

Babergh District Council Health Walks Programme Programme for January–April 2012

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?
Do you have an hour to spare on a Thursday lunchtime?
If the answer is yes, then these **Free** walks are for you.

Walks last for approximately 1 hour.

Date	Area	Meeting at	Time	Leaders	
Thursday 5 th January	Sudbury	Quay	12:00	Gary/Sue/Kate	Grade 3
Thursday 12 th January	Hadleigh	Library	12:00	Sam/Chris/Barbara	Grade 4
Thursday 19 th January	Boxford	The White Hart	12:00	Kate/ Sam/Barbara	Grade 3
Thursday 26 th January	Sudbury	The Quay	12:00	Gary/Kate/Wendy/Barbara	Grade 2
Thursday 2 nd February	Long Melford	The Swan	12:00	Sue/Sam/Wendy/Kate	Grade 2
Thursday 9 th February	Lavenham	The Cock	12:00	Barbara/Kate/Chris	Grade 1
Thursday 16 th February	Boxford	The White Hart	12:00	Sam/Kate/Chris	Grade 3
Thursday 23 rd February	Sudbury	The Quay	12:00	Gary/Sue/Wendy	Grade 3
Thursday 1 st March	Nayland	Village Hall	12:00	Chris/Barbara/Kate	Grade 4/5
Thursday 8 th March	Hadleigh	Library	12:00	Steph/Kate L/Sue	Grade 2/3
Thursday 15 th March	Sudbury	The Quay	12:00	Sam/Kate/Wendy	Grade 2
Thursday 22 nd March	Boxford	The White Hart	12:00	Kate/Barbara/Sam	Grade 2
Thursday 29 th March	Newton	Village Hall	12:00	Kate/Wendy/Chris	Grade 4
Thursday 5 th April	Long Melford	The Swan	12:00	Chris/Wendy/Barbara	Grade 4/5
Thursday 12 th April	Lavenham	The Cock	12:00	Barbara/Sam/Kate	Grade 1
Thursday 19 th April	Hadleigh	Library	12:00	Kate L/Steph/Barbara	Grade 4
Thursday 26 th April	Sudbury	The Quay	12:00	Sue/Sam/Barbara/Wendy	Grade 4

Longer Walks of 6 miles +

Date	Area	Meeting at	Time	Leaders	
Tuesday 10 th January	Sudbury	Quay	10:30	Gary/Sue	Grade 2
Tuesday 7 th February	Long Melford	Cherry Lane Garden Centre	10:30	Sue/Gary/Sam	Grade 2
Tuesday 13 th March	Stoke by Nayland	Recreation Ground Car	10:30	Chris/Barbara/Sam	Grade 4/5
Tuesday 17 th April	Stoke by Nayland	Park School St.	10:30	Chris/Barbara/Sam	Grade 4/5

Please note that comfortable outdoor clothing and footwear should be worn for all walks, and relevant for the weather conditions on the day of the walk.

New for 2012

Pram Pushers - Contact: Kate Lowe on 01473 826656

Walks that are aimed at those with disabilities - Contact: Stephanie Lloyd on 01473 825834

For more information please call
Barbara Tottle on 01473 826616

