



Stepping out in Suffolk

HEALTH WALKS from July to Sept 2010

Improve your health by joining us on our walks.

Health walks are free and for everyone but especially those who may be recovering from illness or need to improve their exercise levels.

Walks can be from half to one and a half hours, are sociable and informal.

You walk with trained leaders and at your own pace.

Sensible footwear recommended.

Well behaved dogs are welcome on short leads unless stated otherwise.

Children very welcome when accompanied by their responsible adult.

Buggies and wheelchairs welcome where stated.

DATE ORDER:

Tuesday 29th June
Post code: IP2 8RE

Bourne Park, Ipswich

Meet at 12 noon at the People's Community Garden, off Halifax Rd, Maidenhall. Access through the pedestrian entrance, please follow the signs. From the garden we will walk to and around Bourne Park and then back to the Garden for a relaxing lunch. **Please bring a pack lunch with you.** Refreshments will be available. Composting Toilet on site. Transport - No 16 bus. Everyone welcome, please come and join us and find out more about the People's Community Garden.

Grade 1

Led by the Town & Bridge Project

Wednesday 30th June
OS Ref: 372619

Benhall church, Saxmundham

Meet: 10.30am at St Mary's Church, Deadmans' Lane. Situated 1 ½ miles south west of Saxmundham. 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. The car park is on the north side of the church. Mostly wide grassy paths around open arable farmland. Possibility of ploughed fields. Small amount of road walking. Will be muddy if wet. Gentle slope at start of walk. No toilets or refreshments. Not buggy friendly.

Grade: 3 – 4 1 – 1 ½ hour walk.

Led by Fiona Foreman, John Gadsby & Jennie Pink.

Thursday 1st July Hadleigh

Meet at 1.0pm at the Library.

Babergh District Council organise a walk each week in their area.

All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).

Walks are mainly on the flat apart from a fairly steep incline on the Hadleigh Riverside. Sudbury Town trail is not suitable for dogs.

45 minutes Grade 1 – 2

Led by Barbara Tottle

Friday 2nd July Brackenbury

Post code: IP11 2JF

Walks to suit all abilities around Old Felixstowe

Meet at 10.30 outside Brackenbury Sports Centre

Distance 1- 2 ½ miles Grade

Led by Felixstowe Walk Leaders.

Friday 2nd July Needham Market

Post code: IP6 8LX

Meet at 10.30am at Alder Carr Farm, park on the verge at the right hand side of the drive.

A walk on even ground finishing with refreshments at Alder Carr Farm.

45 minutes Grade 1 / 2

Led by Celia Rutt and Anne Barnes

Monday 5th July Christchurch Park, Ipswich

Post code: IP4 2BG

Meet: at 10.30am for a walk around Christchurch Park. Meet at the main gates at Soane Street entrance.

Grade: 1

Led by the Town & Bridge Project

Monday 5 July Coddensham

Post code: IP6 9TX

Meet at 1.30pm outside the village stores and P.O. in the centre of Coddensham.

A circular walk through fields and footpaths around the village, with some nice views. Bus 116 at 12.56 from Ipswich Cattle Market. Car parking is available at the Community Centre which is about 6 minutes walking away in School Road. No toilets or refreshments

Grade 3 – 4 1¼ hours

Led by Celia Rutt and Daphne Turner

Tues 6th July Rendlesham Children's Centre

Meet Starting at 9.15am at Rendlesham Children's Centre. IP12 2GF.

It will be a circular walk around the play areas of Rendlesham.

Approx. 2 miles lasting approximately 1 hour.

Grade: 1

Led by Woodbridge Walk Leaders & Children Centre Staff

Tuesday 6th July Bradfield St. George

Post code: IP30 0AB / OS map ref: TL918589

Meet: 10.30am for a 10.45am start at the Fox & Hounds pub, Maypole Green.

Approximately 5 miles south east of Bury St. Edmunds, on the road between Sicklesmere and Felsham.

Open views, quiet lanes & field edge paths. Not wheelchair/Buggy friendly. Toilets and refreshments available at the pub at the end of the walk.

Grade: 3-4 1.5 hour walk.

Led by Christine Lock and Pat Field

Tuesday 6th July Stowmarket, Mid Suffolk Leisure Centre

Post code: IP14 1LH

Wednesday 14th July

Walberswick, Hoist Car Park

Post code: IP18 6UX / Map ref: TM484744

Meet at 10.00am in the Hoist car park.

Join the Natural England Reserve Manager for a walk around the beautiful heathland on the Suffolk Coast National Nature Reserve. The walk starts from the car park at Hoist Covert and takes in Tinkers Heath, East Sheep walks and finally East Hill with spectacular views of the reedbed and coast.

3.5km walk

Grade 2

Led by Will Russell

Wednesday 14th July

Pakenham

Post code: IP31 2LN

Meet at 11.00am at the car park behind Pakenham church, up a track at the side of the church on the Thurston road, Pakenham.

A walk on field paths and quiet roads, exploring the Blackbourne. No facilities.

90 minutes

Grade: 3/4

Led by Allan Hayman

Wednesday 14th July

Bourne Park, Ipswich

Post code: IP2 8RE

Meet at 12 noon at the People's Community Garden, off Halifax Rd, Maidenhall. Access through the pedestrian entrance, please follow the signs. From the garden we will walk to and around Bourne Park and then back to the Garden for a relaxing lunch. **Please bring a pack lunch with you.** Refreshments will be available. Composting Toilet on site. Transport - No 16 bus. Everyone welcome, please come and join us and find out more about the People's Community Garden.

Grade 1

Led by the Town & Bridge Project

Wednesday 14th July

Ashley/Cheveley

Post code: CB89DR

Meet at 11.00am in the Ashley Crown car park. Walk information: A combination of firm paths, grassy surfaces and a long moderate gradient.

Can be muddy & slippery in places.

Refreshments & toilets at the finish point.

Grade: 3

Distance 4.2 miles

Led by: Leisa Grainger

Thursday 15th July

Tunstall Common & Sandlings Walk

Post Code: IP17 1SP / Os map ref: 381 558

Meet at 2.30pm in the car park in the Iken road off the B1069.

The car park is on a tiny lane about 2K from Tunstall and before the Blaxhall Common car park. Turn off the B1069 and the car park is about ½ K down the lane on the right.

This is an easy and lovely walk in the open forest areas of Tunstall Forest. Paths are seldom very wet and are wide in most places. We also take in a bit of the Sandlings Way.

Refreshments available at Snape Maltings a very short distance away.

Grade 2

1.5 hours / 3 miles

Led by Maggie Jennings and Olive Gentle

Thursday 15th July

Waldringfield

In association with the Osteoporosis Society

Post Code: IP12 4QL

Meet at 1.30pm in the car park behind the Maybush Inn.

Grade: 1

Led by Anne Barnes and Julie McDonna

Thursday 15th July Sudbury

Meet at 1.00pm at The Quay Theatre.

Babergh District Council organise a walk each week in their area.

All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).

Walks are mainly on the flat apart from a fairly steep incline on the Hadleigh Riverside. Sudbury Town trail is not suitable for dogs.

45 minutes Grade 1 - 2

Led by Sam Cross

Friday 16th July Needham Market

Post code: IP6 8LX

Meet at 10.30am at Alder Carr Farm, park on the verge at the right hand side of the drive.

A walk on even ground finishing with refreshments at Alder Carr Farm.

45 minutes Grade 1 / 2

Led by Anne Barnes and Daphne Turner

Monday 19th July Christchurch Park, Ipswich

Post code: IP4 2BG

Meet: at 10.30am for a walk around Christchurch Park. Meet at the main gates at Soane Street entrance.

Grade: 1

Led by the Town & Bridge Project

Monday 19 July Akenham

Post code: IP1 6LE

Meet at 10.00am at the Maypole Pub on the Old Norwich Road.

Explore footpaths through this tiny settlement on the north western outskirts of Ipswich. Bus 88 every 30 minutes from Ipswich Tower Ramparts to the Maypole Pub. There's plenty of room for parking cars along this quiet road.

Grade 2 1¼ hours

Led by Daphne Turner and Celia Rutt

Tues 20th July Ramsholt Evening Walk

Post code: IP12 3AB / OS map ref: 306414

Meet at 6.15pm in the public free car park on the left just before the hill goes down to the Ramsholt arms on the river Deben.

From Woodbridge take the B1083 through Sutton. At Shottisham take the T junction, turn right then look out for the narrow lane on the right signposted to Ramsholt.

We will follow the beautiful riverside path upriver to "The Rocks" then retrace our steps – so anyone can turn back early. On the way back there is an optional detour up to the round Norman church tower on the vantage point from which the Saxons watched the river mouth for Viking Marauders.

No parking charge, NOT wheelchair or buggy friendly. Refreshments and toilets available at the pub at the end of the walk.

Grade: 3/4 3 miles/1.5 hours

Led by John Aldam and Ruth Osborne

Tuesday 20th July Framlingham

Post code: IP13 9BH

Meet: 10.45 at the Castle car park. A walk around Framlingham, walks will be different each month depending on the weather and walkers involved.

Grade: 2 – 3

Led by Rayleen Finn and Judy Masters

Tuesday 20th July Felixstowe Town Walk

Post code: IP11 7DU

A walk around the town from the Senior citizens Club.

Meet at 10.30 outside Broadway House, Orwell Road

Distance 2 miles Grade 1
Led by Felixstowe Walk Leaders.

Tuesday 20th July Stowmarket, Mid Suffolk Leisure Centre
Post code: IP14 1LH
Meet at 10.00am at the leisure centre.
A walk on even ground finishing with refreshments at the leisure centre.
45 minutes Grade 1 – 2
Led by Bob Halls

Wednesday 21st July Leiston Leisure Centre
Post code: IP16 4LS / OS Ref: 452620
Meet: 2.30pm at the Leisure centre, Red house Lane.
A walk along tracks and footpaths on Leiston common. Can be muddy after rain.
Toilets and refreshments available.
Grade: 2 2 ½ miles
Led by Marion Walker and Jennie Pink

Thursday 22nd July Hadleigh
Meet at 1.00pm at the Library.
Babergh District Council organise a walk each week in their area.
All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).
Walks are mainly on the flat apart from a fairly steep incline on the Hadleigh Riverside. Sudbury Town trail is not suitable for dogs.
45 minutes Grade 1 - 2
Led by Barbara Tottle

Thursday 22nd July Mildenhall
Post code: IP28 7HS
Meet at 10.00am in the Half Moon car park. A town and forest walk. Pavement, uneven tracks & grassy surfaces.
Grade: 2 Distance: 2.2 miles
Led by: Leisa Grainger

Monday 26th July Wickham Market
Post code: IP3 0HE
Meet at 2pm on the hill for a short walk around Wickham and its surroundings.
These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour.
They are a gentle stroll to encourage a return to walking as a permanent healthy activity.
Grade: 1
Led by Woodbridge Walk Leaders – Isabel Smith & Fiona Foreman

Wednesday 28th July Dunwich
Post code: IP17 3DS / Map ref: OS479707
Meet at 10.30am at Dunwich Beach car park for a circular walk passing the remains of the Friary through Greyfriars wood along tracks returning along Sandy Lane.
Toilets and refreshments at nearby Bridge Nurseries Café.
Grade: 3 3 miles
Led by John Gadsby and Wendy Robinson

Wednesday 28th July Trimley St Martin
Post code: IP11 0RJ
A walk through country side around Trimley.
Meet at 11.00 outside Trimley Sports and Social Club

Distance 2 ½ miles Grade 2
Led by Felixstowe Walk Leaders.

Wednesday 28th July Bourne Park, Ipswich
Post code: IP2 8RE

Meet at 12 noon at the People's Community Garden, off Halifax Rd, Maidenhall. Access through the pedestrian entrance, please follow the signs. From the garden we will walk to and around Bourne Park and then back to the Garden for a relaxing lunch. **Please bring a pack lunch with you.** Refreshments will be available. Composting Toilet on site. Transport - No 16 bus. Everyone welcome, please come and join us and find out more about the People's Community Garden.

Grade 1
Led by the Town & Bridge Project

Wednesday 28th July Burwell
Post code: CB25 OHD

Meet at 11.00 outside the Five Bells. Park in the Five Bells car park. A priory wood walk. A combination of pavement & grassy tracks. Uneven in places. Can be muddy & slippery in places. Refreshments & toilets at the finish point.

Grade: 2 Distance: 2 miles
Led by: Leisa Grainger

Thursday 29th July Denston Village
Post code: CO10 8LY / Map ref: 763528

Meet at 10.45am for 11am start at Denston village hall. 3 miles skirting and occasionally entering the grounds of Denston Hall. level ground, some edges of fields.

Denston is midway between Bury and Haverhill on A143. From Bury pass Wickhambrook village sign, turn left at the bottom of dip opposite boarded up 'Plumbers Arms'. At Denston village turn right over river and immediately left to park at the village hall. . May be livestock so no dogs please. No toilet or refreshments

Approx. 105mins Grade 3
Led by Roger Medley and Jackie Medley

Thursday 29th July Sudbury

Meet at 1.00pm at The Quay Theatre.

Babergh District Council organise a walk each week in their area.

All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).

Walks are mainly on the flat apart from a fairly steep incline on the Hadleigh Riverside. Sudbury Town trail is not suitable for dogs.

45 minutes Grade 1 - 2
Led by Sam Cross

Thursday 29th July Haverhill

Post code: location to be confirmed – for further information please go to www.acleisure.com

Meet at 10.00am for a buggy and family friendly walk.

Led by: Leisure Centre staff

Monday 2nd August Christchurch Park, Ipswich

Post code: IP4 2BG

Meet: at 10.30am for a walk around Christchurch Park. Meet at the main gates at Soane Street entrance.

Grade: 1
Led by the Town & Bridge Project

Tuesday 3rd August Charsfield Evening Walk

Post code: IP13 7PY

Meet: 6.15pm in the car park at Charsfield Village Hall near the Three Horseshoes pub.

From the B1078 follow the signs for the Three Horseshoes.

A walk through orchards in the beautiful valley. May be muddy in areas.

No parking charge, NOT wheelchair or buggy friendly. Refreshments and toilets available at the pub at the end of the walk.

Grade: 2/3

2 miles / 1 hour

Led by John Aldam and Ruth Osborne

Tuesday 3rd August

Rendlesham Children's Centre

Post code: IP12 2GF

Meet at 11.00am at the centre.

It will be a circular walk around the play areas of Rendlesham.

Approx. 2 miles lasting approximately 1 hour.

Grade: 1

Led by Woodbridge Walk Leaders & Children Centre Staff.

Tuesday 3rd August

Stowmarket, Mid Suffolk Leisure Centre

Post code: IP14 1LH

Meet at 10.00am at the leisure centre.

A walk on even ground finishing with refreshments at the leisure centre.

45 minutes

Grade 1 – 2

Led by Bob Halls

Tuesday 3rd August

Mildenhall

Post code: IP28 7HG

Meet at 10.00am outside Mildenhall Swimming Pool. Parking is free. Please allow time to park as spaces are limited due to Building works.

River Lark and Barton Mills walk. A combination of pavements, tracks & grassy surfaces. Some uneven.

A bridge to cross and steps. Can be muddy & slippery in places.

Toilets at the start/finish point

Grade: 3

Distance: 2.2 miles

Led by: Leisa Grainger

Wednesday 4th August

Thurston Church

Post code: IP3 11DD

Meet at 11.00am, park on the road edge beside Thurston Church.

Walk on field paths and quiet roads. No Facilities.

60 – 75 minutes

Grade: 3

Led by Allan Hayman

Thursday 5th August

Brackenbury

Post code: IP11 2JF

Walk around Old Felixstowe.

Meet at 10.30 at Brackenbury Sports Centre

Distance 2 ½ miles

Grade 1

Led by Felixstowe Walk Leaders.

Thursday 5th August

Sudbury

Meet at 1.00pm at The Quay Theatre.

Babergh District Council organise a walk each week in their area.

All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).

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45 minutes

Grade 1 - 2

Led by Sam Cross

Friday 6th August Nowton Park, Bury St. Edmunds

Post code: IP29 5LU / OS map ref: 64622

Meet: 10.30am for a 10.45am start at Nowton Park car park. Off Nowton Road on the outskirts of Bury St. Edmunds, south of the town. Bus No 81 from town, alight at Mayfield Road/South Lee School. A walk around part of Nowton Park and across surrounding farmland. No parking charge. Toilets available. Not wheelchair/ Buggy friendly. Hot and cold drinks and ice creams available or bring own refreshments for end of walk.

Grade: 3/4

75 – 90 minute walk.

Led by Christine Lock and Pat Field

Friday 6 August

Shotley

Post code: IP9 1PU

Meet at 10.30am outside the Bristol Arms Pub at Shotley Gate, this walk 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.

1½ hours

Grade 2

Led by Daphne Turner and Celia Rutt

Monday 9th August

Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers.

The shortest time will be 30 minutes and the longest will be just over 1 hour.

They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Wednesday 11th August

Westleton Car Park, Westleton Road

Post code: IP17 3BS / Map ref: TM459696

Meet at 10.00am in the Westleton Car Park, Westleton Road.

Join the Natural England Reserve Manager for a walk around the wonderful woodland and Heathland of Westleton. Starting from the car park the walk loops from the car park, down to Fredericks wood and returns via the Roman Road.

2.5km walk

Grade 2

Led by Will Russell

Wednesday 11th August

Newmarket

Post code: CB8 0EA

Meet at 10.00am in reception at Newmarket Leisure Centre for a walk in and around the town. Gradual gradient, mostly firm surfaces throughout. Can be slippery in wet conditions. Refreshments & toilets at the finish point. Suitable for buggies. Parking is free.

Grade: 1

Distance: 1.8 miles

Led by: Leisa Grainger

Thursday 12th August

Haverhill

Post code: location to be confirmed – for further information please go to www.acleisure.com

Meet at 10.00am for a buggy and family friendly walk.

Led by: Leisure Centre staff

Thursday 12th August

Knodishall Common

Post code: IP17 1UQ / Map ref: 435 608

Meet at 11.00am in the car park to the right of the Butchers Arms, Knodishall. Turn right off the A12 towards Aldeburgh. Take the left turn off the Aldeburgh road on to the B1069 to Leiston and Knodishall. Look out for the Butchers Arms pub on your left, the car park is just over the road but on the same side

will be available. Composting Toilet on site. Transport - No 16 bus. Everyone welcome, please come and join us and find out more about the People's Community Garden.

Grade 1

Led by the Town & Bridge Project

Thursday 19th August Blythburgh

Post code: IP19 9LQ / Map ref: 451754

Meet at 10.30am in the car park at the White Hart in Blythburgh. On the A12 in the centre of the village.

Views of Blyth estuary to Walberswick nature reserve.

Toilets and refreshments available at the White Hart Pub.

Grade: 2 3 miles / 1 ½ hours

Led by Wendy Robinson and Fiona Foreman

Thursday 19th August Sudbury

Meet at 1.00 at The Quay Theatre.

Babergh District Council organise a walk each week in their area.

All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).

Walks are mainly on the flat apart from a fairly steep incline on the Hadleigh Riverside. Sudbury Town trail is not suitable for dogs.

45 minutes Grade 1 - 2

Led by Barbara Tottle

Thursday 19th August Burwell

Post code: CB25 0HD

Meet at 11.00 outside the Five Bells. Park in the Five Bells car park. A priory wood walk. A combination of pavement & grassy tracks. Uneven in places. Can be muddy & slippery in places. Refreshments & toilets at the finish point.

Grade: 2 Distance: 2 miles

Led by: Leisa Grainger

Monday 23rd August Trimley Marshes, Morrisons

Post code: IP11 2XD

A walk across the new bridge over the A14 towards Trimley Marshes

Meet at 10.30 in Morrison's car park

Distance 2 ½ miles Grade 3

Led by Felixstowe Walk Leaders.

Monday 23rd August Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers.

The shortest time will be 30 minutes and the longest will be just over 1 hour.

They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Monday 23 August Stutton

Post code: IP9 2SJ

Meet at 10.30am at 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 1½ hours

Led by Celia Rutt and Daphne Turner

Thursday 26th August Stansfield

Post code: CO10 8LN / Map ref: OS 785517

reach a signed lane to the picnic site. A riverside and forest paths walk with a small section on a minor road. Toilet facilities available.

60 – 75 minutes

Grade 3

Led by Allan Hayman

Wednesday 1st September

Exning Recreation Walk

Post code: CB8 7HA

Meet at 11.00am in The Wheatsheaf car park, Chapel Street. A recreational walk with some uneven tracks. Can be muddy & slippery in places. Refreshments & toilets at the end of the walk.

Grade: 1

Distance: 1.3 miles

Led by: Leisa Grainger

Thursday 2nd September

Hadleigh

Meet at 1.00pm at the Library.

Babergh District Council organise a walk each week in their area.

All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).

Walks are mainly on the flat apart from a fairly steep incline on the Hadleigh Riverside. Sudbury Town trail is not suitable for dogs.

45 minutes

Grade 1 - 2

Led by Barbara Tottle

Friday 3 September

Needham Market to Baylham

Note this is a one way walk using local buses

Post code: IP1 3

Meet at 9.30am to catch the First Eastern Counties route 88 bus at 9.34am at Ipswich Tower Ramparts bus station. The walkers will meet near the toilets at Needham Lakes at about 10.15am. We will walk around Needham Lakes and along the pretty part of the River Gipping path to Baylham Rare Breeds Centre for refreshments. Catch the bus from Baylham back to Ipswich. Toilets at Needham Lakes: Refreshments at Baylham.

1½ hours

Grade 2:

Led by Daphne Turner and Celia Rutt

Monday 6th September

Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Monday 6th September

Christchurch Park, Ipswich

Post code: IP4 2BG

Meet: at 10.30am for a walk around Christchurch Park. Meet at the main gates at Soane Street entrance.

Grade: 1

Led by the Town & Bridge Project

Tuesday 7th September

Bealings Evening Walk

Post code: IP6 6PB / OS map ref:TM2348

Meet at 6.15pm in the car park at Bealings Village Hall. The Hall is at Little Bealings near the church at the south end of Holly Lane. A circular walk in the beautiful Fynn valley via Playford.

No parking charge, NOT wheelchair or buggy friendly.

Grade: 2/3

2 miles/1 hour

Led by: John Aldam and Ruth Osborne

Tuesday 7th September

Aldringham Common

Post code: IP17 1UQ / Map ref: 455607

Monday 20th September Christchurch Park, Ipswich
Post code: IP4 2BG
Meet: at 10.30am for a walk around Christchurch Park. Meet at the main gates at Soane Street entrance.
Grade: 1
Led by the Town & Bridge Project

Tuesday 21st September Framlingham
Post code: IP13 9BH
Meet: 10.45 at the Castle car park. A walk around Framlingham, walks will be different each month depending on the weather and walkers involved.
Grade: 2 – 3
Led by Rayleen Finn and Judy Masters

Wednesday 22nd September Mildenhall
Post code: IP28 7HS
Meet at 10.00am at The Half Moon. Parking in the Half Moon car park
A walk in and around the town. Mainly pavement, slightly uneven in places. Refreshments & Toilets at the finish point. Suitable for buggies & mobility scooters.
Grade: 1 Distance: 1.5 miles
Led by: Leisa Grainger

Thursday 23rd September Southwold
Post code: IP18 6BU / Map ref: 510760
Meet at 2.00pm at Southwold pier. From the A1096, through Reydon, turn left into Pier Avenue off the first roundabout. Parking usually available towards the end of the road before the pier. If not there is a car park to your left of the pier with a charge.
We will walk over marshes by the boating lake, with stunning views over the common and back via Gun Hill and the promenade, past the stylish beach huts.
Refreshments and toilets available.
Grade: 2 2 ½ miles / 1 ¼ hours
Led by Jennie Pink, Chris Pack and Fiona Foreman

Thursday 23rd September Hadleigh
Meet at 1.00pm at the Library.
Babergh District Council organise a walk each week in their area.
All the walks will meet outside the meeting places unless it is raining then it will be in the entrance of the meeting point (*not right inside please to ensue the library and the theatre are not inconvenienced*).
Walks are mainly on the flat apart from a fairly steep incline on the Hadleigh Riverside. Sudbury Town trail is not suitable for dogs.
45 minutes Grade 1 – 2
Led by Barbara Tottle

Friday 24th September Rendlesham Forest
Post code: IP12 3NF
An Autumn walk through Rendlesham Forest.
Meet at 11.00 at the first car park on the right after turning off the B1084 towards the visitor centre.
Distance 2 ½ miles Grade 3
Led by Felixstowe Walk Leaders.

Friday 24th September Sudbourne Church
Post code: IP12 2BL
Meet 2pm at Sudbourne Church (1 mile before Orford) and enjoy a walk in the forest. B1084 take 2nd left at the five crossways at White Lodge. NO Toilets. Cafes in Orford.
Grade 2/3 1.10hr
Led by Isabel Smith

Monday 27 September Polstead

Post code: CO6 5AL

Meet at 10.30am at the duck pond.

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" country. Toilets and refreshments at the Cock Inn, Polstead close to the finish of the walk.

1¼ hours Grade 3:

Led by Celia Rutt and Daphne Turner

Tuesday 28th September Rendlesham Children's Centre

Post code: IP12 2GF

Meet at 9.15am at the centre. It will be a circular walk around the play areas of Rendlesham.

Approx. 2 miles lasting approximately 1 hour.

Grade: 1

Led by Woodbridge Walk Leaders & Children Centre Staff.

Thursday 30th September Hartest

Post code: IP29 4DH

Meet 10.45am for 11.00am start in the car park behind the village hall, which overlooks the southern corner of the village green. A 75 minute circular walk which takes in the hills around the village. 2 stiles and 1 short steep hill (which we come down). No toilets.

75 minutes Grade 5

Led by Roger Medley and Jackie Medley

Thursday 30th September Sudbury

Meet at 1.00pm at the Quay Theatre.

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45 minutes Grade 1 - 2

Led by Barbara Tottle

Monday 4th October Waldringfield

Post code: IP12 4QL

An Autumn walk along the River Deben

Meet at 11.00 in the car park behind the Maybush Inn

Distance 2 ½ miles Grade 3

Led by Felixstowe Walk Leaders.

Monday 4th October Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Thursday 7th October Orford

Post code: IP12 2NF / Map ref: 425495

Meet at 10.30at Orford Castle. There is limited parking in the centre of the village but a large pay and display car park is on the left, just before the Quayside.

We will walk inland, past the castle and along wood side tracks past the school. Then over towards Gedgrave before returning on the river path with views of Havergate Island.

Grade: 2 2 ½ miles / 1 ¼ hours

Led by Jennie Pink, Chris Pack and Fiona Foreman

Monday 18th October Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Tuesday 19th October Rendlesham Children's Centre

Post code: IP12 2GF

Meet at 1.45pm at the centre.

It will be a circular walk around the play areas of Rendlesham. Approx. 2 miles lasting approx. 1 hour.

Grade: 1

Led by Woodbridge Walk Leaders & Children Centre Staff.

Thursday 21st October Rushmere Mill Stream

Post code: IP4 5SU

Meet at 10.30am at Bixley Farm Centre, Broadlands Way, Rushmere St. Andrew. Broadlands Way is off Foxhall Road opposite the Golf Pub. First Eastern Counties bus No 62 from Tower Ramparts. After crossing the Foxhall road at the Nuffield Hospital a woodland, field and riverside boardwalk circular walk.

3 miles / 90 minutes

Grade: 4

Led by John Adams

Thursday 28th October Wickhambrook

Post code: CB8 8YN

Meet 10.30am for 10.45 start from Wickhambrook Memorial Centre free car park. 90 minute walk. A circuit, hilly in places and with 2 stiles. Please bring own refreshments none en route.

Wickhambrook is midway between Bury St. Edmunds and Haverhill on the A143. Take B1063 to Newmarket for the village centre.

Grade 5

Led by Roger Medley and Jackie Medley

Monday 1st November Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers.

The shortest time will be 30 minutes and the longest will be just over 1 hour.

They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Tuesday 9th November Rendlesham Children's Centre

Post code: IP12 2GF

Meet at 9.15am at the centre.

It will be a circular walk around the play areas of Rendlesham. Approx. 2 miles lasting approx. 1 hour.

Grade: 1

Led by Woodbridge Walk Leaders & Children Centre Staff.

Monday 15th November Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers.

The shortest time will be 30 minutes and the longest will be just over 1 hour.

They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Thursday 18th November

Foxhall Woods

Post code: IP4 5SU

Meet at 10.30am at Bixley Farm Centre, Broadlands Way, Rushmere St. Andrew. Broadlands Way is off Foxhall Road opposite the Golf Pub. First Eastern Counties bus No 62 from Tower Ramparts.

A meander through Foxhall Woods and Rushmere Heath Skirting Foxhall Stadium.

3 miles / 90 minutes

Grade ¾

Led by John Adams

Thursday 25th November

Clare

Post code: CO10 8NJ / Map ref: TL770452

Meet at 10.45 for 11am start at Clare country park, parking fee £1.50. Accessible by bus with refreshments and toilets. The walk goes through the Clare country park around the outskirts of the town across Clare common and returns via Clare Priory. It's worth allowing time for browsing in this pretty town, museum open in the afternoon.

2.5 mile walk taking 90 minutes

Grade 3

Led by Roger Medley and Jackie Medley

Monday 30th November

Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Tuesday 7th December

Rendlesham Children's Centre

Post code: IP12 2GF

Meet at 9.15am at the centre. It will be a circular walk around the play areas of Rendlesham. Approx. 2 miles lasting approximately 1 hour.

Grade: 1

Led by Woodbridge Walk Leaders & Children Centre Staff.

Monday 13th December

Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Thursday 16th December

Rodbridge Picnic site

Post code: CO10 3SS 6AT

Meet 10.45am at Rodbridge picnic site. Site signposted on the right soon after leaving Long Melford on the Sudbury B1064 road. Toilets available on site, refreshments in Long Melford. A walk skirting Sudbury water meadows and returning along the disused railway path. It's worth allowing time to browse in Long Melford where refreshments are available.

80 minutes

Grade 3

Led by Roger Medley and Jackie Medley.

Thursday 16th December

Rushmere Common

Post code: IP4 5SU

Meet at 10.30am at Bixley Farm Centre, Broadlands Way, Rushmere St. Andrew. Broadlands Way is off Foxhall Road opposite the Golf Pub. First Eastern Counties bus No 62 from Tower Ramparts.

An easy walk around Rushmere Common. 2 miles / 60 minutes

Grade 3

Led by John Adams

Monday 27th December

Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Monday 10th January

Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Thursday 20th January (2011)

Foxhall Woods

Post code: IP4 5SU

Meet at 10.30am at Bixley Farm Centre, Broadlands Way, Rushmere St. Andrew. Broadlands Way is off Foxhall Road opposite the Golf Pub. First Eastern Counties bus No 62 from Tower Ramparts.

A meander through Foxhall Woods and Rushmere Heath Skirting Foxhall Stadium.

3 miles / 90 minutes

Grade $\frac{3}{4}$

Led by John Adams

Monday 24th January

Wickham Market

Post code: IP3 0HE

Meet at 2.00pm on the hill for a short walk around Wickham and its surroundings. These vary in length and time depending on the walkers. The shortest time will be 30 minutes and the longest will be just over 1 hour. They are a gentle stroll to encourage a return to walking as a permanent healthy activity.

Grade 1

Led by Woodbridge Walk Leaders

Grading: 1. On easy flat good surfaces

2. Mostly on the level, can be muddy

3. Some moderate slopes, good surfaces

4. More challenging, may include steeper slopes, rough ground & mud in wet weather

5. As grade 4 but may include one or two stiles

(Postcodes are given for the meeting place or the nearest building to).

Health Walks Team

Suffolk Coastal District Council

Melton Hill

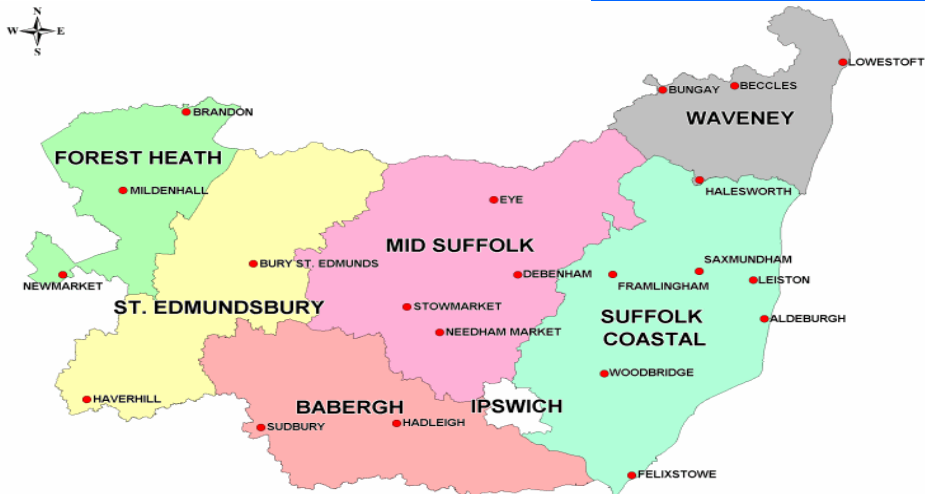
Woodbridge

Suffolk.

IP12 1AU

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Free training and insurance is provided for those wishing to become a walk leader!