

Stepping Out in Suffolk

April
to
June
2020



Health -WALKS-



Spring 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.



**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

East Suffolk (formerly Waveney):

Email: emma.freeman@onelifesuffolk.co.uk

West & Mid Suffolk:

Email: jane.dow@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	6
East (formerly Waveney)	22
West & Mid Suffolk	30






























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
Wed 1st Apr	Tunstall Forest and Blaxhall Common	3 to 4	90 3.5 miles	11:00	Sangall car park, Iken Rd, Tunstall Forest. Approx 1.5 miles beyond Snape Maltings on B1069 to Tunstall turn left onto minor road signposted Iken/Sudbourne. The Car park is 0.3 miles on the right	Nearest IP12 2EJ Map ref TM382557	Saxmundham and Coastal Walk Leaders: Fiona 07803 501194 Fay 07804184464	  
Fri 3rd Apr	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 Apr	Framfield Health Centre Short Walk, Woodbridge.	1	30-45	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Steve Pestell	   
Sat 4th Apr	Ipswich parkrun. Be part of the park run by joining our park walk. Please register at parkrun.org.uk	5	60	09:00	Meet up at 8:45 next to the Cricket Pavilion, Chantry Park, Ipswich. Please check parkrun website as this may depend on weather conditions.	IP2 0BS	Graham Rodgers	   
Mon 6th Apr	Wickham	1, 3 & 5	30-90 1-3 miles	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 6th Apr	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street entrance	IP4 2BX	Active Lives 01473 345350	  
Mon 6th Apr	The Grove - Eastlands car park, Felixstowe	5	90	10:45	Free car park by the sportsfield and woods entrance	IP11 9GA	Felixstowe Health Walk Leaders - Jenny	  
Tue 7th Apr	Martlesham Community Centre to Fynn Valley	5	90 3 miles	10:30	Martlesham Community Centre	IP12 4SE	Graham & Lyn Parker	   
Wed 8th Apr	The Grove Medical Centre, Felixstowe	1 to 2	40-60	10:45	The Grove Medical centre, outside front door	IP11 9GA	Felixstowe Health Walk Leaders: Nigel	   
Wed 8th Apr	Bredfield / Boulge	5	90	10:30	Village shop and hall car park. From Woodbridge, on right a little past church	IP13 6AX	Cynthia and Helen	 
Weds 8th Apr	RSPB North Warren Nature Reserve	2	90	10:45	Village Green Thorpeness Meare	IP16 4NW	RSPB Volunteer Health Walk Leaders	   
Thu 9th April	Martlesham Creek	5	60-75 2.5 miles	10:30	Car park St Mary The Virgin Church Lane, Martlesham. Go up School Lane opp Martlesham Red Lion turn left at sign for Church and Quiet Lane	IP12 4PQ	Rosie and Steve	  
Fri 10th Apr	Station House Campsea Ashe	3 to 4	60-90	10:30	Meet 10.15 Station House Campsea Ashe. Park at Clarke & Simpson Auction Centre car park IP13 0PS	IP13 0PT	Maggie Singleton 07789 692502 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
Fri 10th Apr	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Woodbridge Walk Leaders	    
Sat 11th Apr	Ipswich parkrun. Be part of the park run by joining our park walk. Please register at parkrun.org.uk	5	60	09:00	Meet up at 8:45 next to the Cricket Pavilion, Chantry Park, Ipswich Please check parkrun website as this may depend on weather conditions.	IP2 0BS	Graham Rodgers	    
Tue 14th Apr	Wickham	5	3	11:00	Café 46 The Hill	IP13 0QS Grid : 302559 Explorer 212	Wickham Leaders	    
Tue 14th Apr	Searsons Farm and Fagbury Cliff lookout point	4	80-90	10:45	Cordy's Lane free parking, Station Rd, Trimley St Mary	IP11 0UD	Felixstowe Health Walk Leaders: Nigel	 
Wed 15th Apr	Angel Marshes and Village Walk	3	60-80 2 miles	10:00	Blythburgh Village Carpark opposite the White Hart pub	IP19 9LQ	Paul Lacey/Fiona Foreman	    
Wed 15th April	The Grove Medical Centre, Felixstowe	1 to 2	40-60	10:45	The Grove Medical centre, outside front door	IP11 9GA	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
Fr 17th Apr	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 Apr	Bridge Wood Ipswich	5	90 3 miles	10:30	Bridge Wood car park	IP10 1JP (nearby)	Daphne Turner / Rae Corrigan	  
Fri 17th Apr	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 18th Apr	Ipswich parkrun. Be part of the park run by joining our park walk. Please register at parkrun.org.uk	5	60	09:00	Meet up at 8:45 next to the Cricket Pavilion, Chantry Park, Ipswich Please check parkrun website as this may depend on weather conditions.	IP2 0BS	Graham Rodgers	   
Mon 20th Apr	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street entrance	IP4 2BX	Active Lives 01473 345350	   
Mon 20th Apr	Wickham	1, 3 & 5	30-90 1-3 miles	14:00	Café 46 The Hill	IP13 0QS Grid : 302559 Explorer 212	Wickham Leaders	   
Mon 20th Apr	Felixstowe Sea front	1 to 2	40-60	10:45	In front of Felixstowe Leisure centre and Pier	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
Tue 21st Apr	Castle Walks Framlingham	4 to 5	70 3 miles	10:45	10:30 outside Castle Inn. Pay and display parking	IP13 9BH	Castle Walk Group Walk Leaders	   
Wed 22nd Apr	Newbourne Smallholdings and Springs	5	90 3 miles	10:30	Newbourne Fox Pub	IP12 4NY	Graham & Lyn Parker	   
Fri 24th Apr	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 24th April	Kirton and Falkenham Marshes and river walk	5	90	10:45	Kirton Church hall car park, at end of Church Rd Kirton	IP10 0PY	Felixstowe Health walk Leaders: Nigel	 
Fri 24th Apr	Boulge Park	5	3	10:00	Boulge Church	IP13 0BW Grid 254529 Explorer 212	Wickham Leaders	   
Fri 24th Apr	Framfield Health Centre, Woodbridge. New walk through Burkes Wood.	4 to 5	75-90	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Woodbridge Walk Leaders	    

































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Sat 25th Apr	Ipswich parkrun. Be part of the park run by joining our park walk. Please register at parkrun.org.uk	5	60	09:00	Meet up at 8:45 next to the Cricket Pavilion, Chantry Park, Ipswich. Please check parkrun website as this may depend on weather conditions.	IP2 0BS	Graham Rodgers	
Mon 27th Apr	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	
Mon 27th Apr	Landguard Nature Reserve	3	80	10:45	Landguard Fort free car park. View Point Road, Felixstowe	IP11 3TW	Felixstowe Health Walk Leaders: Nigel	
Tue 28th Apr	Friday Street Farm Shop Woodland and Bluebell walk	3 to 4	90 3.5 miles	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	
Tues 28th April	RSPB Minsmere Nature Reserve	2 or 3	60-90	11:00	Outside visitor centre	IP17 3BY Map ref TM470672	RSPB Volunteer Health Walk Leaders	
Wed 29th April	The Grove - Medical Centre, Felixstowe	1 to 2	40-60	10:48	The Grove Medical Centre, outside front door	IP11 9GA	Felixstowe Health Walk Leaders: Nigel	
Mon 4th May	Wickham	1, 3 & 5	30-90 1-3 miles	14:00	Café 46 The Hill	IP13 0QS Grid : 302559 Explorer 212	Wickham Leaders	
Tue 5th May	Brightwell Short	1	2	10:00	Holeshot Café Road	IP10 0BH Grid : 248444 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
Wed 6th May	The Grove Medical Centre, Felixstowe	1 to 2	40-60	10:45	The Grove Medical centre, outside front door	IP11 9GA	Felixstowe Health Walk Leaders: Nigel	   
Wed 6th May	Middleton Saxmundham	5 (stile)	90 3.5 miles	11:00	Outside The Bell Inn The Street Middleton, Saxmundham	IP17 3NN Map ref TM429678	Saxmundham and Coastal Walk Leaders: Fiona 07803 501194 Fay 07804 184464	   
Fri 8th May	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 8th May	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Woodbridge Walk Leaders	   
Fri 8th May	Station House Campsea Ashe	3 to 4	60-90	10:30	Meet 10.15 Station House Campsea Ashe. Park at Clarke & Simpson Auction Centre car park IP13 0PS	IP13 0PT	Maggie Singleton 07789 692502 Wendy Jackson-Palmer	   
Sat 9th May	Ipswich parkrun. Be part of the park run by joining our park 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
Mon 11th May	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	    
Mon 11th May	Felixstowe Sea front	1 to 2	40-60	10:45	In front of Felixstowe Leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Graham	    
Tue 12th May	Theberton	5	3 miles	16:30	Hawthorn Rd	IP16 4RS Grid : 420657 Explorer 212	Wickham Leaders	 
Tue 12th May	Kesgrave Tesco to Monument Farm	5	90 3 miles	10:30	Kesgrave Tesco	IP5 2FU	Graham & Lyn Parker	    
Wed 13th May	RSPB North Warren Nature Reserve	2	90	10:45	Village Green Thorpeness Meare	IP16 4NW	RSPB Volunteer Health Walk Leaders	    
Fri 15th May	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 15th May	Framfield Health Centre Short Walk, Woodbridge.	1	30-45	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Steve Pestell	    





























East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 15th May	Leiston 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	   
Sat 16th May	Ipswich parkrun. Be part of the park run by joining our park 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 18th May	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street entrance	IP4 2BX	Active Lives 01473 345350	    
Mon 18th May	Wickham	1, 3 & 5	30-90 1-3 miles	14:00	Café 46 The Hill	IP13 0QS Grid : 302559 Explorer 212	Wickham Leaders	    
Mon 18th May	The Grove - Eastlands car park, Felixstowe	5	90	10:45	Free car park by the sportsfield and woods entrance	IP11 9GA	Felixstowe Health Walk Leaders - Jenny	  
Tue 19th May	Castle Walks Framlingham	4 to 5	70 3 miles	10:45	10:30 outside Castle Inn. Pay and display parking	IP13 9BH	Castle Walk Group Walk Leaders	    
Wed 20th May	Palmer's Lane & Walberswick Village Walk	2	60-80 2 miles	10:00	Lower car park on Palmers Lane, Walberswick	IP18 6TD	Paul Lacey / Fiona Foreman	 
Wed 20th May	The Grove Medical Centre, Felixstowe	1 to 2	40-60	10:45	The Grove Medical centre, outside front door	IP11 9GA	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
Fri 22nd May	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 22nd May	Sizewell Belts and Kenton Hills Rhododendrons	5 (stile)	90 3.5 miles	11:00	Sizewell beach car park (small charge)	IP16 4UH Map ref TM474627	Saxmundham and Coastal Walk Leaders: Fiona 07803 501194 Fay 07804 184464	  
Sat 23rd May	Ipswich parkrun. Be part of the park run by joining our park 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	    
Tues 26th May	RSPB Minsmere Nature Reserve	2 or 3	60-90	11:00	Outside visitor centre	IP17 3BY Map ref TM470672	RSPB Volunteer Health Walk Leaders	  
Wed 27th May	Kirton and Falkenham	5	90 3miles	10:30	Kirton Green	IP10 0NX	Graham & Lyn Parker	  
Fri 29th May	Evening Walk Waldringfield to Hemley and Newbourne	5	90	18:30	Waldringfield car park by Maybush, free after 6pm	IP12 4QL	Felixstowe Health Walk Leaders: Nigel	   
Fri 29th May	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 29th May	Sandgalls	5	3	11:00	Sandgalls car park	IP12 2EJ Grid : 381559 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
Fri 29th May	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	
Sat 30th May	Ipswich parkrun. Be part of the park run by joining our park 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 1st Jun	Wickham	1, 3 & 5	30-90 1-3 miles	14:00	Café 46 The Hill	IP13 0QS Grid : 302559 Explorer 212	Wickham Leaders	
Mon 1st Jun	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street entrance	IP4 2BX	Active Lives 01473 345350	
Mon 1st Jun	Felixstowe Sea front	1 to 2	40-60	10:45	In front of Felixstowe Leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Graham	
Fri 5th June	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 5th Jun	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Woodbridge Walk Leaders	








Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Sat 6th Jun	Ipswich parkrun. Be part of the park run by joining our park 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 8th Jun	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	   
Mon 8th Jun	Nacton Shore and Levington	4	90	10:45	Nacton Shore free parking area, Church Rd, Nacton	IP10 0EP	Felixstowe Healthw Walk Leaders, Nigel	 
Tue 9th Jun	Waldringfield Church and River	5	90 3 miles	10:30	Waldringfield Maybush	IP12 4QL	Graham & Lyn Parker	   
Tue 9th Jun	Blaxhall	5	3	11:00	Stone Common	IP12 2DW Grid : 358571 Explorer 212	Wickham Leaders	 
Wed 10th Jun	The Grove Medical Centre, Felixstowe	1 to 2	40-60	10:45	The Grove Medical centre, outside front door	IP11 9GA	Felixstowe Health Walk Leaders: Nigel	   
Wed 10th Jun	Sibton	5 (stile)	90 3.5 miles	11:00	White Horse Inn, Halesworth Road, Sibton	IP17 2JJ Map ref TM357702	Saxmundham and Coastal Walk Leaders: Fiona 07803 501194 Fay 07804 184464	   
Wed 10th Jun	RSPB North Warren Nature Reserve	2	90	10:48	Village Green Thorpeness Meare	IP16 4NW	RSPB Volunteer Health Walk Leaders	   




























East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 12th Jun	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 12th Jun	Leiston Short Walk	1 to 2	60	11:00	Meet back car park Leiston Sports Centre, Red House Lane, Leiston	IP16 4LS	Saxmundham and Coastal Walk Leaders: Margaret Stanway 07979 373934	   
Fri 12th Jun	Station House Campsea Ashe	3 to 4	60-90	10:30	Meet 10.15 Station House Campsea Ashe. Park at Clarke & Simpson Auction Centre car park IP13 0PS	IP13 0PT	Maggie Singleton 07789 692502 Wendy Jackson-Palmer	   
Fri 12th Jun	Framfield Health Centre Short Walk, Woodbridge.	1	30-45	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Steve Pestell	   
Sat 13th Jun	Ipswich parkrun. Be part of the park run by joining our park 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
Mon 15th Jun	Wickham	1, 3 & 5	30-90 1-3 miles	14:00	Café 46 The Hill	IP13 0QS Grid : 302559 Explorer 212	Wickham Leaders	
Mon 15th Jun	Christchurch Park, Ipswich	3	60	11:00	Christchurch Park, Soane Street entrance	IP4 2BX	Active Lives 01473 345350	
Mon 15th Jun	Felixstowe Sea front	1 to 2	40-60	10:45	In front of Felixstowe Leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Graham	
Tue 16th Jun	Castle Walks Framlingham	4 to 5	70 3 miles	10:45	10:30 outside Castle Inn. Pay and display parking	IP13 9BH	Castle Walk Group Walk Leaders	
Wed 17th Jun	Evening Walk Around Trimley St Martin area	5	90	18:30	Park on High Road, Trimley St Mary, by the two churches	IP11 0TN	Felixstowe Health Walk Leaders: Nigel	
Wed 17th Jun	Westleton Heath Walk	2	60-80 1.5 miles	10:00	Westleton Heath National Nature Reserve Car park	IP17 3DB	Paul Lacey / Fiona Foreman	
Fri 19th Jun	Beginner's walk around Aldeburgh	2	30	09:00	Outside Church Hall	IP15 5DU	Church Farm Walkers Vicky Thurston, Kim Wolstenholme and Erica Wren	

































East Suffolk Walks

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 19th Jun	Framfield Health Centre, Woodbridge	3	60-75	10:30	Meet on grassed area in front of Health Centre. There is limited on street parking in nearby Warren Hill Road and Cherry Road. Otherwise there are car parks which will incur a charge. These are at Notcutts Garden Centre and opposite the Kingston Playing Fields Tennis Courts	IP12 4FD	Woodbridge Walk Leaders	
Sat 20th Jun	Ipswich parkrun. Be part of the park run by joining our park 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 22nd Jun	Ipswich Waterfront	3 to 4	60	11:00	Meet at UCS Sculpture, Ipswich Waterfront	IP4 1QJ	Waterfront Walk Leaders	
Mon 22nd Jun	The Grove - Eastlands car park, Felixstowe	5	90	10:45	Free car park by the sportsfield and woods entrance	IP11 9GA	Felixstowe Health Walk Leaders - Jenny	
Tues 23rd Jun	RSPB Minsmere Nature Reserve	2 or 3	60-90	11:00	Outside visitor centre	IP17 3BY Map ref TM470672	RSPB Volunteer Health Walk Leaders	
Wed 24th Jun	The Grove Medical Centre, Felixstowe	1 to 2	40-60	10:45	The Grove Medical centre, outside front door	IP11 9GA	Felixstowe Health Walk Leaders: Nigel	
Wed 24th Jun	Great Glemham	3 to 4	90 3.5 miles	11:00	The Crown Inn Great Glemham	IP17 2DA Map ref TM339617	Saxmundham and Coastal Walk Leaders: Fiona 07803 501194 Fay 07804 184464	


Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 24th Jun	Martlesham Heath & Airfield	5	90 3miles	10:30	Martlesham Heath Control Tower	IP5 1JF	Graham & Lyn Parker	    
Fri 26th Jun	Newbourne	5	90 3.25 miles	10:45	Village Hall	IP12 4NP (nearby)	Daphne Turner / Rae Corrigan	  
Fri 26th Jun	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 26th Jun	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 27th Jun	Ipswich parkrun. Be part of the park run by joining our park 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 29th Jun	Felixstowe Sea front	1 to 2	40-60	10:45	In front of Felixstowe Leisure centre and Pier	IP11 2AE	Felixstowe Health Walk Leaders: Graham	     

East Suffolk Walks (formerly Waveney)

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 1st Apr	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 1st Apr	Nicholas Everitt Park and Broad	1 to 2	60 1.5 miles	14:00	Gated entrance to N.E Park, opposite No. 142 Café & Bar, Bridge Rd - pay & display applies	NR33 9JT	Beccles W4H group	   
Thu 2nd Apr	Reydon, Windsor Road	1	35-60 Up to 1.6 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	     
Mon 6th Apr	Old railway line walk	1 to 3	Up to 90 Up to 2.8 miles	13:30	Meet by the steps next to Poundland store on North Quay retail park, Lowestoft. N.B Free parking on retail park for customers of stores. Toilets/refreshments in cafés only.	NR32 2ED	High Street Surgery W4H group	    
Mon 6th Apr	Halesworth Town	2	30-45 1 mile	14:00	Thoroughfare car park Halesworth – pay & display	IP19 8AH	Halesworth W4H group	     
Wed 8th Apr	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 8th Apr	Family Walks Coastal and inland, Pakefield	3	60 1.7 miles	10:30	All Saints Road Car Park, Pakefield	NR33 0JN	OneLife Suffolk - Mike & Jade	    
Wed 8th Apr	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	   































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 9th Apr	Reydon Church	4	90 3.2 miles	10.30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	    
Tue 14th Apr	Family Walks - Gunton Woods	2	60-90 1.5 miles	14:00	Gunton Church Lane, north end	NR32 4LF	OneLife Suffolk - Mike & Jade	 
Wed 15th Apr	Southwold	3	90 3.5 miles	10:30	Parking area front of Harbour Inn PH, Southwold	IP18 6TA	Halesworth W4H group	    
Wed 15th Apr	Gunton Woods	2	60-90 1.5 miles	14:00	Gunton Church Lane, north end	NR32 4LF	Beccles W4H group	 
Thu 16th Apr	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	    
Mon 20th Apr	Halesworth, Countryside & Town	3	30-45 1.25 miles	14:00	Thoroughfare car park Halesworth – pay & display	IP19 8AH	Halesworth W4H group	    
Wed 22nd Apr	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 22nd Apr	Beccles Quay Riverbank / Sailing club	2 to 3	60 1.5 miles	14:00	Beccles Quay café	NR34 9BH	Beccles W4H group	   




































East Suffolk Walks (formerly Waveney)

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 23rd Apr	Reydon, Gorse Road / Hill Road	1	60 1.7 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	
Thu 23rd Apr	 Carlton Marshes, Lowestoft	2	90	13:30	Suffolk Wildlife Trust visitor centre car park, Burnt Hill Lane. N.B There will be a coffee stop during this walk, toilets available. Also, this walk may include a short pre-walk talk from Suffolk Wildlife Trust	NR33 8HU	High Street Surgery W4H group	
Sat 25th Apr	Walk & Worship Chediston & water meadows. Open to all faiths & none	3 to 4	30-45 1.25 miles	10:30	Sign of the Fish in Halesworth Market Place. Park in Market Place, free for 1 hour or Thoroughfare car park where pay & display applies	IP19 8AH	Blyth Valley Team Ministry	
Wed 29th Apr	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 29th Apr	Pakefield / Lowestoft Promenade	3	60 1.5 miles	14:00	All Saints Road car park	NR33 0JN	Beccles W4H group	
Thu 30th April	Reydon, Mount Pleasant, Rec Ground	2	60 Up to 2 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	
Mon 4th May	Wissett Road / Mill Road / Halesworth Town	2	60 2.1 miles	14:00	Thoroughfare car park Halesworth – pay & display	IP19 8AH	Halesworth W4H group	

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 6th May	Marsh Meander, Reydon	4	75 2.55 miles	10:30	Meet in the café car park at Old Hall Southwold, Halesworth Road	IP18 6SG	Halesworth W4H group	
Wed 6th May	Bungay Common / Town	3	60-70 1.8 miles	14:00	Outney Common car park, far end away from golf clubhouse	NR35 1DS	Beccles W4H group	
Thu 7th May	Reydon, Covert Road / Wangford Road	1	30-45 1.3 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	
Mon 11th May	Sparrows Nest / Seawall	3 to 4	60 2.5 miles	13:30	Sparrows Nest car park, north end of Whapload Rd, Lowestoft.	NR32 1XG	High Street Surgery W4H group	
Wed 13th May	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 13th May	Sparrows Nest	2	60 1.5 miles	14:00	Car park north end of Whapload Road, Lowestoft	NR32 1XG	Beccles W4H group	
Thu 14th May	Reydon - Walberswick	4	90 3.8 miles	10:30	Sole Bay Health Centre N.B This walk may include a coffee stop during the walk	IP18 6GY	Sole Bay W4H group	
Mon 18th May	Millennium Green / Town Park	2	45-60 1.5 miles	14:00	Thoroughfare car park Halesworth – pay & display	IP19 8AH	Halesworth W4H group	
Wed 20th May	Blythburgh Estuary	3 to 4	70-80 2.5 miles	10:30	Car park right of Blythburgh Village Hall	IP19 9LQ	Halesworth W4H group	

East Suffolk Walks (formerly Waveney)





Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 20th May	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 21st May	Reydon, Windsor Road	1	35-60 Up to 1.6 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	      
Sat 23rd May	Walk and Worship Wissett circuit. Open to all faiths and none	4	45-60 1.75 miles	10:30	St Andrews Church car park (free), Lodge Lane, Wissett. If parking roadside in village please take care walking to the Church car park. N.B Toilets/refreshments available for customers of Wissett Plough PH	IP19 0JG	Blyth Valley Team Ministry	    
Wed 27th May	Wissett	4	70-80 3.1 miles	10:30	St Andrews Church car park (free), Lodge Lane, Wissett. If parking roadside in village please take care walking to the Church car park. N.B Toilets/refreshments available for customers of Wissett Plough PH	IP19 0JG	Halesworth W4H group	    
Wed 27th May	Family Walks - Coastal and inland, Pakefield	3	60 1.7 miles	14:00	All Saints Road Car Park, Pakefield	NR33 0JN	OneLife Suffolk - Mike & Jade	     
Wed 27th May	Kessingland Beach / Benacre sluice	3 to 4	75-90 2.2 miles	14:00	Beach car park, Church Road	NR33 7SF	Beccles W4H group	    
















































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 28th May	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	    
Thu 28th May	Gunton Woods	1 to 2	45 1.1 miles	13:30	Entrance to woods next to the Church park roadside on Gunton Church Lane. N.B. no toilets on route, we will have a café stop after the walk	NR32 4LF	High Street Surgery W4H group	    
Mon 1st Jun	Countryside & fishing lake	4	45-60 1.1 miles	14:00	Southwold Road trading estate, Holton, Halesworth	IP19 8PW	Halesworth W4H group	  
Wed 3rd Jun	Dunwich (Fredricks Mount)	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 3rd Jun	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 4th Jun	Reydon, Gorse Road / Hill Road	1	60 1.7 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	     
Mon 8th Jun	Lowestoft seafront	1	60 2 miles	13:30	Outside the café in Kensington Gardens. N.B park roadside on Kirkley Cliff Rd, Lowestoft	NR33 0HY	High Street Surgery W4H group	     
Wed 10th Jun	Southwold Harbour / Walberswick	2 to 3	90 3 miles	10:30	Parking area front of Harbour Inn PH, Southwold	IP18 6TA	Halesworth W4H group	    
















































East Suffolk Walks (formerly Waveney)










































East Suffolk Walks (formerly Waveney)


































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 10th Jun	Pakefield - Coastal & Inland	3	60 1.7 miles	14:00	All Saints Road Car Park, Pakefield	NR33 0JN	Beccles W4H group	
Thu 11th Jun	Reydon, Pier & Prom	4	90 3.8 miles	10:30	Sole Bay Health Centre N.B This walk may include a coffee stop during the walk	IP18 6GY	Sole Bay W4H group	
Mon 15th Jun	Millennium Green / Town Park	2	45-60 1.5 miles	14:00	Thoroughfare car park Halesworth – pay & display	IP19 8AH	Halesworth W4H group	
Wed 17th Jun	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 17th Jun	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 18th Jun	Reydon, Mount Pleasant, Rec Ground	2	60 Up to 2 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	
Wed 24th Jun	Marsh Meander, Reydon	4	75 2.55 miles	10:30	Meet in the café car park at Old Hall Southwold, Halesworth Road	IP18 6SG	Halesworth W4H group	
Wed 24th Jun	Loddon Town / Church Plain	2 to 3	45-60 1.5 miles	14:00	Loddon Church Plain car park, first 2 hours free	NR14 6LX	Beccles W4H group	













































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 25th Jun	Reydon, Covert Road / Wangford Road	1	30-45 1.3 miles	10:30	Sole Bay Health Centre	IP18 6GY	Sole Bay W4H group	
Thu 25th Jun	Old railway line walk	1 to 3	Up to 90 Up to 2.8 miles	13:30	Meet by the steps next to Poundland store on North Quay retail park, Lowestoft. N.B Free parking on retail park for customers of stores. Toilets/refreshments in cafés only.	NR32 2ED	High Street Surgery W4H group	
Sat 27th Jun	Walk and Worship Angel Link. Open to all faiths and none	3	30-45 1.25 miles	10:30	Angel Link car park, Halesworth. Pay & display applies, postcode is nearest to. N.B Wheelchair accessible for robust, all terrain chairs only Park Angel Link car park – pay & display applies.	IP19 8SW	Blyth Valley Team Ministry	
Mon 29th Jun	Halesworth, Countryside & Town	3	30-45 1.25 miles	14:00	Thoroughfare car park Halesworth – pay & display	IP19 8AH	Halesworth W4H group	










































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 1st Apr	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 1st Apr	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Thu 2nd Apr	Haverhill - New Croft, short	2	60	11:00	New Croft car park	CB9 0BW	David P, George, Margaret, Tom	   
Thu 2nd Apr	Ashley and Chevely	3 to 4	90	10:30	Ashley Crown car park	CB8 9DR	Forest Heath	 
Thu 2nd Apr	Bury Library town walk	2 to 3	60-75	13:45	Meet 13:30 Bury Library (opp Bus Station)	IP33 1TZ	Bury Leaders	    
Fri 3rd Apr	Combs Ford	3 to 4	90	10:45	Near doctor's surgery	IP14 5SY	Rae and Daphne	  
Fri 3rd Apr	Nowton Tree Walk	2	90 2 miles	10:30	Meet 10:15 outside cafe, Nowton Park	IP29 5LU	Bury Leaders - William and Monique Wilson	    
Sat 4th Apr	Clare Short Walk	1 to 2	70	10:15	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Mon 6th Apr	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 Apr	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Tue 7th Apr	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    













































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 7th Apr	Bury Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 7th Apr	Eye Circular	4	90	10:30	Pennings nature reserve Car Park	IP23 7NH	Eye leaders	    
Wed 8th April	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Thu 9th Apr	Cavendish near Haverhill (short cut available)	3	90 or 55	11:00	Near The George Public House	CO108BA	Nick, Peter, Margaret, Jim	  
Thu 9th Apr	Exning	3	90	10:30	Cotton End Road, Exning, near the War Memorial.	CB8 7NN	Forest Heath	 
Thu 9th Apr	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	   
Thu 9th Apr	Sudbury	4 to 5	90	11:30	Kingfisher Leisure Centre, Station Road, Sudbury	CO10 2SU	Julian	   
Mon 13th Apr	Long Melford Short Walk	1	30	10:00	Meet at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Mon 13th Apr	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 14th Apr	Bury Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 14th Apr	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 14th Apr	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Wed 15th Apr	Shotley Rose Stroll	3	90	11:30	Rose Pub, The Street	IP9 1NL	Shotley Open Spaces walk leaders	    
Wed 15th Apr	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Wed 15th Apr	Ickworth Park	3 to 4	90	10:15	Meet 10:00 Ickworth House Car Park (Admission free for Health Walkers)	IP29 5QE	Bury Leaders	   
Thu 16th Apr	Haverhill - New Croft / Wilsey	3	60	11:00	New Croft car park	CB9 0BW	Tom, Vivienne, Lynne, George	   
Thu 16th Apr	Stradbroke Inner Circle	1 to 2	75 3 miles	10:30	Queens Head Antiques & Tea Shop, Queen St (B1118) Ample Parking at rear or community centre, 5 min walk away.	IP21 5HG	Dennis Merritt	   
Thu 16th Apr	Dalham	3	90	10:30	On road opposite Affleck Arms pub, Dalham.	CB8 8TG	Forest Heath	 
Mon 20th Apr	Stowmarket town and riverbank	1 to 2	60	10:00	St Peter and St Mary's church, Church Walk, Stowmarket	IP14 1ET	Mike Munson	    
Mon 20th Apr	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 Apr	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   










































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 21st Apr	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 21st Apr	Bury Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 21st Apr	Bury Bus Walk to Stanningfield	3	90	09:55	Meet at 9.55am at Bury Bus Station to catch the 10.04am bus to Hoggard's Green (or board on route, no 753 to Sudbury). Fare approx £3 or bus pass.	IP33 1TZ	Bury Leaders	 
Wed 22nd Apr	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Wed 22nd Apr	Around Drinkstone New Walk	2	90	10:30	Meet 10:15 at Drinkstone Village Hall, Gedding Road	IP30 9SZ	Bury Leaders - William and Monique Wilson	 
Thu 23rd Apr	Hundon Village near Haverhill (short cut available)	3	90 or 55	11:00	Village Hall	CO10 8EE	David P, Anthea, Maura, Lynne	   
Thu 23rd Apr	Burwell	2 to 3	90	10:30	On road, beside the church & opposite Five Bells pub	CB25 0HD	Forest Heath	  
Thu 23rd Apr	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	   
Thu 23rd Apr	Nayland	4 to 5	90	11:30	Nayland Village Hall, Church Lane, Nayland	CO6 4JH	Chris	  













































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 23rd Apr	Arger Fen Stunning bluebell walk	5	90	11:00	Meet 10:45 Parking - south through Assington, take second left turn, cross ford to lay-by on top of hill	CO8 5BN. Map Ref TM931352	Bury Leaders	   
Mon 27th Apr	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 Apr	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 27th Apr	Long Melford Short Walk	1	30	10:00	Meet at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Tue 28th Apr	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 28th Apr	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 28th Apr	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Wed 29th Apr	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Thu 30th Apr	Haverhill Railway Walk to Little Wratting	4	60	11:00	Leisure Centre	CB9 0ER	Lynne, Nick, Tom, Margaret	   
Thu 30th Apr	Mildenhall Woods	2 to 3	90	10:30	Half Moon pub (Hungry Horse) car park	IP28 7HS	Forest Heath	   








































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 30th Apr	Bury Town Walk from the East - Dobbies Garden Centre	2	75-90	10:30	Meet 10:15 Bury Garden Centre (Dobbies) car park, Rougham Road, Bury St Edmunds	IP33 2RN	Bury Leaders	   
Fri 1st May	Coddenham	3 to 4	90	10:45	Village Hall car park	IP6 9SR	Rae and Daphne	 
Mon 4th May	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 May	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 5th May	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 5th May	Eye Circular	4	90	10:30	Pennings nature reserve Car Park	IP23 7NH	Eye leaders	    
Wed 6th May	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Wed 6th May	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 7th May	Moulton	3 to 4	90	10:30	Moulton Village Hall car park or by the church.	CB8 8SP	Forest Heath	  
Thu 7th May	Ousden near Haverhill (short cut available)	4	90 or 55	11:00	Village Hall	CB8 8TR	David B, Jean, Nick, Maura	 









































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 7th May	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	    
Thu 7th May	Bury Library town walk	2 to 3	60-75	13:45	Meet 13:30 Bury Library (opp Bus Station)	IP33 1TZ	Bury Leaders	    
Mon 11th May	Onehouse Northfield Wood	1 ro 2	60-90	10:00	Village Car Park near the Community Centre	IP14 3HJ	Mike Munson	 
Mon 11th May	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 11th May	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 11th May	Long Melford Short Walk	1	30	10:00	Meet at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Tue 12th May	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 12th May	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 12th May	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Tue 12th May	Bury Bus Walk Horringer to Bury St Edmunds with short-cut	3 to 4	90 4 miles	10:15	Meet 10:00 at Bury Bus Station to catch 10:15 bus to Horringer (or catch en route No 15 to Haverhill. Approx £4 or Bus Pass	IP33 1TZ	Bury Leaders	   











































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 13th May	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Wed 13th May	Holbrook, hoping to see bluebells	5	90	10:30	Meet at public car park on Street, just past village hall.	IP9 2PZ	Cynthia and Helen	  
Wed 13th May	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Wed 13th May	Ickworth Park	3 to 4	90	10:15	Meet 10:00 Ickworth House Car Park (Admission free for Health Walkers)	IP29 5QE	Bury Leaders	   
Thu 14th May	Haverhill - East Town Park	3	60	11:00	East Town Park car park	CB9 7UR	George, Jim, Ann, Lian	   
Thu 14th May	Fordham	2 to 4	90	10:30	Fordham Garden Centre (Scotsdales), 35 Market St., Fordham.	CB7 5LQ	Forest Heath	   
Thu 14th May	Boxford	4 to 5	90	11:30	Boxford Pavilion, Playimng Field, Homefield, Boxford	CO10 5AD	Roger	 
Thu 14th May	Coldham Hall	2	60	13:30	Meet 13:15 in the car park of Lawshall Roman Catholic Church	IP29 4PL	Bury Leaders	
Thu 14th May	Orwell Wander, Wolverstone to Pin Mill.	5, 3 stiles	90	10:30	St Michael's church Take B1456 to Wolverstone. Turn left to church just AFTER brown Marina sign. Park on green by church. Full walk length 1 hr 45 mins including a refreshment stop.	IP9 1AX	Rosie and Steve	   

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Sat 16th May	Clare Short Walk Suffolk Walking Festival, free but please book with suffolkwalkingfestival.co.uk	1 to 2	70	10:15	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Mon 18th May	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 18th May	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 18th May	Holbrook	5	90	10:45	Community Car Park (NOT the Village Hall Car Park)	Near IP9 2PZ	Daphne Turner Rae Corrigan	  
Tue 19th May	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 19th May	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Wed 20th May	Shotley Bristol Arms Stroll	4	90	11:30	Opposite Bristol Arms Pub, Shotley Gate. Free Parking.	IP9 1PU	Shotley Open Spaces Walk Leaders	    
Wed 20th May	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Thu 21st May	Kedington via Calford Green near Haverhill (short cut available)	4	90 or 55	11:00	Kedington Community Centre	CB9 7QQ	Peter, Beryl, Lian, Lynne	   
Thu 21st May	Stetchworth	4	90	10:30	Church Lane, Stetchworth	CB8 9TN	Forest Heath	













































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 21st May	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	    
Thu 21st May	Wickhambrook	5 (2 stiles)	90	11:00	Meet 10:45 at Village Hall off Cemetery Road	CB8 8XW. Map Ref: 745554	Bury Leaders	  
Mon 25th May	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 25th May	Long Melford Short Walk	1	30	10:00	Meet at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Barbergh	   
Tue 26th May	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 26th May	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 26th May	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Wed 27th May	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Thu 28th May	Haverhill - Sturmer Arches	2	60	11:00	Leisure Centre	CB9 0ER	Nick, Lynne, Margaret, Vivienne	   
Thu 28th May	Mildenhall River Lark	3	90	10:30	Wilco side of Recreation Way car park, behind Sainsburys at Mildenhall	IP28 7HG.	Forest Heath	   









































Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 28th May	Great Waldingfield	4 to 5	90	11:30	Gt Waldingfield Village Hall	CO10 0SE	Julian	  
Thu 28th May	Great Whelnetham circular	2	60	13:30	Meet 13:15 at Gt Whelnetham Community Centre	IP30 0TY	Bury Leaders	
Mon 1st Jun	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 1st Jun	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Tue 2nd Jun	Eye Circular	4	90	10:30	Pennings nature reserve Car Park	IP23 7NH	Eye leaders	    
Tue 2nd Jun	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 2nd Jun	Bury Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Wed 3rd Jun	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 3rd Jun	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Wed 3rd Jun	Rattlesden, both sides of the valley	3	90 3 miles	10:30	Meet 10:15 Rattlesden Sports Field car park	IP30 0RQ	Bury Leaders - William and Monique Wilson	

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 4th Jun	Castle Camps near Haverhill (short cut available)	3	90 or 55	11:00	Village Hall	CB21 4SR	Maura, Lian, Lynne, Nick	   
Thu 4th June	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	   
Thu 4th June	Ousden	3 to 4	90	10:30	Ousden Village Hall	CB8 8TR	Forest Heath	 
Thu 4th Jun	Bury Library town walk	2 to 3	60-75	13:45	Meet 13:30 Bury Library (opp Bus Station)	IP33 1TZ	Bury Leaders	    
Fri 5th Jun	Needham Market Lake	3 to 4	90	10:45	Needham Lake, meet on bridge between car parks	IP6 8AL	Daphne and Rae	    
Sat 6th Jun	Clare Short Walk	1 to 2	70	10:15	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Mon 8th Jun	Stowmarket Combs Wood	1 to 2	60-90	10:00	Bus Shelter in Melford Road by the junction with Lavenham Way.	IP14 2PT	Mike Munson	  
Mon 8th Jun	Long Melford Short Walk	1	30	10:00	Meet at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Mon 8th Jun	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 8th Jun	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Tue 9th Jun	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 9th Jun	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	    
Tue 9th Jun	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    
Wed 10th June	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Wed 10th June	East Bergholt to Stratford St. Mary church	5	90	10:30	Public car park just before Red Lion on Street	CO7 6TB	Cynthia and Helen	   
Thu 11th Jun	Haverhill - Golf Course	3	60	11:00	East Town Park car park	CB9 7UR	Jim, George, Ann, Margaret	   
Thu 11th June	Wicken Fen	4	90	10:30	Wicken Fen Car Park (Charge)	CB7 5XP	Forest Heath	  
Thu 11th Jun	Polstead	4 to 5	90	11:30	Polstead Church and Polstead Pond.	CO6 5BS	Chris	  
Thu 11th Jun	River Gipping from Needham Lakes	3	70	10:30	Meet by the wooden lady beside the footbridge between the 2 car parks	IP6 8NU	Rosie and Steve	    
Thu 11th Jun	Bury Nowton Park evening stroll and maze	1 to 2	90	19:00	Meet 18:45 Nowton Park Car Park	IP29 5LU	Bury Leaders	   

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Fri 12th Jun	Thurston Black Bourn Valley, Grove Farm	3 to 4	60-75	10:30	Meet 10:15 car park on left 100m beyond Barrell's Lane junction.	IP31 3SQ	Bury Leaders	
Mon 15th Jun	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 15th Jun	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	
Tue 16th Jun	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	
Tue 16th Jun	Bury Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	
Wed 17th Jun	Shotley Rose Stroll	3	90	11:30	Rose Pub, The Street	IP9 1NL	Shotley Open Spaces walk leaders	
Wed 17th Jun	Ickworth Park	3 to 4	90	10:15	Meet 10:00 Ickworth House Car Park (Admission free for Health Walkers)	IP29 5QE	Bury Leaders	
Wed 17th Jun	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	
Thu 18th Jun	Wickhambrook near Haverhill (short cut available)	4	90 or 55	11:00	Village Hall	CB8 8XR	David B, Jean, Tom, Margaret	
Thu 18th June	Anglesey Abbey	2 to 3	90	10:30	Main Car Park, Walk To Visitor Centre	CB25 9EJ	Forest Heath	

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Thu 18th Jun	Lavenham short walk	1 to 2	30	10:30	Lavenham Market Place	CO10 9QZ	Kate	    
Thu 18th Jun	Bury evening walk at Rushbrooke	3	90	18:30	Meet 18:15 in car park at the Rushbrooke Arms, Sicklesmere. (Please park at rear of car park)	IP30 0BU	Bury Leaders	   
Sun 21st Jun	Bury Nowton Park early morning Solstice walk	3	60-70	08:00	Meet 07:45 outside cafe by car park	IP29 5LU	Bury Leaders	   
Sun 21st Jun	Bury Nowton Park evening Solstice walk	3	60-70	20:00	Meet 18:45 outside cafe by car park	IP29 5LU	Bury Leaders	  
Mon 22nd Jun	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 22nd Jun	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Mon 22nd Jun	Long Melford Short Walk	1	30	10:00	Meet at Cherry Lane Garden Centre, Long Melford	CO10 9DH	Babergh	   
Tue 23rd Jun	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 23rd Jun	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     
Tue 23rd Jun	Sudbury short walk	1 to 2	30-40	12:00	Kingfisher Leisure Centre, Sudbury	CO10 2SU	Wendy and Phil	    

Date	Name of Walk	Grade	Duration (mins) / Miles	Start Time	Meeting Point / Parking Information	Postcode	Walk Leaders / Back Marker	Key
Wed 24th Jun	Brandon Health Walks	2	60-75	13:00	Brandon Leisure Centre	IP27 0JB	Brandon walk leaders	   
Thu 25th Jun	Haverhill - Hidden Haverhill	3	60	11:00	Leisure Centre	CB9 0ER	Vivienne, Lynne, George, Ann	   
Thu 25th Jun	Lackford Lakes	4	90	10:30	Lackford Lakes car park.	IP28 6HX	Forest Heath	  
Thu 25th Jun	Acton	4 to 5	90	11:30	Acton Village Hall.	CO10 0BA	Julian	  
Thu 25th Jun	Bury West Stow Country Park hunting for foxgloves	5	90	11:00	Meet 10:45 at West Stow Country Park car park	IP28 6HG	Bury Leaders	   
Fri 26th Jun	Bury Bus Walk Risby to Lackford, new walk	3	90	10:30	Meet 10:25 at Bury Bus Station to catch 10:35 bus to Risby (357 service to Mildenhall)	IP33 1TZ	Bury Leaders	  
Mon 29th Jun	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 29th Jun	Newmarket Beginners Walk	1 to 2	45	10:30	On the side road outside Houldsworth Valley Primary Academy	CB8 0PU	Mick Smith	   
Tue 30th Jun	Clare short walk	1 to 2	70	10:30	Clare Castle Country Park. Parking £2 All walks start and end Clare Castle CP	CO10 8NW	Peter Phillips, Val Phillips, Derek Blake	    
Tue 30th Jun	Bury - Tayfen Nature Reserve short walk	1	30	10:00	Bury leisure centre, setting off at 10:15 Free Parking	IP33 3TT	Jackie Chubb / Ronnie Farmer	     

Notes



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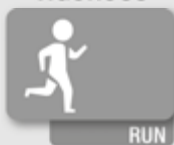
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