

# Babergh District Council Health Walks Programme August–September 2010

Do you want to get fit without over-exerting yourself ?  
Do you fancy a stroll in the Babergh countryside ?  
Do you want to meet people and make new friends ?  
If the answer is yes, then these **Free** walks are for you.

**Friday 6th August**

**SHOTLEY**

MEET: 10.30am. This walk starts outside the Bristol Arms Pub at Shotley Gate and has some good views across the water to Felixstowe, Harwich and across the River Stour estuary. Mostly the footpaths are flat and have good surfaces. Car parking at Shotley Gate or catch bus 98 or 202 from Ipswich Cattle Market. Refreshments and toilets at Shotley Gate.

**Grade 2, Duration 1½ hours, Led by Daphne Turner and Celia Rutt**

**Monday 23rd August**

**STUTTON**

MEET: 10.30am. This walk starts from Stutton church, which is signposted from the village centre, and goes along the banks of the River Stour before returning past the Royal Hospital School. Some stiles and one steep bank. Parking spaces are available at the churchyard. Toilets and pubs in Stutton and Holbrook.

**Grade 5, Duration 1½ hours, Led by Celia Rutt and Daphne Turner**

**Monday 27th September**

**POLSTEAD**

MEET: 10.30am. Polstead is signposted from the Hadleigh to Sudbury Road A1071 and from Stoke By Nayland. The Walk starts from the big duck pond in the village, where car parking spaces are available, and goes through fields and footpaths in "Maria Marten" county. Toilets and refreshments at the Cock Inn, Polstead close to the finish of the walk.

**Grade 3, Duration 1¼ hours, Led by Celia Rutt and Daphne Turner**

**Grading:**

Grade 1—Mostly flat, good surfaces

Grade 2—Mostly on the level, can be muddy

Grade 3—Some moderate slopes, good surfaces

Grade 4—More challenging - steeper slopes

Grade 5—May include one or two stiles



**For more information  
please call  
Barbara Tottle on  
01473 825834**

