



## Stepping out in Suffolk

### HEALTH WALKS from July to September 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.**

### AREA ORDER

#### FOREST HEATH HEALTH WALKS

Tuesday 6<sup>th</sup> July

Newmarket

Post code: CB8 9AP

Meet at 10.00am outside the White Lion for a walk in and around the town. Parking further up past the White Lion & petrol station or in the Grosvenor yard in town, small charge. Pavement and grassy surfaces, can be slightly uneven. Can be muddy & slippery in places.

Refreshments & toilets at the finish point.

Grade: 2

Distance: 2 miles

Led by: Leisa Grainger

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 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

Wednesday 28th July 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

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 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 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

Thursday 26th 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 1st September Exning  
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 9th September Newmarket  
Post code: CB8 8NB  
Meet at 2pm at The Rutland Arms Hotel (outside in the courtyard seating area). Parking at the back of TK Maxx or in the multi storey (small charge).  
A town and heath walk, with a combination of firm paths, uneven grassy surfaces and a long moderate gradient. Can be muddy & slippery on the Heath. Refreshments & toilets at the finish point.  
Grade: 2 Distance: 1.8 miles  
Led by: Leisa Grainger

Tuesday 14th September

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

Wednesday 22<sup>nd</sup> 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

### **IPSWICH AREA HEALTH WALKS**

Tuesday 29<sup>th</sup> June

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

Monday 5<sup>th</sup> 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

Wednesday 14<sup>th</sup> 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

Monday 19<sup>th</sup> 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

Wednesday 28<sup>th</sup> 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

Monday 2<sup>nd</sup> 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

Monday 16<sup>th</sup> 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

Wednesday 18<sup>th</sup> August 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

Monday 6<sup>th</sup> 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

Wednesday 8<sup>th</sup> September 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

Monday 20<sup>th</sup> 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

Thursday 21<sup>st</sup> 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 18<sup>th</sup> 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 16<sup>th</sup> 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

Thursday 20<sup>th</sup> 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 ¾

Led by John Adams

### **WOODBIDGE AREA HEALTH WALKS**

Friday 9<sup>th</sup> July

Upper Ore Valley

Post code: IP13 9NN / OS ref: TM 311621

Meet: 2.00pm on North Green.

From the A12 take the B1116 from 5 crossways off A12 to Parham. Within the 30mph take the left hand turning over the River Ore and take an immediate left hand turning to North Green. Travel 1.5miles and park on the green. A one hour walk in the Upper Ore valley across farmland on footpaths. No Toilets.

Garnett- Hacheston for Refreshments.

Grade: 3 - 4

1 hour walk

Led by Isabel Smith and Ruth Osborne

Thursday 15<sup>th</sup> 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

Tues 20<sup>th</sup> 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 20<sup>th</sup> 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 3<sup>rd</sup> 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

Thursday 12<sup>th</sup> August Elmhurst Park, Woodbridge

**In association with the Osteoporosis Society**

Post code: IP12 1AA

Meet at 1.30pm in Elmhurst Park.

Grade 1

Led by Anne Barnes and Julie McDonna

Tuesday 17<sup>th</sup> August 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

Monday 30<sup>th</sup> August Chillesford Street

Post code: IP12 3PU

Meet 10.00am

Take the A1152 from A12 go straight onto the B1084 at Bromeswell. Chillesford is 6 miles on that road.

Park before The Froize. No Toilets. A walk in the forest. Book your lunch at The Froize or cafes in Orford.

Grade 2/3 1.15hr

Led by Isabel Smith

Tues 7<sup>th</sup> 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

Thursday 16<sup>th</sup> September Nacton

**In association with the Osteoporosis Society**

Post code: IP10 0JP

Meet at 1.30pm in the Bridgewood picnic site, near Hallotree, Nacton.

Grade 1

Led by Anne Barnes and Julie McDonna

Tuesday 21<sup>st</sup> 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

Friday 24<sup>th</sup> 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

## **BABERGH DISTRICT COUNCIL HEALTH WALKS**

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

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 ensure the library and the theatre are not inconvenienced*).

All walks are on a Thursday at 13:00. They last approx 40 – 45 minutes.

Sudbury walks start/finish at The Quay Theatre in Quay Lane Sudbury for refreshments (free parking)  
Hadleigh Walks start at the Library and finish at the Orangerie for refreshments

Thursday 1st July – Hadleigh – Meet at the Library  
Thursday 8th July – Sudbury – Meet at The Quay Theatre  
Thursday 15th July – Sudbury – Meet at The Quay Theatre  
Thursday 22nd July – Hadleigh – Meet at the Library  
Thursday 29th July - Sudbury – Meet at The Quay Theatre  
Thursday 5th August – Sudbury – Meet at The Quay Theatre  
Thursday 12th August – Hadleigh – Meet at the Library  
Thursday 19th August – Sudbury – Meet at The Quay Theatre  
Thursday 26th August – Sudbury – Meet at The Quay Theatre  
Thursday 2nd September – Hadleigh - Meet at the Library  
Thursday 9th September - NO WALK  
Thursday 16th September – Sudbury – Meet at The Quay Theatre  
Thursday 23rd September – Hadleigh – Meet at the Library  
Thursday 30th September - Sudbury – Meet at the Quay Theatre

All walks are led by Babergh District Council employees or volunteers who have been trained as Health Walk Leaders.

## **BABERGH, PINWOOD & ALTON WATER HEALTH WALKS**

Friday 6 August  
Post code: IP9 1PU

Shotley

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 23 August  
Post code: IP9 2SJ

Stutton

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

Monday 27 September  
Post code: CO6 5AL

Polstead

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

Thursday 16<sup>th</sup> September Pin Mill

Post code: IP9 1JW (Butt and Oyster)

Meet at 11.00am in the Pin Mill Public Car Park, Pin Mill Lane.

From the B1456 from Ipswich. Turn left at Chelmondiston just past the Red Lion. Follow the narrow lane to Pin Mill. Public Car Park on the left. Bus 202 for the Old Cattle Market at 10.10am arriving at Chelmondiston Red Lion at 10.33am, a 10 – 15 minute walk to the walk. Return at 1.15pm 3.05pm.

A circular walk with superb views through woodland, fields, meadows and by the riverside. Some steep slopes and stiles. Refreshments available at the Butt and Oyster.

3 miles/90 minutes

Grade: 5

Led by John Adams

Thursday 16<sup>th</sup> December Rodbridge Picnic site

Post code: CO10 2SS

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.

### **MID SUFFOLK AREA HEALTH WALKS**

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 5<sup>th</sup> July Coddenham

Post code: IP6 9TX

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

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

Tuesday 6th 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

Friday 9th 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 Daphne Turner and Anne Barnes

Wednesday 14<sup>th</sup> 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

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 19<sup>th</sup> 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

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

Tuesday 3rd Aug                      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

Friday 13th Aug                      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 Jennifer Nott and Celia Rutt

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

**FELIXSTOWE HEALTH WALKS**

Friday 2<sup>nd</sup> 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 1

Monday 12<sup>th</sup> July                      Levington  
Post code: IP10 0LQ  
An evening walk along the banks of the Orwell  
Meet at 7.00pm outside the Ship Inn  
Distance 2 ½ miles                      Grade 3

Tuesday 20<sup>th</sup> 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

Wednesday 28<sup>th</sup> 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

Thursday 5<sup>th</sup> August                      Brackenbury  
Post code: IP11 2JF  
Walk around Old Felixstowe.  
Meet at 10.30 at Brackenbury Sports Centre  
Distance 2 ½ miles                      Grade 1

Friday 13<sup>th</sup> August                      Alton Water  
Post code: IP9 2RR  
A walk through countryside near the only large lake in Suffolk  
Meet at 11.00 at the Alton Water Visitor centre (off A137)  
Distance 2 ½ miles                      Grade 2

Monday 23<sup>rd</sup> 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

Tuesday 31<sup>st</sup> August                      Felixstowe Ferry  
Post code: IP11 7LU  
Take the service bus from Felixstowe Ferry and walk back.  
Park and meet at 10.45 outside St Nicholas Church  
Distance 2 ½ miles                      Grade 3

Wednesday 8<sup>th</sup> September              Langer Park  
Post code: IP11 2DR  
A late summer walk through Langer Park.  
Meet at 10.30 outside the Leisure Centre  
Distance 2 miles                      Grade 3

Thursday 16<sup>th</sup> September              The Fludyers  
Post code: IP11 7LU  
A walk along the promenade  
Meet at 10.30 outside the Fludyers Hotel  
Distance 2 ½ miles                      Grade 1

Friday 24<sup>th</sup> 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

Monday 4<sup>th</sup> 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.

## WEST SUFFOLK AREA HEALTH WALKS

Tuesday 6<sup>th</sup> 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

Thursday 29<sup>th</sup> 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

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

Friday 6<sup>th</sup> August Nowton Park, Bury St. Edmunds  
Post code: IP29 5LU / OS map ref: 864622  
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 Myfield 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

Thursday 26<sup>th</sup> August Stansfield  
Post code: CO10 8LN / Map ref: OS 785517  
Meet 10.45 for 11.00am start at Stansfield village hall, free parking, no toilets or refreshments.  
An undulating walk giving good views of local valleys and crosses the infant River Glem. Some hills and 2 stiles. Stansfield is 3miles east of the Bury St Edmunds to Haverhill road. After the Wickhambrook village sign turn left thro' Denston and continue to Stansfield. The village hall is south of the village.  
75 minutes Grade 5  
Led by Roger Medley and Jackie Medley

Wednesday 1<sup>st</sup> September Santon Downham  
Post code: IP27 0TJ  
Meet at 11.00am at St. Helens Picnic site, Santon Downham, reached from Thetford to Brandon Road, then in Santon Downham turn downhill by the church and continue round corners to cross river and 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 8<sup>th</sup> September Bury St. Edmunds  
Post code: IP33 2RN / 865633  
Meet at 10.30am for a 10.45am start at Bury Garden Centre, Rougham Road, Bury St. Edmunds. From the A14 take the Bury St. Edmunds East exit towards town centre. The garden centre is on the left.

A town walk including footpaths alongside the River Lark and Abbey Gardens. Not wheelchair/Buggy friendly. Toilets and refreshments available.

Grade: 2 75 minutes

Led by: Christine Lock and Pat Field.

Thursday 30<sup>th</sup> 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 28<sup>th</sup> 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

Thursday 25<sup>th</sup> 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

### **WEST SUFFOLK FAMILY & BUGGY FRIENDLY WALKS**

Thursday 29<sup>th</sup> July Haverhill

Post code: location to be confirmed – for further information please go to [www.acleisure.com](http://www.acleisure.com)

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

Led by: Leisure Centre staff

Thursday 12<sup>th</sup> August Haverhill

Post code: location to be confirmed – for further information please go to [www.acleisure.com](http://www.acleisure.com)

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

Led by: Leisure Centre staff

Thursday 26<sup>th</sup> August Haverhill

Post code: location to be confirmed – for further information please go to [www.acleisure.com](http://www.acleisure.com)

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

Led by: Leisure Centre staff

### **ALDEBURGH, LEISTON, SAXMUNDHAM & WALBERSWICK AREA HEALTH WALKS**

Wednesday 30<sup>th</sup> June Benhall church, Saxmundham

OS Ref: 372619

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.

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 reed bed and coast.  
3.5km walk Grade 2  
Led by Will Russell

Thursday 15<sup>th</sup> 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

Wednesday 21<sup>st</sup> 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

Wednesday 28<sup>th</sup> 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 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 carpark 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

Thursday 12<sup>th</sup> 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 as the pub. Do not park in the pub unless you have made prior arrangements with the publican. IF the car park is full there is more parking on the left up School Lane.  
The walk takes us over Knodishall Common, along farm tracks and back via a little lane skirting the village. Refreshments available at the Butchers Arms or the Parrot and Punchbowl in Aldringham.  
Grade: 3 2 ¾ miles / 1 ¼ hours  
Led by Maggie Jennings and Chris Pack

Thursday 19<sup>th</sup> 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

Wednesday 1<sup>st</sup> September 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 Olive Gentle

Tuesday 7<sup>th</sup> September Aldringham Common  
Post code: IP17 1UQ / Map ref: 455607  
Meet at 10.30am in the Aldringham Common car park. At the Aldringham crossroads take the B1353 to Thorpeness. Just after a little turn on the right to the church go left into the car park.  
A circular walk along footpaths, through woodland and beside farmland to Aldringham Common.  
Refreshments available at Thorpeness nearby.  
Grade: 3 3 ½ miles / 1 ½ hours  
Led by: Olive Gentle, Chris Pack and John Gadsby

Wednesday 8th September Walberswick, Palmers Lane  
Post code: IP18 6UH / Map ref: TM490754  
Meet at 10.00am in the Lower car park on Palmers Lane, Walberswick  
Join the Natural England Reserve Manager for a walk around Tinker's Marshes. This is a fantastic circuit along the Blyth river wall offering great views of the local wildlife, binoculars are must!  
5.5km Walk Grade 4  
Led by Will Russell

Thursday 16<sup>th</sup> September Westleton Heath and Dunwich Forest  
Post code: IP17 3AD / Map ref: 459696  
Meet at 11.00am in the Westleton Heath National Nature Reserve car park. Take the right turn out of Westleton towards Dunwich. The car park is the 2<sup>nd</sup> one along the road on the left.  
A lovely part of the forest, and returning via the original track into Dunwich that would have been busy with trade in the twelve hundreds! There is a short distance of board walk, which is on a little known path, so therefore is not always quite as maintained as many of our major footpaths.  
Refreshments available in Westleton.  
Grade: 4 2 ¾ miles / 1 ¼ hours  
Led by Maggie Jennings and Fiona Foreman

Thursday 23<sup>rd</sup> 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 7<sup>th</sup> 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

## HEALTH WALKS FROM RENDLESHAM CHILDREN'S CENTRE

A Health Walk taking place from Rendlesham Children's Centre (IP12 2GF).

Tuesday 6<sup>th</sup> July – 9.15am

Tuesday 28<sup>th</sup> September – 9.15am

Tuesday 9<sup>th</sup> November – 9.15am

Tuesday 3<sup>rd</sup> August - 11.00am

Tuesday 19<sup>th</sup> October – 1.45pm

Tuesday 7<sup>th</sup> December – 9.15am

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.

## SHORT, HEALTH WALKS AROUND WICKHAM MARKET

Meet 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. (IP3 OHE) in Wickham Market at 2pm on the following dates:

Monday 12<sup>th</sup> July

Monday 23<sup>rd</sup> August

Monday 4<sup>th</sup> October

Monday 15<sup>th</sup> November

Monday 27<sup>th</sup> December

Monday 26<sup>th</sup> July

Monday 6<sup>th</sup> September

Monday 18<sup>th</sup> October

Monday 30<sup>th</sup> November

Monday 10<sup>th</sup> January

Monday August 9<sup>th</sup>

Monday 20<sup>th</sup> September

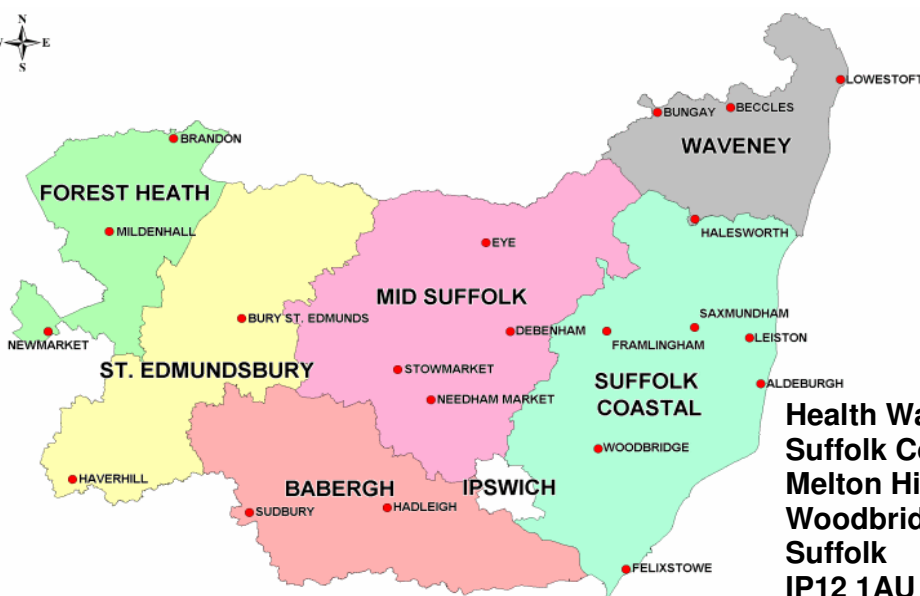
Monday 1<sup>st</sup> November

Monday 13<sup>th</sup> December

Monday 24<sup>th</sup> January

Led by Woodbridge Walk Leaders – Isabel Smith & Fiona Foreman

- 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**  
**01394 444501**  
**e-mail:**  
[walks@suffolkcoastal.gov.uk](mailto:walks@suffolkcoastal.gov.uk)

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