW	Vivienne, Lynne, Ann, Tom	   
































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 6th Mar	Bradfield St George and around	3	90	10:30	Meet 10:15 on green junction of Church Road and Freewood Street	IP30 0BQ	William and Monique Wilson Facebook@bsehealthwalks	 
Fri 6th Mar	Great Finborough	4	90	10:45	Public Carpark, on left past The Chestnut Horse	IP14 3AT	Rae Corrigan/ Daphne Turner	  
Sat 7th Mar	Clare Short Walks Weekend Walk	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Mon 9th Mar	Stowmarket Combs Walk	1 to 2	60-90	10:00	Bus Shelter in Melford Road by the junction with Lavenham Way.	IP14 2PT	Mike	  
Mon 9th Mar	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 9th Mar	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 or 45-60	10:15	Meet 10.00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@bsehealthwalks	   
Mon 9th Mar	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	     
Tue 10th Mar	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10.00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    









West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 10th Mar	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Tue 10th Mar	Hadleigh River Path Circular Stroll	1 to 2	45-60	10:00	Hadleigh Market Place	IP7 5AE	Pam, Babergh Leader	    
Wed 11th Mar	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Wed 11th Mar	Needham Market	5	90	10:30	Long stay car park on Hurstlea Road (Barretts Lane from High St.)	IP6 8DF	Cynthia and Helen	  
Thu 12th Mar	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	   
Thu 12th Mar	Wicken Fen	2 to 3	90	10:30	Wicken Fen Car Park (Charge)	CB7 5XP	Forest Heath	  
Thu 12th Mar	Haverhill Finchingfield	2	60-90	11:00	Playing Fields	CM7 4LZ	Tom, Margaret, Anthea, David P	   
Thu 12th Mar	Bradfield Woods	2	75	13:30	Meet 13:15 Bradfield Woods car park.	IP30 0AG	Bury Leaders Facebook@ bsehealthwalks	   
Mon 16th Mar	Long Melford Short Walk	1	30	10:00	Meet 9:45am at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 16th Mar	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	     
Mon 16th Mar	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 16th Mar	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 or 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@bsehealthwalks	   
Tue 17th Mar	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Tue 17th Mar	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    
Tue 17th Mar	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    
Wed 18th Mar	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	    
Wed 18th Mar	Shotley River Stroll	4	90		Opposite Bristol Arms Pub, Shotley Gate. Free Parking	IP9 1PU	Shotley Open Spaces	    

West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 18th Mar	Ickworth Park	3 to 4	60-90 2.5 miles	10:15	Meet 10:00am Ickworth House Car Park (Admission free for Health Walkers)	IP29 5QE	Bury Leaders Facebook@ bsehealthwalks	   
Thu 19th Mar	Brent Eleigh	5 to 5	90	11:30	Cock Pub -please park in village	CO10 9BA	Roger	   
Thu 19th Mar	Bury BUS WALK - Lavenham	4	90	10:45	Meet 9:55am to catch 10:05am bus to Lavenham (753 bus). Buses return to Bury at 31 mins past the hour, opp Swan Hotel. Bus pass or £7.70 return approx. If driving meet 10:30am The Cock Horse Inn CO10 9SA Nowton Park Car park	IP33 1TZ	Bury Leaders Facebook@ bsehealthwalks	    
Thu 19th Mar	Anglesey Abbey	2 to 3	90	10:30	Main Car Park, Walk To Visitor Centre CB25 9EJ	CB25 9EJ	Forest Heath	  
Thu 19th Mar	Haverhill - Flood Park	4	60	11:00	Sainsbury's car park	CB9 7YL	Ann, Margaret, Nick, George	   
Fri 20th Mar	Debenham	4	80 3 miles	10:45	Debenham Leisure Centre	IP14 6BL	Daphne and Rae	  
Mon 23rd Mar	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 23rd Mar	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 or 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   



































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 23rd Mar	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	
Tue 24th Mar	Bury Leisure Centre Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	
Tue 24th Mar	Hadleigh, Holbecks Park and beyond	4 to 5	90	10:00	Topsfield Bridge, Hadleigh	IP7 5DP	Pam, Babergh Leader	
Tue 24th Mar	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	
Wed 25th Mar	Brandon Leisure Centre beginners' walk	1	30	13:00	Brandon Leisure Centre reception	IP27 0JB	John and Brandon Leisure Centre	
Thu 26th Mar	Mildenhall Warren Lodge	2 to 3	90	10:30	Car Park For Warren Lodge Site (Past Recycling Centre)	IP28 7JQ	Forest Heath	
Thu 26th Mar	Stutton Church to Holbrook Creek Hoping to see daffodils	5	75-90	10:30	Stutton Church, B1080 thru Holbrook. Turn left after Royal Hospital School signed 'Church'	IP9 2SD	Rosie and Steve	
Thu 26th Mar	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	


West & Mid Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 26th Mar	Kirtling Village and Towers	3	90	11:00	Meet 10:45 at Kirtling Village Hall	CB8 9PB	Bury Leaders Facebook@ bsehealthwalks	  
Thu 26th Mar	Haverhill Stradishall Solar Park	1	60-90	11:00	In the Solar Park	CB8 9XX	Nick, Jean, David B, Jim	 
Fri 27th Mar	Bury Gainsborough Recreation Ground	3	75-90	10:15	Gainsborough Recreation Ground, Grafton Close	IP33 3QQ	Bury Leaders Facebook@ bsehealthwalks	   
Mon 30th Mar	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 30th Mar	Bury Get Walking Mondays Nowton Park (2 or 3 groups)	1 to 2 & 3	30-45 or 45-60	10:15	Meet 10:00am Nowton Park Car park outside cafe	IP29 5LU	Bury Leaders Facebook@ bsehealthwalks	   
Mon 30th Mar	Haverhill beginners Old Railway Walk	1 to 2	60	14:00	Meeting in Abbeycroft Leisure Reception area. Free Parking available please enter your car registration number onto the ipads in reception. A receptionist will be pleased to help you.	CB9 0ER	Mandy and Lynn	    
Mon 30th Mar	Long Melford Short Walk	1	30	10:00	Meet 9:45am at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Tue 31st Mar	Clare Short Walks	1 to 2	70	10:30	Clare Castle Country Park	CO10 8NW	Peter Phillips Derek Blake Val Phillips	    



































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 31st Mar	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Tue 31st Mar	Bury Leisure Centre to Tayfen hidden nature reserve	1	30	10:15	Meet 10:00am Bury Leisure Centre	IP33 3TT	Leisure Centre staff	    

Waveney Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 2nd Jan	Reydon, Elliot Avenue	1 to 3	60 Up to 1.7 miles	10:30	Sole Bay Health Centre We can offer a wheelchair friendly route as an alternative if required	IP18 6GY	Sole Bay W4H group	    
Fri 3rd Jan	Stoven Church Green	4	90 3.5 miles	10:30	Stoven Green	NR34 8ER	Beccles W4H group - Mike & Paul	
Mon 6th Jan	Southwold Common & Seafront	3 to 4	90 3.5-3.9 miles	10:30	Water Tower car parking area	IP18 6TB	Beccles W4H group - Derek & June	   
Tue 7th Jan	Frostenden - Wrentham NEW WALK	5	90 3.9 miles	10:30	Lay-by on A12 at Frostenden, with toilet block	NR34 7HN	Beccles W4H group - Paul & Ann	 
Wed 8th Jan	Threeways - Mells - Holton	3	90 3.1 miles	10:30	Blyth Road Industrial Estate, park roadside near Hammonds repair centre	IP19 8EN	Halesworth W4H group	    
Wed 8th Jan	Beccles Common	2 to 3	60 1.5 miles	14:00	Beccles Common car park, end of Common Rd South	NR34 9BY	Beccles W4H group	   
Thu 9th Jan	Reydon - Walberswick	4	90 3.8 miles	10:30	Sole Bay Health Centre	IP186GY	Sole Bay W4H group	    
Fri 10th Jan	Beccles Common & Quay	3	90 3.8 miles	10:30	Beccles Quay car park	NR34 9BH	Beccles W4H group - Roger & Maureen	   
Mon 13th Jan	Gorleston Seafront & Park	3	75 3 miles	10:30	Marine Parade car park	NR31 6EZ	Beccles W4H group - Derek & June	   







































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 13th Jan	Millennium Green Town Park	2	45-60 1.5 miles	14:00	Thoroughfare car park Halesworth – Pay & display	IP19 8AH	Halesworth W4H group	
Tue 14th Jan	Mutford Wood, Lanes & Tracks	4 to 5	90 3.75 miles	10:30	Mutford Village Hall car park (50p per car to park)	NR34 7UR	Beccles W4H group - Bob & backmarker	
Wed 15th Jan	Halesworth Town Millennium Green	3	60-90 2.5-3 miles	10:30	Co-op by recycling petrol stn, permission by Co-op	IP19 8LU	Halesworth W4H group	
Wed 15th Jan	Nicholas Everitt Park and broad	1 to 2	60 1.5 miles	14:00	Gated entrance to N.E Park, opposite Fancy Cakes patisserie, Bridge Rd - pay & display applies	NR33 9JT	Beccles W4H group	
Thu 16th Jan	Reydon, Gorse Road Hill Road	1	60 1.7 miles	10:30	Sole Bay Health Centre	IP186GY	Sole Bay W4H group	
Fri 17th Jan	 Suffolk Wildlife Trust Lound Lakes	4	90 3.75 miles	10:30	Suffolk Wildlife Trust car park off Hall Road	NR31 9AU	Beccles W4H group - Ann & Paul	
Mon 20th Jan	Normanston Park Gunton Cliff	2	90 3.9 miles	10:30	Nomanston Park, Lowestoft	NR32 2QB	Beccles W4H group - Derek & June	
Tue 21st Jan	North Cove Worlingham	4	90 3.5 miles	10:30	North Cove Church lay-by next 3 Horseshoes PH	NR34 7PH	Beccles W4H group - Bob & backmarker	
Wed 22nd Jan	Beccles Town	3	50-60 1.5 miles	14:00	Entrance to Tesco store (can park at Tesco if using the store)	NR34 9QB	Beccles W4H group	









































Waveney Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 23rd Jan	Reydon, Windsor Road	1	35-60 up to 1.6 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	     
Fri 24th Jan	Barsham City	5	80 3.6 miles	10:30	Lay -by B1062 near Barsham Church	NR34 8HA	Beccles W4H group - Bob & Simon	
Sat 25th Jan	Walk & Worship Open to all faiths & none	3 to 4	30-45 1.25 miles	10:00	Sign of the Fish in Halesworth Market Place. Park in Market Place, free for 1 hour or Park Thoroughfare car park – pay & display applies	IP19 8HA	Blyth Valley Team Ministry	    
Mon 27th Jan	Ditchingham Broome Place	5	80 3.1 miles	10:30	Green Lane car park	NR35 2RD	Beccles W4H group - Derek & June	
Mon 27th Jan	Halesworth Town	2	30-45 1 mile	14:00	Thoroughfare car park Halesworth – Pay & display	IP19 8AH	Halesworth W4H group	     
Tue 28th Jan	Pye's Mill River Chet	4 to 5	90 3.5 miles	10:30	Car park end of Pye's Mill Road. N.B. Post code is nearest to..	NR14 6DS	Beccles W4H group - Roger & Maureen	  
Wed 29th Jan	Westleton Heath	4	90 3 miles	10:30	Westleton Nature Reserve car park – refer to Walking for Health website for detailed directions	IP17 3AU	Halesworth W4H group	 
Wed 29th Jan	Normanston Park Old Railway Line	1 or 3	50 or 90 1.5 or 3 miles	14:00	Normanston Park, Lowestoft	NR32 2QB	Beccles W4H group	    
Thu 30th Jan	Reydon, Mount Pleasant, Rec Ground	2	60 Up to 2 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	    









































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 31st Jan	Kessingland Beach - Sluice	3	80 3.5 miles	10:30	Beach car park, Church Road	NR33 7SF	Beccles W4H group - Paul & Ann	
Mon 3rd Feb	Normanston Park to Ivy House & return	5	90 3.9 miles	10:30	Normanston Park, Lowestoft	NR32 2QB	Beccles W4H group - Derek & June	
Tue 4th Feb	Beccles Dunburgh - road walk	3	85 4 miles	10:30	Beccles Quay car park	NR34 9BH	Beccles W4H group - Ann & Paul	
Wed 5th Feb	Walberswick Common & reedbeds, sea views	3 to 4	75 3 miles	10:30	Car park Walberswick Common, Church Lane	IP18 6UZ	Halesworth W4H group	
Wed 5th Feb	Marsh Lane Riverbank, Worlingham	1 or 2	50 or 80 1.6 or 2.1 miles	14:00	Park on Lowestoft Rd, off Marsh Lane - runs parallel to A146	NR34 7PD	Beccles W4H group	
Thu 6th Feb	Reydon, Elliot Avenue	1 to 3	60 Up to 1.7 miles	10:30	Sole Bay Health Centre N.B We can offer a wheelchair friendly route as an alternative if required	IP18 6GY	Sole Bay W4H group	
Fri 7th Feb	Westhall, roads & fields	4	80-90 3.5 miles	10:30	Westhall, village car park (50p per car to park) **possibility for access to toilets before the walk	IP19 8RQ	Beccles W4H group - Mike & Simon	
Mon 10th Feb	Dunwich - woods & tracks	4 to 5	90 4.1 miles	10:30	Beach car park, end of High Street. N.B This walk is grade 4 re. terrain but has been marked up to a 5 due to faster pace to cover 4.1 miles in 90 mins	IP17 3EN	Beccles W4H group - Derek & June	

Waveney Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 10th Feb	Halesworth Countryside & Town	3	30-45 1.25 miles	14:00	Thoroughfare car park Halesworth – Pay & display	IP19 8AH	Halesworth W4H group	    
Tue 11th Feb	Southwold Walberswick	3 to 4	90 3.8 miles	10:30	Water Tower car parking area, Southwold	IP18 6TB	Beccles W4H group - Bob & backmarker	   
Wed 12th Feb	Blythburgh Estuary	3 to 4	70-80 2.5 miles	10:30	Car park right of Blythburgh Village Hall	IP19 9LQ	Halesworth W4H group	    
Wed 12th Feb	Pakefield - Coastal & Inland	3	60 1.7 miles	14:00	All Saints Road car park	NR33 0JN	Beccles W4H group	    
Thu 13th Feb	Reydon Pier and Prom	4	90 3.8 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	    
Fri 14th Feb	Barsham Church	3	85 3.35 miles	10:30	Lay-by B1062 near Barsham Church	NR34 8HA	Beccles W4H group - Paul & Ann	
Mon 17th Feb	Kessingland Beach - Sluice	3	80 3.5 miles	10:30	Beach car park, Church Road	NR33 7SF	Beccles W4H group - Derek & June	   
Tue 18th Feb	Shadingfield Redisham Church	5	90 3.9 miles	10:30	Park Farm, Shadingfield - refer to Walking for Health website for detailed directions	NR34 8DL	Beccles W4H group - Paul & Ann	
Wed 19th Feb	Wissett	4	70-80 3.1 miles	10:30	St. Andrews Church car park, Lodge Lane or park in Wissett village	IP19 0JQ	Halesworth W4H group	   
Wed 19th Feb	Beccles Quay - Riverbank Sailing Club	2 to 3	60 1.5 miles	14:00	Beccles Quay café	NR34 9BH	Beccles W4H group	   







Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 19th Feb	Family walks - Gunton Woods	2	90	14:30	Gunton Church Lane, north end	NR32 4LF	Mike James Jade Anderson OneLife Suffolk	  
Thu 20th Feb	Reydon, Gorse Road / Hill Road	1	60 1.7 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	     
Fri 21st Feb	Ellough - Winter Walk	4	90 3.9 miles	10:30	Parking on roadside Sandpit Lane	NR34 7TH	Beccles W4H group - Bob & backmarker	
Sat 22nd Feb	Walk and Worship Open to all faiths and none	4	45-60 1.75 miles	10:00	Wissett Plough PH (N.B toilets are in Pub only) Park St Andrews Church car park, Lodge Lane or park in Wissett village - free	IP19 0JG	Blyth Valley Team Ministry	   
Mon 24th Feb	Beccles Marsh & river trail	4	75 3.2 miles	10:30	Near allotments off Morrisons roundabout A146	NR34 9EJ	Beccles W4H group - Derek & June	    
Mon 24th Feb	Wissett Road Mill Road Halesworth Town	2	60 2.1 miles	14:00	Thoroughfare car park Halesworth – Pay & display	IP19 8AH	Halesworth W4H group	    
Tue 25th Feb	Dunwich - Greyfriars circular	4	90 3.8 miles	10:30	Beach car park, end of High Street	IP17 3EN	Beccles W4H group - Mike & Ann	   
Wed 26th Feb	Marsh Meander Trail NEW WALK	3	80-90 3 miles	10:30	Meet in the café car park at Old Hall Southwold, Halesworth Rd, Reydon	IP18 6SG	Halesworth W4H group	    
Wed 26th Feb	Gunton Woods	2	60-90 1.5 miles	14:00	Gunton Church Lane, north end	NR32 4LF	Beccles W4H group	 
Thu 27th Feb	Reydon, Mount Pleasant, Rec Ground	2	60 Up to 2 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	    







Waveney Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 28th Feb	Southwold Common & Seafront	3 to 4	90 3.5-3.9 miles	10:30	Water Tower car parking area	IP18 6TB	Beccles W4H group - Ann & Paul	   
Mon 2nd Mar	Gorleston Seafront & Park	3	75 3 miles	10:30	Marine Parade car park	NR31 6EZ	Beccles W4H group - Derek & June	   
Tue 3rd Mar	Mettingham Castle, extended route	4	90 3.9 miles	10:30	Lay-by B1062 just before Mettingham Church & Tally -Ho tearooms	NR35 1TL	Beccles W4H group - Bob & backmarker	  
Wed 4th Mar	Southwold Harbour Walberswick	2 to 3	90 3 miles	10:30	Parking area front of Harbour Inn PH, Southwold	IP18 6TA	Halesworth W4H group	   
Wed 4th Mar	Beccles Town	3	50-60 1.5 miles	14:00	Entrance to Tesco store (can park at Tesco if using the store)	NR34 9QB	Beccles W4H group	   
Thu 5th Mar	Reydon, Windsor Road	1	35-60 up to 1.7 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H Group	   
Fri 6th Mar	Hardley Staithe	3	80 3.25 miles	10:30	Hardley Staithe car park	NR14 6BU	Beccles W4H group - Roger & Maureen	  
Mon 9th Mar	Kessingland village & marshes	3	75 or 85 2.5 or 3.2 miles	10:30	Beach car park, Church Road	NR33 7SF	Beccles W4H group - Derek & June	   
Mon 9th Mar	Countryside & fishing lake	4	45-60 1.1 miles	14:00	Southwold Road trading estate	IP19 8PW	Halesworth W4H group	  
Tue 10th Mar	Dunwich wood, tracks & Greyfriars ruins NEW WALK	4	90 4 miles	10:30	Beach car park, end of High Street	IP17 3EN	Beccles W4H group - Bob & backmarker	  
Wed 11th Mar	Southwold	3	90 3.5 miles	10:30	Parking area front of Harbour Inn PH	IP18 6TA	Halesworth W4H group	   

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 11th Mar	Normanston Park Old Railway Line	1 or 3	50 or 90 1.5 or 3 miles	14:00	Normanston Park, Lowestoft	NR32 2QB	Beccles W4H group	
Thu 12th Mar	Reydon, Keens Lane, St Felix	4	75 2.5 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H Group	
Fri 13th Mar	North Cove Barnby - road walk	2 to 3	85 3.6 miles	10:30	North Cove Church lay-by next 3 Horseshoes PH	NR34 7PH	Beccles W4H group - Bob & Simon	
Mon 16th Mar	Southwold Inland	4	90 3.5 miles	10:30	Water Tower car parking area	IP18 6TB	Beccles W4H group - Derek & June	
Tue 17th Mar	Beccles Quay, Boathouse Hills	5	80 3.5 miles	10:30	Beccles Quay car park	NR34 9BH	Beccles W4H group - Paul & Ann	
Wed 18th Mar	Millennium Green Aircraft museum	3 to 4	90 3.5 miles	10:30	Co-op by recycling petrol stn, permission by Co-op	IP19 8LU	Halesworth W4H group	
Wed 18th Mar	Wheatacre Three Gates wood	2 to 3	60 1.8 miles	14:00	White Lion PH car park, Wheatacre	NR34 0AT	Beccles W4H group	
Thu 19th Mar	Reydon, Gorse Road / Hill Road	1	60 1.7 miles	10:30	Sole Bay health Centre	IP18 6GY	Sole Bay W4H Group	
Fri 20th Mar	Mutford Hall	4 to 5	75 or 90 2.6 or 4 miles	10:30	Mutford Village Hall car park (50p per car to park)	NR34 7UR	Beccles W4H group - Ann & Paul	


Waveney Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Mon 23rd Mar	Dunwich - woods & tracks	4 to 5	90 4.1	10:30	Beach car park, end of High Street. N.B This walk is grade 4 re. terrain but has been marked up to a 5 due to faster pace to cover 4.1 miles in 90 mins	IP17 3EN	Beccles W4H group - Derek & June	
Mon 23rd Mar	Halesworth Countryside & Town	3	30-45 1.25 miles	14:00	Thoroughfare car park Halesworth – Pay & display	IP19 8AH	Halesworth W4H group	
Tue 24th Mar	 Carlton Marshes - Everitts Park	4	70 or 90 2.8 or 3.8 miles	10:30	Suffolk Wildlife Trust car park, Burnt Hill Lane. N.B. this walk may include a short pre-walk talk from Suffolk Wildlife Trust	NR33 8HU	Beccles W4H group - Roger & Maureen	
Wed 25th Mar	Dunwich Ship Inn	3	90 3 miles	10:30	"Westleton Nature Reserve car park – refer to Walking for Health website for detailed directions. N.B This walk includes a coffee stop during the walk"	IP17 3AU	Halesworth W4H group	
Wed 25th Mar	Sparrows Nest	2	60 1.5 miles	14:00	Car park at north end of Whapload Road, Lowestoft	NR32 1XG	Beccles W4H group	

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 26th Mar	Reydon, Elliot Avenue	1 to 3	60 Up to 1.7 miles	10:30	Sole Bay health Centre N.B We can offer a wheelchair friendly route as an alternative if required	IP18 6GY	Sole Bay W4H Group	
Fri 27th Mar	Henstead Church	4	90 3.75 miles	10:30	Henstead Church car park	NR34 7LD	Beccles W4H group - Mike & Simon	
Sat 28th Mar	Walk and Worship Open to all faiths and none	3	30-45 1.25 miles	10:00	"Angel Car Park in Halesworth Park Angel Link car park – pay & display applies"	IP19 8HA	Blyth Valley Team Ministry	
Mon 30th Mar	 Lound Lakes	4	90 3.75 miles	10:30	Suffolk Wildlife Trust car park off Hall Road	NR31 9AU	Beccles W4H group - Derek & June	
Tue 31st Mar	Sotterley Frostenden springs	4	90 3.4 miles	10:30	Waterloo Road, grass verge opposite Waterloo farm	NR34 7UA	Beccles W4H group - Mike & Paul	

Notes





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Bury St Edmunds

(Nowton Park - Katharine)

Clare

(Clare Castle Country Park - Mary)

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Physical activity benefits for adults and older adults



BENEFITS HEALTH



IMPROVES SLEEP



MAINTAINS HEALTHY WEIGHT



MANAGES STRESS



IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes **-40%**

Cardiovascular Disease **-35%**

Falls, Depression and Dementia **-30%**

Joint and Back Pain **-25%**

Cancers (Colon and Breast) **-20%**

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



RUN



WALK



TV



GYM



DANCE



SPORT



CYCLE



SOFA



YOGA



TAI CHI



STAIRS



SWIM



COMPUTER



CARRY BAGS



BOWLS

MINUTES PER WEEK

75 OR **150**

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP
SITTING
TIME



2 DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

SUFFOLK

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parkrun



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Walk, jog or run... *IT'S YOUR CHOICE*



For full details on all the events
visit www.parkrun.org.uk
or www.greatrunlocal.org

Helping make Suffolk
ENGLAND'S

MOST ACTIVE COUNTY

STOP
Smoking

♥ *health* checks ♥

Health
-WALKS-

**Families
and
Young People**

**TRAINING
And more...**

**Get Help
To Get
ACTIVE**

'LOSE'
WEIGHT

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

Email: info@onelifesuffolk.co.uk



commissioned by

