# Stepping Out in Suffolk

October to December 2019

## Health -WALKS-

## Autumn Brochure

## East, West & Waveney Areas

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.

Abbeycroft Leisure

INSPIRING A HEALTHIER 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 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| On easy, good, flat surfaces | Mostly one level, can be muddy | Some moderate slopes, good surfaces | More challenging, may include steeper slopes, rough ground or mud in wet weather | 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:** katie.read@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


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## 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 |
|---|---|---|---|---|---|---|---|---|
| Tue 1st Oct | Leiston<br>Get Back to Walking<br>Short Walk | 1 to 2 | 30 | 14:00 | Meet outside Leiston Library, Old Post Office Square,<br>Main Street, Leiston | IP16 4ER | Saxmundham and Coastal walk leaders<br>Margaret Stanway<br>07979 373934 | |
| Wed 2nd Oct | Bucklesham to Brightwell | 4 | 90 / 3 miles | 10:30 | Bucklesham Shannon Pub | IP10 0BR | Graham &<br>Lyn Parker | |
| Thu 3rd Oct | Gainsborough Lesiure Centre<br>An Opportunity to Walk and Talk | 4 | 60 | 10:00 | Gainsborough Lesiure Centre, Ipswich | IP3 0SP | Onelife Suffolk Volunteers | |
| Fri 4th Oct | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 4th Oct | Framfield Health Centre, Woodbridge.<br>Short Walk. | 1 | 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 | |
| Mon 7th Oct | Walton and Trimley | 4 | 80-90 | 10:45 | Car park behind St. Mary's Church, High Road, Walton | IP11 9DH | Felixstowe Health Walk Leaders | |
| Mon 7th Oct | Christchurch Park | 3 | 60 | 11:00 | Christchurch Park, Soane Street Entrance | IP4 2BX | ActivLives<br>01473 345350 | |
| Mon 7th Oct | Wickham | 1 to 5 | 30-90 | 14:00 | Café 46, The Hill | IP13 0QS, Grid: 302559, Explorer 212 | Wickham Leaders | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Tue 8th Oct | Peasenhall | 3 to 4 | 90 | 14:00 | Peasenhall Village Hall car park, Hackney Road, off the A1120 Dennington to Yoxford road. | IP17 2HN Map ref TM 3563 6914 | Saxmundham and Coastal walk leaders. Fiona 07803 501194 Fay 07804 184464 | |
| Wed 9th Oct | The Grove, Felixstowe | 3 | 60-70 | 10:45 | The Grove Medical Centre, Outside the front door | IP11 9JF | Felixstowe Health Walk Leaders Nigel. | |
| Wed 9th Oct | Levington and Loompit | 5 | 90 | 10:30 | Entrance to Levington marina. From Felixstowe end of old, main Ipswich / Felixstowe road, follow signs to Stratton Hall / marina. Parking on right of roadside immediately before marina entrance barrier (usually raised) | IP10 0LN | Cynthia and Helen | |
| Wed 9th Oct | RSPB North Warren Nature Reserve | 2 | 90 | 10:45 | Village Green Thorpeness Meare | IP16 4NW | RSPB Volunteer Health Walk Leaders | |
| Fri 11th Oct | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 11th Oct | 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 11th Oct | Station House Campsea Ashe | 2 to 5 | 60-90 | 10:30 | Meet 10:15 Station House Campsea Ashe, Park at Clarke and Simpson Auction Centre Car Park, IP13 0PS | IP13 0PS | Maggie Singleton 07789 692502 and Wendy Jackson Palmer | |

# East Suffolk Walks

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 14th Oct | Felixstowe Sea Front | 1 to 2 | 40-60 | 10:45 | Felixstowe Leisure Centre, in front of. | IP11 2AE | Felixstowe Health Walk Leaders, Graham | |
| Mon 14th Oct | Waterfront and Holywells Park Walk | 3 to 4 | 90 | 11:00 | Meet at UCS Sculpture Ipswich Waterfront | IP4 1QJ | Doreen Chapman, Dawn Gillett | |
| Tue 15th Oct | Castle Walks Framlingham | 4 | 70 / 3 miles | 10:45 | 10:30 outside Castle Inn. Pay & display parking | IP13 9BH | Castle Walks Group Walk Leaders | |
| Tue 15th Oct | Parham | 5 | 3 miles | 11:00 | Silverlace Green, near Parham | IP13 9AD, Grid: 316606, Explorer 212 | Wickham Leaders | |
| Tue 15th Oct | Rushmere to Playford | 4 | 90 / 3 miles | 10:30 | Rushmere Baptist Church | IP5 1DF | Graham & Lyn Parker | |
| Wed 16th Oct | Angel Marshes and Village Walk | 3 | 60-80 / 2 miles | 10:00 | Blythburgh Village Carpark (opposite the White Hart pub) | IP19 9LQ | Paul Lacey 07767 647727 / Fiona Foreman 07803 501194 | |
| Fri 18th Oct | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Mon 21st Oct | Felixstowe Town, Fairtrade Walk | 2 | 60 | 10:30 | Trinity Methodist Church, Hamilton Road / Orwell Road | IP11 7AN | Combined with Felixstowe Walkers | |
| Mon 21st Oct | Christchurch Park | 3 | 60 | 11:00 | Christchurch Park, Soane Street Entrance | IP4 2BX | ActivLives 01473 345350 | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 21st Oct | Wickham | 1 to 5 | 30-90 | 14:00 | Café 46, The Hill | IP13 0QS, Grid: 302559, Explorer 212 | Wickham Leaders | |
| Tue 22nd Oct | RSPB Minsmere Nature Reserve | 2 to 3 | 60-90 | 10:45 | Outside the visitor Centre | IP17 3BY, Map Ref TM470672 | RSPB Volunteer Health Walk Leaders | |
| Fri 25th Oct | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 25th Oct | 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 25th Oct | Leiston, Get Back to Walking Short Walk | 1 to 2 | 30 | 14:00 | Back car park Leiston Sports Centre, Red House Lane, Leiston | IP16 4LS | Saxmundham and Coastal walk leaders, Margaret Stanway 07979 373934 Margaret Stanway 07979 373934 | |
| Sat 26th Oct | Ipswich Parkrun Be Part of the Parkrun by joining our New Health Walk Please Register at www.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 28th Oct | Felixstowe Sea Front | 1 to 2 | 40-60 | 10:45 | Felixstowe Leisure Centre, in front of. | IP11 2AE | Felixstowe Health Walk Leaders, Graham | |

## East Suffolk Walks

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 28th Oct | Waterfront and Holywells Park Walk | 3 to 4 | 90 | 11:00 | Meet at UCS Sculpture Ipswich Waterfront | IP4 1QJ | Doreen Chapman, Dawn Gillett | |
| Tue 29th Oct | Benhall Church | 3 to 4 | 90 | 11:00 | St Mary's Church car park, Dedman's Lane. Turn west off the A12 into Mitford Road, signed Benhall Church. Turn right at the end of the road and the church is 0.2 miles on the left. | IP17 1JL Map ref: 372619 | Saxmundham and Coastal walk leaders Fiona 07803 501194 Fay 07804184464 | |
| Tue 29th Oct | Monewdon | 5 | 3 miles | 11:00 | Monewdon Church | IP13 7DA, Grid: 238585, Explorer 212 | Wickham Leaders | |
| Thu 31st Oct | Gipping Halloween Hike, Bramford Meadows and Hazel Wood | 4 | 90 / 3 miles | 10:30 | Playing field car park. From Ipswich through Bramford. Right turn into Acton Road at Playing Field sign. Left into Fraser Road follow sign | IP8 4HU | Rosie and Steve | |
| Fri 1st Nov | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 1st Nov | Framfield Health Centre, Woodbridge, Short Walk | 1 | 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 | |
| Mon 4th Nov | Towards Felixstowe Ferry | 5 | 90 | 10:45 | Golf Road, Old Felixstowe, or in Golf Road car park | IP11 7NB | Felixstowe Health Walk Leaders, Nigel | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 4th Nov | Christchurch Park | 3 | 60 | 11:00 | Christchurch Park, Soane Street Entrance | IP4 2BX | ActivLives 01473 345350 | |
| Mon 4th Nov | Wickham | 1 to 5 | 30-90 | 14:00 | Café 46, The Hill | IP13 0QS, Grid: 302559, Explorer 212 | Wickham Leaders | |
| Tue 5th Nov | Newbourne Springs | 4 | 90 / 3 miles | 10:30 | Newbourne Fox Pub | IP12 4NY | Graham & Lyn Parker | |
| Tue 5th Nov | Leiston<br>Get Back to Walking<br>Short Walk | 1 to 2 | 30 | 14:00 | Meet outside Leiston Library, Old Post Office Square, Main Street, Leiston | IP16 4ER | Saxmundham and Coastal walk leaders Margaret Stanway 07979 373934 | |
| Thu 7th Nov | Gainsborough Lesiure Centre<br>An Opportunity to Walk and Talk | 4 | 60 | 10:00 | Gainsborough Lesiure Centre, Ipswich | IP3 0SP | Onelife Suffolk Volunteers | |
| Fri 8th Nov | Beginner's Walk<br>Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 8th Nov | 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 8th Nov | Friday Street Farm Shop, Saxmundham | 3 to 4 | 90 | 11:00 | Farm shop overflow car park just off the A12 on the A1094. | IP17 1JX Map ref TM379609 | Saxmundham and Coastal walk leaders. Fiona 07803 501194 Fay 07804 184464 | |

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| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Fri 8th Nov | Station House Campsea Ashe | 2 to 5 | 60-90 | 10:30 | Meet 10:15 Station House Campsea Ashe, Park at Clarke and Simpson Auction Centre Car Park, IP13 0PS | IP13 0PS | Maggie Singleton 07789 692502 and Wendy Jackson Palmer | |
| Mon 11th Nov | Felixstowe Sea Front | 1 to 2 | 40-60 | 10:45 | Felixstowe Leisure Centre, in front of. | IP11 2AE | Felixstowe Health Walk Leaders, Graham | |
| Mon 11th Nov | Waterfront and Holywells Park Walk | 3 to 4 | 90 | 11:00 | Meet at UCS Sculpture Ipswich Waterfront | IP4 1QJ | Doreen Chapman, Dawn Gillett | |
| Wed 13th Nov | RSPB North Warren Nature Reserve | 2 | 90 | 10:45 | Village Green Thorpeness Meare | IP16 4NW | RSPB Volunteer Health Walk Leaders | |
| Fri 15th Nov | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Mon 18th Nov | Capel Hall and Falkenham | 5 | 90 | 10:45 | Capel Hall Lane picnic area, Kirton, just off A14 Junc.59 | IP11 | Felixstowe Health Walk Leader, Nigel | |
| Mon 18th Nov | Christchurch Park | 3 | 60 | 11:00 | Christchurch Park, Soane Street Entrance | IP4 2BX | ActivLives 01473 345350 | |
| Mon 18th Nov | Wickham | 1 to 5 | 30-90 | 14:00 | Café 46, The Hill | IP13 0QS, Grid: 302559, Explorer 212 | Wickham Leaders | |
| Tue 19th Nov | Castle Walks Framlingham | 4 | 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 20th Nov | Palmer's Lane & Walberswick Village Walk | 2 | 60 to 80 / 2 miles | 10:00 | Lower car park on Palmers Lane, Walberswick | IP18 6TD, TM484744 | Paul Lacey 07767 647727 | |
| Wed 20th Nov | Martlesham Community Centre to Church | 4 | 90 / 3 miles | 10:30 | Martlesham Community Centre | IP12 4SE | Graham & Lyn Parker | |
| Thu 21st Nov | Wolverstone to Pinmill beside The Orwell | 5 (3 stiles) | 75-90 / 3 miles | 10:30 | St Michael's church B1456 to Wolverstone,Turn left to church just after brown 'Marina' Sign. Park on green by church | IP9 1AX | Rosie and Steve | |
| Fri 22nd Nov | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 22nd Nov | 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 22nd Nov | Leiston Get Back to Walking Short Walk | 1 to 2 | 60 | 11:00 | Back car park Leiston Sports Centre, Red House Lane, Leiston | IP16 4ER | Saxmundham and Coastal walk leaders Margaret Stanway 07979 373934 | |
| Mon 25th Nov | Felixstowe Sea Front | 1 to 2 | 40-60 | 10:45 | Felixstowe Leisure Centre, in front of. | IP11 2AE | Felixstowe Health Walk Leader, Graham | |
| Mon 25th Nov | Waterfront and Holywells Park Walk | 3 to 4 | 90 | 11:00 | Meet at UCS Sculpture Ipswich Waterfront | IP4 1QJ | Doreen Chapman, Dawn Gillett | |

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| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Tue 26th Nov | RSPB Minsmere Nature Reserve | 2 to 3 | 60-90 | 10:45 | Outside the Visitor Centre | IP17 3BY, Map Ref TM470672 | RSPB Volunteer Health Walk Leaders | |
| Tue 26th Nov | Sutton Common | 1 | 1 mile | 14:00 | Upper Hollesley car park by Red Lodge Cottage | IP12 3HU, Grid: 334470, Explorer 212 | Wickham Leaders | |
| Thu 28th Nov | Knodishall | 3 to 4 | 90 | 10:30 | In the small parking area where Mill Road meets School Road opposite an entrance to the village hall. | IP17 1UD Map ref TM434611 | Saxmundham and Coastal walk leaders. Fiona 07803 501194 Fay 07804 184464 | |
| Fri 29th Nov | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 29th Nov | Playford | 5 | 90 | 10:30 | Village Hall | IP6 9DU | Daphne Turner and Rae Corrigan | |
| Sat 30th Nov | Ipswich Parkrun Be Part of the Parkrun by joining our New Health Walk Please Register at www.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 2nd Dec | The Trimleys and New Rail Crossings | 5 | 90 | 10:45 | Goslings Farm Fishing lakes car park. Thorpe Lane | IP11 0RZ | Felixstowe Health Walk Leader, Nigel | |
| Mon 2nd Dec | Wickham | 1 to 5 | 30-90 | 14:00 | Café 46, The Hill | IP13 0QS, Grid: 302559, Explorer 212 | Wickham Leaders | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 2nd Dec | Christchurch Park | 3 | 60 | 11:00 | Christchurch Park, Soane Street Entrance | IP4 2BX | ActivLives 01473 345350 | |
| Tue 3rd Dec | Around Chantry Park | 2 | 60 / 1.5 miles | 13:30 | Chantry Library, Hawthorn Drive, Ipswich | IP2 0QY | Cathy Gale | |
| Tue 3rd Dec | Leiston<br>Get Back to Walking<br>Short Walk | 1 to 2 | 30 | 14:00 | Meet outside Leiston Library,<br>Old Post Office Square,<br>Main Street, Leiston | IP16 4ER | Saxmundham and Coastal walk leaders<br>Margaret Stanway<br>07979 373934 | |
| Tue 3rd Dec | Martlesham Heath and Airfield | 4 | 90 / 3 miles | 10:30 | Martlesham Church Centre | IP5 3PL | Graham & Lyn Parker | |
| Wed 4th Dec | Saxmundham Sports Ground | 3 to 4 | 90 | 10:30 | Outside the tennis courts at Carlton Park Sports Ground. | IP17 1AT<br>Map ref: TM 384638 | Saxmundham and Coastal walk leaders. Fiona 07803 501194<br>Fay 07804 184464 | |
| Thu 5th Dec | Gainsborough Lesiure Centre<br>An Opportunity to Walk and Talk | 4 | 60 | 10:00 | Gainsborough Lesiure Centre, Ipswich | IP3 0SP | Onelife Suffolk Volunteers | |
| Fri 6th Nov | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 6th Dec | 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 | |

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| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 9th Dec | Felixstowe Sea Front | 1 to 2 | 40-60 | 10:45 | Felixstowe Leisure Centre, in front of. | IP11 2AE | Felixstowe Health Walk Leaders Nigel. | |
| Mon 9th Dec | Waterfront and Holywells Park Walk | 3 to 4 | 90 | 11:00 | Meet at UCS Sculpture Ipswich Waterfront. | IP4 1QJ | Doreen Chapman, Dawn Gillett | |
| Tue 10th Dec | Bromeswell | 5 | 3 miles | 10:30 | B1083 / Heath Road junction Golf Range | IP12 3DP, Grid: 298491, Explorer 212 | Wickham Leaders | |
| Wed 11th Dec | RSPB North Warren Nature Reserve | 2 | 90 | 10:45 | Village Green Thorpeness Meare | IP16 4NW | RSPB Volunteer Health Walk Leaders | |
| Fri 13th Nov | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 13th Dec | Framfield Health Centre, Woodbridge, Short Walk | 1 | 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 13th Dec | Station House Campsea Ashe | 2 to 5 | 60-90 | 10:30 | Meet 10:15 Station House Campsea Ashe, Park at Clarke and Simpson Auction Centre Car Park, IP13 0PS | IP13 0PS | Maggie Singleton 07789 692502 and Wendy Jackson Palmer | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 16th Dec | The Grove, Through Old Felixstowe Sea Front and Back | 5 | 90 | 10:45 | The Grove Medical Centre, Outside the front door | IP11 9JF | Felixstowe Health Walk Leaders Nigel. | |
| Mon 16th Dec | Christchurch Park | 3 | 60 | 11:00 | Christchurch Park, Soane Street Entrance | IP4 2BX | ActivLives 01473 345350 | |
| Mon 16th Dec | Wickham | 1 to 5 | 30-90 | 14:00 | Café 46, The Hill | IP13 0QS, Grid: 302559, Explorer 212 | Wickham Leaders | |
| Tue 17th Dec | 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 Dec | Westleton Heath Walk | 2 | 60-80 / 1.5 miles | 10:30 | Westleton Heath National Nature Reserve Carpark | IP17 3DB | Paul Lacey 07767 647727 / Fiona Foreman 07803 501194 | |
| Wed 18th Dec | Kesgrave Scout Hall to Longstrops | 4 | 90 | 10:30 | Kesgrave Scout Hall | IP5 1JF | Graham & Lyn Parker | |
| Thu 19th Dec | Sutton Heath Stroll | 3 | 60-75 / 2.5 miles | 10:30 | Northern Car Park, Hollesley Road Pass Melton station. Turn right at mini round about, keep straight where road forks. Large car park on left | IP12 3DJ | Rosie and Steve | |

## East Suffolk Walks

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Fri 20th Nov | Beginner's Walk Around Aldeburgh | 1 to 2 | 30 | 09:00 | Outside church Hall | IP15 5DU | Church Farm Walkers | |
| Fri 20th Dec | Rendlesham Forest | 5 | 3 miles | 10:00 | Butley Corner Car Park (Old Daisy's Walk) | IP12 3PF, Grid: 350502, Explorer 212 | Wickham Leaders | |
| Fri 20th Dec | Framfield House, 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 20th Dec | Newbourne | 5 | 90 | 10:30 | Village Hall | IP12 4NP | Daphne Turner and Rae Corrigan | |
| Fri 20th Dec | Leiston Get Back to Walking Short Walk | 1 to 2 | 60 | 11:00 | Back car park Leiston Sports Centre, Red House Lane, Leiston | IP16 4LS | Saxmundham and Coastal walk leaders Margaret Stanway 07979 373934 | |
| Mon 23rd Dec | Felixstowe Sea Front | 1 to 2 | 40-60 | 10:45 | Felixstowe Leisure Centre, in front of. | IP11 2AE | Felixstowe Health Walk Leader | |
| Mon 23rd Dec | Waterfront and Holywells Park Walk | 3 to 4 | 90 | 11:00 | Meet at UCS Sculpture Ipswich Waterfront | IP4 1QJ | Doreen Chapman, Dawn Gillett | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Sat 28th Dec | Ipswich Parkrun<br>Be Part of the Parkrun by joining our New Health Walk<br>Please Register at www.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 Dec | Landguard Viewpoint from The Prom | 4 | 40-60 | 10:45 | Felixstowe Leisure Centre, in front of. | IP11 2AE | Felixstowe Health Walk Leaders Nigel. | |
| Mon 30th Dec | Wickham | 1 to 5 | 30-90 | 14:00 | Café 46, The Hill | IP13 0QS, Grid: 302559, Explorer 212 | Wickham 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 |
|---|---|---|---|---|---|---|---|---|
| Tue 1st Oct | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 1st Oct | Eye Circular | 4 | 90 | 10:30 | Pennings nature reserve Car Park | IP23 7NH | Eye leaders | |
| Wed 2nd Oct | 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 2nd Oct | 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 2nd Oct | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 3rd Oct | 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 3rd Oct | Ashley / Cheveley | 3 to 4 | 90 | 10:30 | Ashley Crown car park | CB8 9DR | Forest Heath | |
| Thu 3rd Oct | Haverhill - Haverhill Estates | 3 | 60 | 11:00 | Haverhill Library | CB9 8HB | Vivienne, Anthea, Lynne, Tom | |
| Mon 7th Oct | 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, Abbeycroft Leisure | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 7th Oct | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 7th Oct | Bury Get Walking Mondays Nowton Park (2 or 3 Groups) | 1 to 2 & 3 | 30-45 & 45- 60 | 10:15 | Meet 10:00 Nowton Park Car park outside cafe | IP29 5LU | Bury Leaders Facebook: @bsehealthwalks | |
| Mon 7th Oct | Beyton | 4 | 90 | 10:45 | The White Horse, street parking near the Green | IP30 9AB | Rae Corrigan / Daphne Turner | |
| Tue 8th Oct | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 8th Oct | Sudbury Short Walk | 1 to 2 | 30-40 | 12:00 | Kingfisher Leisure Centre, Sudbury | CO10 2SU | Wendy | |
| Tue 8th Oct | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00 Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Tue 8th Oct | Bury Bus Walk – Tuddenham to Icklingham NEW WALK | 2 to 3 | 90 | 10:35 | Meet 10:25 at Bury Bus Station to catch 10:35 bus to Tuddenham (or board en route 357) | IP33 1TZ | Bury Leaders Facebook: @bsehealthwalks | |
| Tue 8th Oct | Hadleigh River Path Circular Stroll | 1 to 2 | 45-60 | 10:00 | Hadleigh Market Place | IP7 5AE | Pam, Babergh Leader | |
| Wed 9th Oct | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 10th Oct | Lavenham Short Walk | 1 to 2 | 30 | 10:30 | Lavenham Market Place | CO10 9QZ | Kate | |
| Thu 10th Oct | Lackford Lakes | 4 | 90 | 10:30 | Lackford Lakes car park. | IP28 6HX | 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 10th Oct | Kedington East, Cock Hill | 3 | 60-90 | 11:00 | Kedington Community Centre | CB9 7QQ | David P, Anthea, Tom, Jim | |
| Fri 11th Oct | Rougham Circular | 3 | 75-90 | 10:30 | Meet 10:15 Skyliner sport centre car park | IP32 7QB | Bury Leaders Facebook: @bsehealthwalks | |
| Fri 11th Oct | Lawshall Golden Wood | 2 | 60 | 13:30 | Meet 13:15 at The Foundry, Lawshall | IP29 4PJ | Bury Leaders Facebook: @bsehealthwalks | |
| Mon 14th Oct | Long Melford Short Walk | 1 | 30 | 10:00 | Meet 9:45am at Cherry Lane Garden Centre, Long Melford | CO10 9DH | Babergh | |
| Mon 14th Oct | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 14th Oct | 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, Abbeycroft Leisure | |
| Mon 14th Oct | 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 14th Oct | Stowmarket Walk NEW WALK | 1 to 2 | 60-90 | 10:00 | Bus Shelter in Melford Road by the junction with Lavenham Way. | IP14 2PT | Mike and Rae | |
| Tue 15th Oct | Bury Leisure Centre - 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 15th Oct | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Wed 16th Oct | Shotley | 4 to 5 | 90 | 11:30 | Shotley Village Hall | IP9 1LX | Shotley Open Spaces Walk Leaders | |
| Wed 16th Oct | 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 | |
| Wed 16th Oct | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 17th Oct | Exning | 3 | 90 | 10:30 | Cotton End Road, Exning, near the War Memorial. | CB8 7NN | Forest Heath | |
| Thu 17th Oct | Hadleigh Library Walk | 4 to 5 | 90 | 11:30 | Hadleigh Library | IP7 5AG | Roger | |
| Thu 17th Oct | Haverhill - Puddlebrook | 2 | 60 | 11:00 | Near Clements Surgery | CB9 8LU | Vivienne, Lian, Margaret,George | |
| Fri 18th Oct | Wherstead | 5 | 90 | 10:30 | Suffolk Food Hall | IP92AB | Daphne Turner, Rae Corrigan | |
| Mon 21st Oct | 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, Abbeycroft Leisure | |

## 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 21st Oct | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 21st Oct | 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 22nd Oct | Hadleigh, Holbecks Park and Beyond | 4 to 5 | 90 | 10:00 | Topsfield Bridge, Hadleigh | IP7 5DP | Pam, Babergh Leader | |
| Tue 22nd Oct | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 22nd Oct | Sudbury Short Walk | 1 to 2 | 30-40 | 12:00 | Kingfisher Leisure Centre, Sudbury | CO10 2SU | Wendy | |
| Tue 22nd Oct | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00am Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Tue 22nd Oct | Bury Half Term Family Walk – Theatre Star Trail | 2 to 3 | 90 | 11:00 | Meet 10:45 by the Abbeygate | IP33 1LS | Bury Leaders Facebook: @bsehealthwalks | |
| Tue 22nd Oct | Stowmarket Family Fun Walk | 1 | 60 | 11:00 | Parking along Church Road in cemetery. | IP14 2EH | Madi, One Life Suffolk | |
| Wed 23rd Oct | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Wed 23rd Oct | Haverhill Family Fun Walk | 1 | 60 | 11:00 | East Town Park car park | CB9 7UR | Madi, One Life Suffolk | |
| Thu 24th Oct | 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 24th Oct | Thurlow | 5 (stile) | 90 | 11:00 | Meet 10:45 at Thurlow Recreation Ground (entrance off B1061) | CB9 7LQ | Bury Leaders Facebook: @bsehealthwalks | |
| Thu 24th Oct | Dalham | 3 to 4 | 90 | 10:30 | On road opposite Affleck Arms pub, Dalham. | CB8 8TG | Forest Heath | |
| Thu 24th Oct | Burrough Green | 4 | 60-90 | 11:00 | On the Green near School | CB8 9NH | David B, Jean, Maura, Lian | |
| Mon 28th Oct | Long Melford Short Walk | 1 | 30 | 10:00 | Meet 9:45am at Cherry Lane Garden Centre, Long Melford | CO10 9DH | Babergh | |
| Mon 28th Oct | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 28th Oct | 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 28th Oct | 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, Abbeycroft Leisure | |
| Tue 29th Oct | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 29th Oct | Bury Leisure Centre - 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 |
|---|---|---|---|---|---|---|---|---|
| Wed 30th Oct | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 31st Oct | Polstead Walk | 5 | 90 | 11:30 | Polstead Church | C06 5BS | Chris | |
| Thu 31st Oct | Mildenhall Woods | 2 to 3 | 90 | 10:30 | Half Moon pub (Hungry Horse) car park | IP28 7HS | Forest Heath | |
| Thu 31st Oct | Haverhill - Sturmer Arches | 3 | 60 | 11:00 | Leisure Centre | CB9 0ER | Lynne, George, Tom, Margaret | |
| Fri 1st Nov | Bury Natters Wood | 3 | 75-90 | 10:30 | Meet 10:15 at Moreton Hall Community Centre | IP32 7EW | Bury Leaders Facebook: @bsehealthwalks | |
| Mon 4th Nov | 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, Abbeycroft Leisure | |
| Mon 4th Nov | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 4th Nov | 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 5th Nov | Sudbury Short Walk | 1 to 2 | 30-40 | 12:00 | Kingfisher Leisure Centre, Sudbury | CO10 2SU | Wendy | |
| Tue 5th Nov | Bury Leisure Centre - 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 5th Nov | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 5th Nov | Eye Circular | 4 | 90 | 10:30 | Pennings Nature Reserve Car Park | IP23 7NH | Eye Leaders | |
| Wed 6th Nov | 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 6th Nov | 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 6th Nov | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 7th Nov | Lavenham Short Walk | 1 to 2 | 30 | 10:30 | Lavenham Market Place | CO1O 9QZ | Kate | |
| Thu 7th Nov | 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 7th Nov | Burwell | 2 to 3 | 90 | 10:30 | On road, beside the church & opposite Five Bells pub | CB25 0HD | Forest Heath | |
| Thu 7th Nov | 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, Abbeycroft Leisure | |

## 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 11th Nov | Long Melford Short Walk | 1 | 30 | 10:00 | Meet 9:45am at Cherry Lane Garden Centre, Long Melford | CO10 9DH | Babergh | |
| Mon 11th Nov | Helions Bumpstead | 4 | 60-90 | 11:00 | Village Hall | CB9 7AQ | Vivienne, Maura, Lynne, Lian | |
| Mon 11th Nov | Stowmarket Walk | 1 to 2 | 60-90 | 10:00 | Bus Shelter in Melford Road by the junction with Lavenham Way. | IP14 2PT | Mike and Rae | |
| Mon 11th Nov | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 11th Nov | 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 12th Nov | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00am Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Tue 12th Nov | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 12th Nov | Hadleigh River Path Circular Stroll | 1 to 2 | 45-60 | 10:00 | Hadleigh Market Place | IP7 5AE | Pam, Babergh Leader | |
| Wed 13th Nov | 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 | |
| Wed 13th Nov | Freston (May be wet underfoot if High Tide) | 5 | 90 | 10:30 | Suffolk Food Hall, The Strand, Wherstead | IP9 2AB | Cynthia & Helen | |
| Wed 13th Nov | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Thu 14th Nov | Wiston Wander | 4 to 5 | 90 | 11:30 | Wiston Church (Nr Nayland) | C06 4LX | Chris | |
| Thu 14th Nov | West Stow | 3 to 4 | 90 | 10:30 | Car park of the West Stow Country Park. Parking charge £2 | IP28 6HG | Forest Heath | |
| Thu 14th Nov | Haverhill - New Croft to East Town Park | 3 | 60 | 11:00 | New Croft car park | CB9 0BW | Jim, Vivienne, Margaret, Tom | |
| Fri 15th Nov | Bus Walk – Newmarket, Home Of Horse Racing | 3 | 90 | 10:00 | Meet 9:55 at Bury Bus Station to catch no. 11 bus to Newmarket. Bus pass or return fare £7 approx. | IP33 1TZ | Bury Leaders Facebook: @bsehealthwalks | |
| Mon 18th Nov | 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, Abbeycroft Leisure | |
| Mon 18th Nov | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 18th Nov | 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 19th Nov | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |

## 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 19th Nov | Sudbury Short Walk | 1 to 2 | 30-40 | 12:00 | Kingfisher Leisure Centre, Sudbury | CO10 2SU | Wendy | |
| Tue 19th Nov | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00am Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Wed 20th Nov | Bury St Edmunds – South and South West of the Town | 4 | 90 | 10:30 | Meet 10:15 by the Abbeygate | IP33 1LS | Bury Leaders Facebook: @bsehealthwalks | |
| Wed 20th Nov | Shotley | 4 to 5 | 90 | 11:30 | Bristol Arms Pub Shotley | IP9 IPU | Shotley Open Spaces Walk Leaders | |
| Wed 20th Nov | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 21st Nov | Cavenham Heath | 3 | 90 | 10:30 | Cavenham Heath Nature Reserve car Park | 1 / 4 mile past IP28 6TB | Forest Heath | |
| Thu 21st Nov | Lavenham Short Walk | 1 to 2 | 30 | 10:30 | Lavenham Market Place | CO1O 9QZ | Kate | |
| Thu 21st Nov | Thurlow | 5 | 60-90 | 11:00 | Recreation ground car park | CB9 7LJ | David B, Jean, Lynne, Margaret | |
| Fri 22nd Nov | Norton | 3 | 90 | 10:45 | Village Hall car park | IP31 3LP | Rae Corrigan / Daphne Turner | |
| Fri 22nd Nov | Culford | 5 (stiles) | 90 | 11:00 | Meet 10:45 at Culford Village Hall | IP28 6DN | Bury Leaders Facebook: @bsehealthwalks | |
| Mon 25th Nov | 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 25th Nov | 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, Abbeycroft Leisure | |
| Mon 25th Nov | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 25th Nov | 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 26th Nov | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00am Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Tue 26th Nov | Bury Nowton Park and Around (No Stiles) | 3 to 4 | 90 | 10:30 | Meet 10:15 Nowton Park Car park | IP29 5LU | Bury Leaders Facebook: @bsehealthwalks | |
| Tue 26th Nov | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 26th Nov | Hadleigh, Holbecks Park and Beyond | 4 to 5 | 90 | 10:00 | Topsfield Bridge, Hadleigh | IP7 5DP | Pam, Babergh Leader | |
| Wed 27th Nov | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 28th Nov | Long Melford Walk | 4 to 5 | 90 | 11:30 | Long Melford Old School | C010 9DX | Chris | |

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| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Thu 28th Nov | Mildenhall River Lark | 3 | 90 | 10:30 | Wilco side of Recreation Way car park, behind Sainsburys at Mildenhall | IP28 7HG | Forest Heath | |
| Thu 28th Nov | Haverhill - Railway Walk, West | 3 | 60 | 11:00 | Leisure Centre | CB9 0ER | Lynne, George, Tom, Margaret | |
| Fri 29th Nov | Cavenham Heath Nature Reserve, Tuddenham St Mary | 3 | 75-90 | 10:30 | Meet at 10:15 at car park on left, adjacent to nature reserve. | IP28 6TB | Bury Leaders Facebook: @bsehealthwalks | |
| Fri 29 Nov | Playford | 5 | 90 | 10:30 | Village Hall | IP6 9DU | Daphne Turner, Rae Corrigan | |
| Mon 2nd Dec | 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, Abbeycroft Leisure | |
| Mon 2nd Dec | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 2nd Dec | 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 Dec | Sudbury Short Walk | 1 to 2 | 30-40 | 12:00 | Kingfisher Leisure Centre, Sudbury | CO10 2SU | Wendy | |
| Tue 3rd Dec | Bury Leisure Centre - 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 3rd Dec | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 3rd Dec | Eye Circular | 4 | 90 | 10:30 | Pennings Nature Reserve Car Park | IP23 7NH | Eye Leaders | |
| Wed 4th Dec | 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 Dec | 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 4th Dec | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 5th Dec | Lavenham Short Walk | 1 to 2 | 30 | 10:30 | Lavenham Market Place | CO1O 9QZ | Kate | |
| Thu 5th Dec | 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 Dec | 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 5th Dec | Abington | 3 | 60-90 | 11:00 | High Street by Institute | CB21 6AE | Maura, Jean, David B, Lynne | |
| Fri 6th Dec | Bury Marham Park | 3 | 90 | 10:30 | Meet 10:15 in Co-op car park, Mildenhall Road | IP32 6EN | Bury Leaders Facebook: @bsehealthwalks | |

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| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Fri 6th Dec | Combs Ford | 4 | 90 | 10:45 | Doctor's Surgery, Combs Lane parking close by | IP14 2SY | Rae Corrigan / Daphne Turner | |
| Mon 9th Dec | Long Melford Short Walk | 1 | 30 | 10:00 | Meet 9:45am at Cherry Lane Garden Centre, Long Melford | CO10 9DH | Babergh | |
| Mon 9th Dec | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 9th Dec | 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 Dec | 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, Abbeycroft Leisure | |
| Tue 10th Dec | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00am Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Tue 10th Dec | Lawshall Coldham Hall | 2 | 60 | 13:30 | Meet 13:15 in the car park of Lawshall Roman Catholic Church | IP29 4PL | Bury Leaders Facebook: @bsehealthwalks | |
| Tue 10th Dec | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Tue 10th Dec | 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 11th Dec | 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 | |
| Wed 11th Dec | Bramford | 5 | 90 | 10:30 | Bramford picnic site, nearly opposite John Keeble Cars | IP8 4AP (opposite) | Cynthia & Helen | |
| Wed 11th Dec | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 12th Dec | Boxford Walk | 4 to 5 | 90 | 11:30 | Boxford Pavilion / Playing Fields | CO1O 5AD | Roger | |
| Thu 12th Dec | Moulton | 3 to 4 | 90 | 10:30 | Moulton Village Hall car park or by the church. | CB8 8SP | Forest Heath | |
| Thu 12th Dec | Haverhill - Meadowlands | 2 | 60 | 11:00 | Sainsbury's car park | CB9 7YL | David P, Anthea, Jim, George | |
| Mon 16th Dec | 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, Abbeycroft Leisure | |
| Mon 16th Dec | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 16th Dec | 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 | |

## 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 17th Dec | Sudbury Short Walk | 1 to 2 | 30-40 | 12:00 | Kingfisher Leisure Centre, Sudbury | CO10 2SU | Wendy | |
| Tues 17th Dec | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00am Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Tue 17th Dec | Clare Walks from Clare Castle Country Park | 1 to 2 | 60-80 | 10:30 | Old Goods Shed. Parking £2 in Clare Castle Country Park Car Park | CO10 8NW | Clare Walkers | |
| Wed 18th Dec | Shotley | 4 to 5 | 90 | 11:30 | Shotley Village Hall | IP9 1LX | Shotley Open Spaces Walk Leaders | |
| Wed 18th Dec | Brandon Short Walk | 1 | 30 | 13:00 | Brandon Leisure Centre | IP27 0JB | Abbeycroft Leisure | |
| Thu 19th Dec | West Stow Country Park | 3 | 75 | 11:00 | Meet 10:45 in West Stow Country Park (parking fee £2) | IP28 6HG | Bury Leaders Facebook: @bsehealthwalks | |
| Thu 19th Dec | Fordham | 2 to 4 | 90 | 10:30 | Fordham Garden Centre (Scotsdales), 35 Market St., Fordham. | CB7 5LQ | Forest Heath | |
| Thu 19th Dec | Kedington Footpaths | 3 | 60-90 | 11:00 | Kedington Community Centre | CB9 7QQ | Beryl, Peter, Lynne, Margaret | |
| Mon 23rd Dec | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 23rd Dec | 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 Dec | Long Melford Short Walk | 1 | 30 | 10:00 | Meet 9:45am at Cherry Lane Garden Centre, Long Melford | CO10 9DH | Babergh | |
| Mon 23rd Dec | 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, Abbeycroft Leisure | |
| Tue 24th Dec | Bury Leisure Centre - Tayfen Hidden Nature Reserve | 1 | 30 | 10:15 | Meet 10:00am Bury Leisure Centre | IP33 3TT | Leisure Centre staff | |
| Thu 26th Dec | Bury Nowton Park Festive Boxing Day Walk with Christmas Hats! | 4 | 90 | 10:30 | Meet 10:15am Nowton Park Car park | IP29 5LU | Bury Leaders Facebook: @bsehealthwalks | |
| Mon 30th Dec | Newmarket Beginners Walk | 1 to 2 | 45 | 10:30 | On the side road outside Houldsworth Valley Primary Academy | CB8 0PU | Mick Smith | |
| Mon 30th Dec | 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 | |

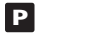
| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Tue 1st Oct | Pye's Mill / Stubbs Green, Loddon | 5 | 90 / 3.9 | 10:30 | Car park end of Pye's Mill Road, N.B. Post code is nearest to | NR14 6DS | Beccles W4H Group - Roger & Maureen | |
| Wed 2nd Oct | Dunwich / Ship Inn | 3 | 90 / 3 | 10:30 | Westleton Nature Reserve car park - refer to Walking for Health website for detailed instructions. NB. This walk includes a coffee stop during the walk | IP17 3AU | Halesworth W4H Group | |
| Wed 2nd Oct | Sparrows Nest | 2 | 60 / 1.5 | 14:00 | Sparrows Nest car park, north end of Whapload Rd | NR32 1XG | Beccles W4H Group | |
| Thu 3rd Oct | Reydon, Elliot Avenue NEW WALK | 1-3 | 60 max / up to 1.7 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 4th Oct | Dunwich - Greyfriars & Heath | 3 | 90 / 3.9 | 10:30 | Beach car park, end of High Street | IP17 3EN | Beccles W4H Group - Bob & Simon | |
| Mon 7th Oct | Kessingland Beach (Sluice) | 3 | 80 / 3.5 | 10:30 | Beach car park, Church road | NR33 7SF | Beccles W4H Group - Derek & June | |
| Tue 8th Oct | Beccles / Dunburgh / River Walk | 4 | 85 / 3.85 | 10:30 | Beccles Quay car park | NR34 9BH | Beccles W4H Group - Paul & Ann | |
| Wed 9th Oct | Southwold Harbour / Walberswick | 2 to 3 | 90 / 3 | 10:30 | Parking area front of Harbour Inn PH | IP18 6TA | Halesworth W4H Group | |
| Wed 9th Oct | Beccles Quay, Riverbank / Sailing Club | 2 to 3 | 60-70 / 1.5 | 14:00 | Beccles Quay café | NR34 9BH | Beccles W4H Group | |
| Thu 10th Oct | Reydon Church | 4 | 80 / 3.2 | 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 11th Oct | Geldeston Church | 4 | 90 / 3.8 | 10:30 | Geldeston Church car park (50p per car to park) | NR34 0LP | Beccles W4H Group - Roger & Maureen | P |
| Mon 14th Oct | Southwold Inland | 4 | 90 / 3.5 | 10:30 | Water Tower car parking area | IP18 6TB | Beccles W4H Group - Derek & June | P |
| Mon 14th Oct | Countryside & Fishing Lake | 4 | 45-60 / 1.1 | 14:00 | Southwold Road trading estate | IP19 8PW | Halesworth W4H Group | P |
| Tue 15th Oct | Stoven Church Green | 4 | 90 / 3.5 | 10:30 | Stoven Green | NR34 8ER | Beccles W4H Group - Ann & Paul | P |
| Wed 16th Oct | Blythburgh Estuary | 3 to 4 | 70-80 / 2.5 | 10:30 | Car park right of Blythburgh Village Hall | IP19 9LQ | Halesworth W4H Group | P |
| Wed 16th Oct | Pakefield / Lowestoft Promenade | 1 | 60 / 1.5 | 14:00 | All Saints Road car park. N.B new starting location | NR33 0JN | Beccles W4H Group | P |
| Thu 17th Oct | Reydon, Gorse Rd / Hill Rd | 1 | 30-60 / up to 1.7 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | P |
| Fri 18th Oct | Suffolk Wildlife Trust<br>Lound, Bloodmans Corner NEW WALK | 5 | 90 / 3.5 | 10:30 | Suffolk Wildlife Trust car park off Hall Road | NR31 9AU | Beccles W4H Group - Bob & backmarker | P |
| Mon 21st Oct | Gorleston Seafront & Park | 3 | 75 / 3 | 10:30 | Marine Parade car park | NR31 6EZ | Beccles W4H Group - Derek & June | P |
| Tue 22nd Oct | Ilketshall St. Andrew, Commons | 4 | 90 / 3.6 | 10:30 | Park on grass verge in front of church | NR34 8HX | Beccles W4H Group - Bob & backmarker | P |
| Wed 23rd Oct | Wissett | 4 | 70-80 / 3.1 | 10:30 | St Andrew's Church car park, Lodge Lane or park in Wissett village | IP19 0JQ | Halesworth W4H Group | P |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Wed 23rd Oct | Bungay Common / Town | 3 | 70 / 1.8 | 14:00 | Outney Common car park, far end away from golf clubhouse | NR35 1DS | Beccles W4H Group | |
| Thu 24th Oct | Reydon, Windsor Road | 1 | 30-60 / up to 1.7 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 25th Oct | Southwold / Walberswick NEW WALK | 3-4 | 90 / 3.8 | 10:30 | Water Tower car parking area | IP18 6TB | Beccles W4H Group - Bob & backmarker | |
| Mon 28th Oct | Normanston Park / Gunton Cliff | 2 | 90 / 3.9 | 10:30 | Normanston Park, Lowestoft | NR32 2QB | Beccles W4H Group - Derek & June | |
| Mon 28th Oct | Millennium Green / Town Park | 2 | 45-60 / 1.5 | 14:00 | Thoroughfare car park Halesworth - Pay & display | IP19 8AH | Halesworth W4H Group | |
| Tue 29th Oct | Henstead Church | 4 | 90 / 3.75 | 10:30 | Henstead Church car park | NR34 7LD | Beccles W4H Group - Mike & backmarker | |
| Wed 30th Oct | Southwold | 3 | 90 / 3.5 | 10:30 | Parking area front of Harbour Inn PH | IP18 6TA | Halesworth W4H Group | |
| Wed 30th Oct | Gunton Woods | 2 | 60-90 / 1.5 | 14:00 | Gunton Church Lane, north end | NR32 4LF | Beccles W4H Group | |
| Thu 31st Oct | Mount Pleasant & Recreation Ground - NEW WALK | 2 | 60 / Up to 2 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 1st Nov | Aldeby / Wheatacre | 4 | 90 / 3.9 | 10:30 | Parking on roadside School Road, Aldeby | NR34 0AB | Beccles W4H Group - Bob & backmarker | |
| Mon 4th Nov | Dunwich - Woods & Tracks | 5 | 90 / 4.1 | 10:30 | Beach car park, end of High Street. N.B This walk is a grade 4 re. terrain but has been marked up to a 5 due to the faster pace to cover 4.1 miles | IP17 3EN | 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 |
|---|---|---|---|---|---|---|---|---|
| Tue 5th Nov | Ditchingham / Bath Hills | 4 | 90 / 3.9 | 10:30 | Green Lane car park | NR35 2RD | Beccles W4H Group - Paul & Ann | |
| Wed 6th Nov | Walberswick Common & Reedbeds | 3 to 4 | 75 / 3 | 10:30 | Car park Walberswick Common, Church Lane | IP18 6UZ | Halesworth W4H Group | |
| Wed 6th Nov | Marsh Lane / River Bank, Worlingham | 1 or 2 | 50 or 80 / 1.6 or 2.1 | 14:00 | Park on Lowestoft Rd, off Marsh Lane - runs parallel to A146 | NR34 7PD | Beccles W4H Group | |
| Thu 7th Nov | Reydon, Elliot Avenue NEW WALK | 1-3 | 60 max / up to 1.7 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 8th Nov | Barsham Church | 3 | 85 / 3.35 | 10:30 | Lay-by B1062 near Barsham Church | NR34 8HA | Beccles W4H Group - Mike & Simon | |
| Mon 11th Nov | Ditchingham / Broome Place | 5 | 80 / 3.1 | 10:30 | Green Lane car park | NR35 2RD | Beccles W4H Group - Derek & June | |
| Mon 11th Nov | Halesworth Town | 2 | 30-45 / 1 | 14:00 | Thoroughfare car park Halesworth - Pay & display | IP19 8AH | Halesworth W4H Group | |
| Tue 12th Nov | Darby Road / Brickfields | 4 | 65 / 2.5 | 10:30 | Parking on roadside Wash Lane end of Darby Road, please do not obstruct driveways | NR34 9XH | Beccles W4H Group - Roger & Maureen | |
| Wed 13th Nov | Halesworth Town / Millennium Green | 3 | 60-90 / 2.5-3 | 10:30 | Co-op by recycling / petrol stn, permission by Co-op | IP19 8LU | Halesworth W4H Group | |
| Wed 13th Nov | Pakefield - Coastal & Inland | 3 | 60 / 1.7 | 14:00 | All Saints Road car park | NR33 0JN | Beccles W4H Group | |
| Thu 14th Nov | Reydon to Pier & Prom | 4 | 90 / 3.8 | 10:30 | Sole Bay Health Centre. ***Please note this walk may include a coffee stop during the walk. | 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 15th Nov | Mettingham Castle | 4 | 80-90 / 3-3.6 | 10:30 | Lay-by B1062 just before Mettingham Church & Tally-Ho tearooms | NR35 1TL | Beccles W4H Group - Ann & Paul | |
| Mon 18th Nov | Normanston Park to Ivy House & return | 5 | 90 / 3.9 | 10:30 | Normanston Park, Lowestoft | NR32 2QB | Beccles W4H Group - Derek & June | |
| Tue 19th Nov | Boathouse Hills | 5 | 80 / 3.5 | 10:30 | Beccles Quay car park | NR34 9BH | Beccles W4H Group - Paul & Ann | |
| Wed 20th Nov | Dunwich | 4 | 90 / 3 | 10:30 | Westleton Nature Reserve car park - refer to Walking for Health website for detailed instructions. | IP17 3AU | Halesworth W4H Group | |
| Wed 20th Nov | Beccles Quay, Riverbank / Sailing Club | 2 to 3 | 60-70 / 1.5 | 14:00 | Beccles Quay café | NR34 9BH | Beccles W4H Group | |
| Thu 21st Nov | Reydon, Gorse Rd / Hill Rd | 1 | 30-60 / up to 1.7 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 22nd Nov | Westhall, Jubliee Avenue | 4 | 90 / 4 | 10:30 | Westhall, village car park (50p per car to park) | IP19 8RQ | Beccles W4H Group - Bob & backmarker | |
| Mon 25th Nov | Kessingland Beach (Sluice) | 3 | 80 / 3.5 | 10:30 | Beach car park, Church Road | NR33 7SF | Beccles W4H Group - Derek & June | |
| Mon 25th Nov | Halesworth Countryside & Town | 3 | 30-45 / 1.25 | 14:00 | Thoroughfare car park Halesworth - Pay & display | IP19 8AH | Halesworth W4H Group | |
| Tue 26th Nov | Suffolk Wildlife Trust<br>Carlton Marshes - Everitts Park | 4 | 70 or 90 / 2.8 or 3.8 | 10:30 | Suffolk Wildlife Trust car park, Burnt Hill Lane. Note: this walk may include a short pre-walk talk from Suffolk Wildlife Trust | NR33 8HU | Beccles W4H Group - Roger & Maureen | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Wed 27th Nov | Threeways / Mells / Holton | 3 | 90 / 3.1 | 10:30 | Blyth Road Industrial Estate, free parking roadside near Hammonds repair centre | IP19 8EN | Halesworth W4H Group | |
| Wed 27th Nov | Nicholas Everitt Park & Broad | 1-2 | 60 / 1.5 | 14:00 | Gated entrance to park, opposite Fancy Cakes patisserie, Bridge Road. Pay & Display applies | NR33 9JT | Beccles W4H Group | |
| Thu 28th Nov | Reydon, Windsor Road | 1 | 30-60 / up to 1.7 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 29th Nov | Barsham City | 5 | 90 / 3.5 | 10:30 | Lay-by B1062 near Barsham Church | NR34 8HA | Beccles W4H Group - Paul & Ann | |
| Mon 2nd Dec | Beccles Marsh & River Trail | 4 | 75 / 3.2 | 10:30 | Near allotments off Morrisons roundabout / A146 | NR34 9EJ | Beccles W4H Group - Derek & June | |
| Tue 3rd Dec | Bungay / Halesworth Road | 5 | 90 / 3.5 | 10:30 | Roadside with care, Hillside Rd, Joyce Rd - opposite Co-op, B1062 Homersfield Rd | NR35 1JU | Beccles W4H Group - Roger & Maureen | |
| Wed 4th Dec | Blythburgh Estuary | 3 to 4 | 70-80 / 2.5 | 10:30 | car park right of Blythburgh Village Hall | IP19 9LQ | Halesworth W4H Group | |
| Wed 4th Dec | Beccles Common | 2 | 60 / 1.5 | 14:00 | Beccles Common car park, end of Common Rd South | NR34 9BY | Beccles W4H Group | |
| Thu 5th Dec | Mount Pleasant & Recreation Ground - NEW WALK | 2 | 60 / Up to 2 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 6th Dec | Ringsfield Church | 4 | 85 / 3.3 | 10:30 | Ringsfield Village Hall car park (50p per car to park) | NR34 8NT | Beccles W4H Group - Ann & Paul |  |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Mon 9th Dec | Suffolk Wildlife Trust<br>Lound Lakes | 4 | 90 / 3.75 | 10:30 | Suffolk Wildlife Trust car park off Hall Road | NR31 9AU | Beccles W4H Group - Derek & June | P |
| Mon 9th Dec | Wissett Rd / Mill Rd / Halesworth Town | 2 | 60 / 2.1 | 14:00 | Thoroughfare car park Halesworth - Pay & display | IP19 8AH | Halesworth W4H Group | |
| Tue 10th Dec | Pyes Mill / River Chet | 4 to 5 | 90 / 3.5 | 10:30 | Car park end of Pye's Mill Road, N.B. Post code is nearest to | NR14 6DS | Beccles W4H Group - Paul & Ann | |
| Wed 11th Dec | Southwold Harbour / Walberswick | 2 to 3 | 90 / 3 | 10:30 | Parking area front of Harbour Inn PH | IP18 6TA | Halesworth W4H Group | |
| Thu 12th Dec | Reydon, St. Felix / Keens Lane | 4 | 75 / 2.5 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 13th Dec | Ellough - Winter Walk | 4 | 90 / 3.9 | 10:30 | Parking on roadside Sandpit Lane | NR34 7TH | Beccles W4H Group - Bob & backmarker | P |
| Mon 16th Dec | Gorleston Seafront & Park | 3 | 75 / 3 | 10:30 | Marine Parade car park | NR31 6EZ | Beccles W4H Group - Derek & June | |
| Tue 17th Dec | Shadingfield / Redisham Church | 5 | 90 / 3.7 | 10:30 | Park Farm, Shadingfield - refer to Walking for Health website for detailed instructions | NR34 8DL | Beccles W4H Group - Mike & Simon | P |
| Wed 18th Dec | Halesworth Town / Millennium Green | 3 | 60-90 / 2.5-3 | 10:30 | Co-op by recycling / petrol stn, permission by Co-op | IP19 8LU | Halesworth W4H Group | |
| Wed 18th Dec | Beccles Town | 3 | 60 / 1.5 | 14:00 | Entrance to Tesco store (can park at Tesco if using the store) | NR34 9QB | Beccles W4H Group | |

| Date | Name of Walk | Grade | Duration (mins) / Miles | Start Time | Meeting Point / Parking Information | Postcode | Walk Leaders / Back Marker | Key |
|---|---|---|---|---|---|---|---|---|
| Thu 19th Dec | Reydon, Elliot Avenue NEW WALK | 1-3 | 60 max / up to 1.7 | 10:30 | Sole Bay Health Centre | IP18 6GY | Sole Bay W4H Group | |
| Fri 20th Dec | Henstead Church | 4 | 90 / 3.75 | 10:30 | Henstead Church car park | NR34 7LD | Beccles W4H Group - Roger & Maureen | |
| Mon 23rd Dec | Southwold - Common & Seafront | 3 | 90 / 3.5-3.9 | 10:30 | Water Tower car parking area | IP18 6TB | Beccles W4H Group - Derek & June | |
| Tue 24th Dec | North Cove / Barnby - Road Walk | 2 to 3 | 85 / 3.6 | 10:30 | North Cove Church layby, near 3 Horseshoes PH. NB. Option after the walk to join our Christmas social in PH | NR34 7PH | Beccles W4H Group - Bob & backmarker | |
| Fri 27th Dec | Mutford Woods, Lanes & Tracks | 4 to 5 | 90 / 3.75 | 10:30 | Mutford Village Hall car park (50p per car to park) | NR34 7UR | Beccles W4H Group - Mike & backmarker | |
| Mon 30th Dec | Dunwich - Woods & Tracks | 5 | 90 / 4.1 | 10:30 | Beach car park, end of High Street. N.B This walk is a grade 4 re. terrain but has been marked up to a 5 due to the faster pace to cover 4.1 miles | IP17 3EN | Beccles W4H Group - Derek & June | |
| Tue 31st Dec | Gillingham / Dunburgh - Road Walk | 3 | 85 / 3.5 | 10:30 | Beccles Quay car park | NR34 9BH | Beccles W4H Group - Bob & backmarker | |

# Notes

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at the heart of walking

walking
for health

One
Life
Suffolk

# Nordic Walking for health

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**Clare**
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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

# parkrun and Great Run Local

P parkrun J junior parkrun G great run local

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

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ACTIVE 10 BECAUSE THERE'S ONLY ONE YOU

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