

Stepping Out in



Health Walks Jan, Feb, March & April 2012

Walking can...

- Make you feel good
- Give you more energy
- Reduce stress and help you sleep better
- Keep your heart 'strong'
- Reduce blood pressure
- Help you to manage your weight

Why is walking the perfect activity for health?

- Almost everyone can do it
- You can do it anywhere and any time
- It's a chance to make new friends
- It's free and you don't need special equipment
- You can start slowly and build up gently



Welcome to the first 4 monthly programme of 2012!
A huge thank you to all our wonderful volunteer walk leaders.



Live Well Suffolk
Steps to a healthier future

DATE ORDER:

Monday 2nd January Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Monday 2nd January Leiston

Post Code IP16 4

Map ref:TM451638

Meet at 11am in the Woodland Walks Car Park off Lover's Lane. ½ mile North of Leiston town centre on the B1122 turn right into Lover's Lane, signposted Sizewell Beach. Turn left into the car park after approx ½ mile. A circular route through Kenton Hill and Goose Hill Woods. Refreshments and toilets available nearby at Sizewell.

Approx 3 miles/ 1.5 hours

Grade 2

Led by John Gadsby and Fiona Foreman

Tuesday 3rd January Landguard Common

Post code: IP11 2EY

Celebrate the New Year with an invigorating walk across the common.

Meet at 10.30 on the prom opposite Beach Station Road. Distance 2 ½ miles

Grade: 3

Led by Felixstowe Walk Leaders

Tuesday 3rd January Woodbridge
Post code: IP12 4BY
Meet at 10.30am in the car park on Broom Heath. From the centre of Woodbridge take the Ipswich Road, then fork left at John Grose Garage into Sandy Lane then left into Broom Heath. Car park is one fifth of a mile down on the right. A walk over the railway bridge then up the river Deben to the Tide Mill and back.
Free parking. Toilets along the route. WHEELCHAIR & BUGGY FRIENDLY. Refreshments available.
NO Dogs. 2 miles / 1 hour.
Grade 2 (tarmac all the way and moderate slope) Led by John Aldam and Ruth Osborne

Tuesday 3rd January Mildenhall Woods
Post code: IP28 7HS
Meet at 11.00am at the Half Moon pub.
Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments and toilets at the finish point. Parking in the pub car park. Approx: 3 miles
Grade: 2 Led by Forest Heath Walk Leaders

Wednesday 4th January Aldeburgh
Post code: IP15 5DE
Meet at 11.00am at the Fort Green car park and bus terminus. Buses arrive at 10.50am (64 from Wickham Market, Saxmundham & Leiston) and 10.56am (165 from Ipswich, Woodbridge & Snape). Toilets here.
See www.travelineeastanglia.org.uk for up-to-date times, and return times. Walk to the Martello Tower, and back along the seafront. 1 mile, some slopes and pebbles
Grade: 2 Led by Miles and Joy Biggs

Wednesday 4th January Leiston
Post Code IP16 4LS Map ref:TM452620
Meet at 2.30pm at Leiston Leisure Centre, Red House Lane.
A walk along tracks and footpaths on Leiston Common. Can be muddy in places after rain. Free parking.
Public transport, refreshments and toilets available. About 2.5 miles/ 1.5 hours.
Grade 2 Led by Marion Walker and Fiona Foreman

Wednesday 4th January Thornham walks
Post code IP23 8HH
Meet at 10.45am for 11.00am start in the car park for Thornham walks.(signposted from A140 at Stoke Ash crossroads). Tea shop/toilets at end of walk.
Grade 3 3miles 1.25hrs. Led by David Green and Jim Harrison.

Thursday 5th January Sudbury Middleton
Post code: CO10 2AN
Meet at 12.00pm outside the Quay Theatre, Quay Lane.
Babergh District Council organise a walk each week.
Grade: 3. 75 mins Led by Babergh District Council employees or volunteers leaders.

Friday 6th January One way walk - Bramford to Ipswich
Post code: IP1 3
Meet at 10.25am at Tower Ramparts bus station in Ipswich. We will catch the Galloway 110 bus to Bramford picnic site, and follow the river Gipping to the Ipswich waterfront where this walk ends. Along the way we walk through woods and meadows as well as some of the modern industrial and residential developments as we approach Ipswich. The walk is mainly along flat good surfaces and there are no stiles. There are several cafes and toilets on the Ipswich waterfront. 3 ¾ miles 1 ¾ hours
Grade 2 Led by Daphne Turner and Hugh Thompson

Friday 6th January Sicklesmere, Bury St. Edmunds
Post code: IP30 0BU Map ref: 877607
Meet at 10.15am for a 10.30am start at the Rushbrook Arms pub car park, on the A134 at Sicklesmere, 2 miles south of Bury St. Edmunds. A walk around farmland and along the disused railway line. 1 stile. Free parking, public transport available. Refreshments/toilets available at the pub after the walk. 60 – 75 mins.
Grade: 3 – 4 Led by Christine Lock and Pat Field

Monday 9th January Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.
Grade – 3 Led by ActivLives (formally Town & Bridge Project)

Monday 9th January Newmarket
Post code: CB8 0PU
Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 10th January Sudbury Valley Trail & Meadows – New Longer Walk
Post code: CO10 2AN
Meet at 10.30am outside the Quay Theatre, Quay Lane.
Babergh District Council organise a walk each week.
Grade: 2-3. 3 hours Led by Babergh District Council employees or volunteers leaders.

Tuesday 10th January Rendlesham Children's Centre, Buggies/Families WALK
Post code: IP12 2GF
Meet at 9.15am at the Centre. Parking on the road near the Centre. Toilets and refreshments available. 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.

Wednesday 11th January Chantry & Gippeswyk Parks, Ipswich
Post code: IP2 0AD Map ref:148444
Meet at the Glasswells Store car park at **2.00pm**. the stores near the Ranelagh Rd/London Rd. Junction. A walk through two of Ipswich's lovely parks. Note that there are some steep steps on route. Refreshments at Glasswells café after the walk. 3 miles.
Grade: 3 Led by Cynthia Glinos & Helen Howe

Wednesday 11th January Daisy's Walk
Post code: Ip12 3NF
Meet at 11.00 in the car park signposted 'Daisy's Walk' on the left hand side of the Woodbridge to Butley Road (B1084). A walk along good footpaths through Rendlesham Forest. Distance 2 ¾ Miles
Grade: 3 Led by Felixstowe Walk Leaders

Wednesday 11th January Westleton Car Park, Westleton Road
Post code: IP17 3BB Map ref: TM459696
Meet at 10.00am in the Westleton car park on Westleton Road.
Join us 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.
Grade 2 Led by Will Russell & Fiona Foreman

Wednesday 11th January Dalham
Post code: CB8 8TG
Meet at 11.00am outside the Affleck Arms.
A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Parking available at the pub car park. Refreshments and toilets at the finish point. Approx: 2 miles
Grade: 2 Led by Forest Heath Walk Leaders

Thursday 12th January Hadleigh
Post code: IP7 5AG
Meet at 12.00pm outside the library in the high street.
Babergh District Council organise a walk each week.
Grade: 4. 50 mins Led by Babergh District Council employees or volunteers leaders.

Thursday 12th January

Wratting Water Tower

Post code: CB9 7 HA

Meet at 11.00am at Red Lion pub. For out of village pick ups contact Joan on 07779029069

Walking on concrete track to tower, returning on field footpath via stile or back down the track.

Grade: 1 & 5.

Led by Haverhill Health Walking Group Bob and Mavis

Friday 13th January

Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.

Grade: 2 – 3.

Led by John Aldam, Gail Hayward & Jackie Wright

Monday 16th January

Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups)

Led by Woodbridge Walk Leaders

Monday 16th January

Claydon/Akenham

Post code IP6 0AJ

Meet at the entrance to Hill View Business Park Old Ipswich Road Claydon at 11.00am

Turn off A14 into Claydon and take the first right heading back on the old Ipswich road for about 0.5mile.

Parking is on the old Ipswich road. First Eastern Counties bus no.88 leaves old cattle market at 10.35am and stops outside the entrance to the park.

A circular walk on farm tracks field paths and country lanes. No stiles /toilets. Refreshments can be purchased at the view cafe or in the village at end of walk.

Grade 3

3.75miles

1.5hrs.

Led by Jim Harrison and David Green.

Monday 16th January

Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage.

A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position.

Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 – 2

Led by Forest Heath Walk Leaders

Tuesday 17th January

Castle Walks, Framlingham

Post code: IP13 9BH

Meet at 10.30am outside Castle Inn for a prompt 10.45am start.

A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths and uneven ground. Bus route 63, 118 & 119. Parking available at St Michael's Rooms (donation in honesty box), Castle car park or town center car parks. Toilets and refreshments in the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Grade 2-3

Led by Castle Walks Group Walk Leaders

Tuesday 17th January

Aldringham Common and the Fens.

Post Code IP16 4QT

Map ref: TM455607

Meet at 10.30am in the Aldringham Common car park. At the Aldringham crossroads (Parrot and Punchbowl) take the B1353 to Thorpeness. Just after a little turn on the right to the church go left into the car park. A lovely walk on grassy tracks and over good boardwalks on the Fens. Possibilities to see the marsh harrier. Then on to a disused railway track and back via pretty woods with more views over the Fens. Refreshments available nearby at Thorpeness. About 3.5 miles/1.5 hours

Grade 2

Led by Maggie Jennings and Judy Chesterfield

Wednesday 18th January Bury St. Edmunds
Post code: IP33 1LS
Meet at the Abbey Gateway at 11.00am for a 60 minute walk with some slopes, all hard surfaces. All facilities available.
Grade 2 Led by Allan Hayman

Thursday 19th January Boxford
Post code: CO10 5DX
Meet at 12.00pm outside the White Hart pub, Boxford.
Babergh District Council organise a walk each week.
Grade: 3 - 50 mins. Led by Babergh District Council employees or volunteers leaders.

Thursday 19th January Langer Park
Post code: IP11 2AE
Meet at 10.30 outside the Leisure Centre. A walk through Langer Park returning via the promenade.
Distance 2 miles
Grade: 2 Led by Felixstowe Walk Leaders

Thursday 19th January Foxhall Woods
Post code: IP4 5QQ
Meet at 11.00am at Rushmere Golf Club House, Camberley Road, Ipswich.
Ipswich Bus No 5, alight at Heath Lane stop on Heath Road (stop before the hospital). Cross Heath Rd, turn right into Brisbane Rd via Adelaide Rd, turn left into Tasmania Rd, when road turns sharp left take path through woods to Club House. (8 minutes).
Ipswich Bus No 11, alight at Heath Road/ Woodbridge Road stop at top of Heath Road. Walk along Woodbridge Road to Glenavon Rd. Up Glenavon Rd and turn left and left again into Camberley Rd. Turn right to Club House. (8 minutes).
First Bus No 66 and other First buses which head for Woodbridge and beyond. Alight at Playford Rd. Cross Woodbridge Rd and follow path at end of housing to Club House. Coming from Woodbridge into Ipswich alight at Glenavon Rd and proceed as detailed above. (5 minutes).
The Park and Ride bus stops at the Woodbridge Road entrance to the hospital. Walk over Heath Rd and along to Glenavon Rd.(15 minutes).
Parking, toilets and refreshments available at Club House.
Please do not wear muddy boots in the Club House.
A meander through Foxhall Woods and Rushmere Heath Skirting Foxhall Stadium.
3 miles / 90 minutes
Grade 3-4 Led by John Adams

Thursday 19th January Stanningfield
Post code: IP29 4RR
Meet at 1.30pm at Stanningfield village hall.
A walk to 'The Moat' at Stanningfield. A gentle walk of approximately three quarters of an hour, on level ground although paths can be slippery and muddy if it is wet
Grade: 2 Led by Rosemary Currell

Thursday 19th January Ashley/Cheveley
Post Code: CB8 9DR
Meet at 11.00am in the Crown car park.
A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy/slippery in places. Roads to cross. Toilets and refreshments at the finish point. Parking in Ashley Crown car park.
Approx: 4.2 miles
Grade: 3 Led by Forest Heath Walk Leaders

Friday 20th January Wilford Bridge
Post code: IP12 2PA
Meet at 11.00am outside the Lakes car park.
Take the A1152 from the A12 through the traffic lights and past Melton station. Travel past the Wilford Bridge Pub and park outside the Lakes car park and parallel to the Bridge. If eating at the pub –park there.
A walk through the Deben valley north of the bridge.
Refreshments and toilets at the pub after the walk.
Grade 3, may be slippery if wet. Led by Isabel Smith and Fiona Foreman

Friday 20th January Wherstead circular

Post code: IP2 8ND (Oyster Reach Nearby)

Meet at 10.30 at bottom of Bourne Hill.

Buses from Ipswich town centre to Bourne Bridge or plenty of roadside car parking on Bourne Hill (now a cul de sac). Easy walking mainly on good surfaces along quiet roads through Wherstead village and with fine views down the River Orwell as we walk down to The Strand and back along the river wall. Toilets and refreshments at the end of the walk at the Oyster Reach.

Grade 3 3 miles 1 ¼ hours Led by Daphne Turner and Hugh Thompson

Friday 20th January Forest Lodge site, West Stow

Post code: IP28 6HA

Meet at 11.00am for a prompt start. Head north through West stow village and turn right along the forest track after the last house on the right. Use the car park at the end. A 70 minute flat walk through mixed woodland (some shelter if it snows). Nearest toilets, and maybe refreshments at West stow Country Park 2 miles down the road.

Grade: 3 Led by Roger Medley

Monday 23rd January Christchurch Park, Ipswich

Post code: IP4 2BG

Meet at 11am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.

Grade – 3 Led by ActivLives (formally Town & Bridge Project)

Monday 23rd January Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage.

A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position.

Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 24th January Burwell

Post code: CB25 0HD

Meet at 11.00am outside Church opposite 5 Bells Pub.

A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or wet conditions. Roads to cross. Refreshments and toilets at the finish point. Parking in road outside the church.

Approx: 2 miles

Grade: 2 Led by Forest Heath Walk Leaders

Tuesday 24th January Nowton Park, Bury St. Edmunds

Post code: IP33 2BT Map ref: 864622

Meet at 10.15am for a 10.30am start at Nowton Park car park. Off Nowton Road on the outskirts of Bury St. Edmunds, south of the town, signposted from the A14 BSE east junction No.44. Buses from town centre to Mayfield Road/South Lee School. A walk around Nowton Park and surrounding farmland, route and length of walk depends on weather and walkers. Free parking and toilets. Bring your own refreshments for the end of the walk. 60 – 90 mins.

Grade: 3 Led by Christine Lock and Pat Field

Wednesday 25th January Martlesham and Waldringfield Heaths

Post Code IP5 3RU

Meet 10.30 at rear of Martlesham Community centre (next to Tescos)

Parking in Martlesham picnic area opposite the community centre or Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses. A stroll across the heath towards Waldringfield and back around BT. Toilets/refreshments available at Tesco before and after. NOT wheelchair/buggy friendly.

Grade 4 3miles/2hours Led by Lyn Parker and Isabel Smith

Thursday 26th January Sudbury Meadows
Post code: CO10 2AN
Meet at 12.00pm outside the Quay Theatre, Quay Lane.
Babergh District Council organise a walk each week.
Grade: 2 - 50 mins. Led by Babergh District Council employees or volunteers leaders.

Thursday 26th January Stoke-by-Clare NEW WALK.
Post code: CO10 8HP
Meet at 11.00am at Lion pub. For out of village pick up contact Joan on 07779029069
A green lane walk and field footpaths, also following a small part of the 70 mile Stour Valley Trail.
Grade: 3 60/75 min Led by Haverhill Health Walking Group David and Anthea P.

Thursday 26th January Leiston NEW WALK
Post Code IP16 4ER Map Ref: TM444627
Meet at 11am in Old Post Office Square outside the Library. We will walk to Leiston Abbey, mainly over tracks and footpaths, with panoramic views and a chance to absorb the atmosphere of this ancient place. Depending on the weather the route may be varied and it could be muddy under foot. Parking, toilets and refreshments are available in the town and the bus stops at the meeting point. About 2¼ miles/1½ hours
Grade 3 Led by Jennie Pink and Fiona Foreman

Friday 27th January Felixstowe Ferry
Post code: IP1 9RY
Meet at 10.30 outside St Nicholas church. A Winter walk along the Deben Estuary to the Dip.
Distance 2 ½ miles
Grade: 2 Led by Felixstowe Walk Leaders

Friday 27th January Framfield Health Centre, Woodbridge Pub Crawl Walk
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.
Grade: 2 – 3. Led by Isabel Smith, Gail Hayward & Jackie Wright

Monday 30th January Wickham Market
Post code: IP13 0XQ
Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.
Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Monday 30th January Newmarket
Post code: CB8 0PU
Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage.
A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position.
Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 – 2 Led by Forest Heath Walk Leaders

Wednesday 1st February Thornham Parva
Post Code IP23 8HH
Meet at 10.45am for 11.00am starting in the field centre car park for Thornham walks.(signposted from the A140 at Stoke Ash crossroads)
Circular walk around woods and lanes.Refreshments/toilets at tea shop at the end of the walk.
Grade 3 3.5miles 1.5hrs Led by Jim Harrison and David Green.

Wednesday 1st February Newmarket Devils Dyke

Post code: CB8 0TQ

Meet at 11.00am at A1304 Barbara Stradbroke Avenue. Turn in at the National Stud exit on the roundabout and parking at the end of road at the Devils Dyke. Level 2: Flat walk along the flat beside the dyke and July racecourse. Slightly uneven in places.

Level 3/4 For the more adventurous moderate/steep gradients walking along the top of the Devils Dyke. Can be muddy and slippery in places. Refreshments and toilets on this walk at the end on the National Stud.

Parking is free. Approx: 3 miles

Grade: 2 and 3 – 4 Led by Forest Heath Walk Leaders

Thursday 2nd February

Long Melford

Post code: CO10 9JQ

Meet at 12.00 at the Swan, Long Melford.

Babergh District Council organise a walk each week.

Grade: 2/3. 50 mins. Led by Babergh District Council employees or volunteers leaders.

Saturday 4th February

Woodbridge – Kyson

Post code: IP12 4FD

Meet at 11.00am at the Framfield Health centre (Ipswich Road) car park, Woodbridge.

Walk along river wall towards Kyson point, returning across Broom heath. Toilets available at Notcutts cafe.

Refreshments available at the cafe or Cherry Tree pub opposite, afterwards. Bus stop opposite Notcutts main entrance. Dogs welcome. 4km (2.5mi) along hardened or surfaced paths. Nigel will have his mobile switched on from about 1 hour before the meeting time if you have any last minute problems finding the meeting place 07795 952703. Grade: 3 (approx. 1hr) Led by Nigel Meadows and Fiona Foreman

Saturday 4th February

Shotley Church

Post code: IP9 1ER

Meet at 11.00am at Shotley Church for a walk taking in the lovely views over the Orwell to Levington.

Approx. 1 hour

Grade: 3 Led by Allison Price

Monday 6th February

Stowupland Circular walk

Post code: IP14 4BQ

Meet at Stowupland Village Hall 11.15am (by bus from Ipswich 87 bus from Cattle Market). This walk is on village footways, road, tracks and field edge. The walking is easy but there are 2 stiles. There is parking at the Village Hall. There are 2 pubs close by for refreshments and toilets at end of walk.

Grade 5 3 ½ miles 1 ½ hours Led by Rae Corrigan and Daphne Turner

Monday 6th February

Old Felixstowe

Post code: IP11 9JF

Meet at 10.30 at Brackenbury Sports Centre. A walk around Old Felixstowe. Distance 2 miles

Grade: 1 Led by Felixstowe Walk Leaders

Monday 6th February

Christchurch Park, Ipswich

Post code: IP4 2BG

Meet at 11am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.

Grade – 3 Led by ActivLives (formally Town & Bridge Project)

Monday 6th February

Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage.

A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position.

Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 – 2 Led by Forest Heath Walk Leaders

- Tuesday 7th February Long Melford Kentwell Walk – New Longer Walk
 Post code: CO10 9DH
 Meet at 10.30am at Cherry Lane Garden Centre.
 Babergh District Council organise a walk each week.
 Grade: 2-3. 3 hours. Led by Babergh District Council employees or volunteers leaders.
- Tuesday 7th February Rendlesham Children's Centre, Buggies/Families WALK
 Post code: IP12 2GF
 Meet at 9.15am at the Centre. Parking on the road near the Centre. Toilets and refreshments available.
 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.
- Tuesday 7th February Charsfield
 Post code: IP13 7PY
 Meet at 10.30am in the Village Hall car park (near the Three Horseshoes pub).
 From the B1078 follow the signs for the pub. Free parking. Toilets/refreshments in the pub after the walk.
 NO Dogs. NOT wheelchair/buggy friendly.
 A Walk through peaceful orchards and the beautiful valley. May be muddy in parts.
 Grade: 2-3 Led by John Aldam and Ruth Osborne
- Tuesday 7th February Gt. Welnetham
 Post code: IP30 0TX
 Meet at 1.30pm at the Whelnetham Community Centre. We plan to walk from there, past Great Whelnetham Hall to the Sudbury Road and on to the old railway line, and then back through the village to the Community Centre. The railway line can be muddy and slippery, and the walk includes some moderate inclines. It is expected to take approximately an hour and a quarter.
 Grade 3 Led by Rosemary Currell
- Tuesday 7th February Kesgrave Tesco to Longstrops
 Post Code IP5 2FU
 Meet 10.30 at Kesgrave Tesco Ropes Drive Parking in Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses. A stroll through pine woods to longstrops footpath and back through Grange Farm past the monument to the computer age. Toilets and refreshments available at Tesco or the Cafe 66 in the Scout HQ before and after. BUGGY friendly.
 Grade 3 3miles/2hours Led by Lyn Parker and Isabel Smith
- Tuesday 7th February Bury Garden Centre, Bury St. Edmunds
 Post code: IP33 2RN Map ref: 864633
 Meet at 10.15am for a 10.30am start at the Bury Garden Centre, Rougham Road, Bury St. Edmunds. From the A14 take the Bury St. Edmunds east, junction 44, exit towards the town centre, the garden centre is on your left. Walk alongside the River Lark, through Abbey Gardens and onto water meadows. Town and footpath walk. Free parking, public transport route, toilets/refreshments available. 60 – 75 mins.
 Grade: 2 Led by Christine Lock and Pat Field.
- Wednesday 8th February Aldeburgh
 Post code: IP15 5DE
 Meet at 11.00am at the Fort Green car park and bus terminus. Buses arrive at 10.50am (64 from Wickham Market, Saxmundham & Leiston) and 10.56am (165 from Ipswich, Woodbridge & Snape). Toilets here.
 See www.travelineeastanglia.org.uk for up-to-date times, and return times. Level walk along the promenade to the Shell, a "Stepping Out in Suffolk" measured mile, plus half mile back to the café. Wheelchair friendly.
 Grade: 1 Led by Joy and Miles Biggs
- Wednesday 8th February Palmers Lane, Walberswick
 Post code: IP18 6UA/ Map ref: TM490754
 Meet at 10.00am in the lower car park on Palmers Lane. Join the Natural England Reserve Manager for a walk around Tinker's Marshes. This is the perfect time of year for one of our regular walks. With large numbers of over wintering birds, this walk will offer fantastic views of the marshes. Binoculars really are a must! I will bring as many extra pairs as possible. Wellies maybe a good idea! 5.5km walk.
 Grade: 4 Led by Will Russell
- Thursday 9th February Lavenham
 Post code: CO10 9SA
 Meet at 12.00pm outside the Cock pub, Lavenham
 Babergh District Council organise a walk each week.
 Grade: 1 – 50 mins. Led by Babergh District Council employees or volunteers leaders.

Thursday 9th February Haverhill Newt Pond

Post code: CB9 7YL

Meet at 11.00am at Sainsburys by the Cashpoint. For pick up contact Joan on 07779029069

Buggy friendly walk up estate paths to the site of Haverhill castle and the Rugby club.

Grade: 2 45 minutes Led by Haverhill Health Walking Group Ian and Jan

Thursday 9th February Thorpeness

Post Code IP16 4NZ

Map ref:TM596472

Meet at 2pm outside the Meare Shop Café, by the duck pond, for a short walk of about 30/40 minutes around the picturesque village of Thorpeness. There is usually plenty of free road parking and toilets and refreshments are available.

Grade 2

Led by Chris Pack and Olive Gentle

Thursday 9th February

Mildenhall River Lark and Barton Mills

Post code: IP28 7HG

Meet at 11.00am next to the signpost of the River Lark map. Next to the car park.

A combination of pavements, tracks and grassy surfaces. Some uneven. A bridge to cross and steps at the beginning and end of the walk. Roads to cross. Can be muddy and slippery in places.

Toilets at start/finish point. Parking is free in the recreation way car park. Approx: 2.3 miles

Grade: 3

Led by Forest Heath Walk Leaders

Friday 10th February

Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.

Grade: 2 – 3.

Led by Steven Lock, Gail Hayward & Jackie Wright

Saturday 11th February

Melton

Post code: IP12 2PA

Meet at 2.00pm at the Melton Riverside Amenity Site. Take the A1152 from the a12 through the traffic lights, past the station. SLOW UP and turn right into the amenity site. A walk in the Deben valley south of the Wilford Bridge.

Refreshments and toilets at the pub after the walk.

Grade: 2 on hard surfaces.

Led by Isabel Smith and Richard Hanslip

Monday 13th February

Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups)

Led by Woodbridge Walk Leaders

Monday 13th February Eye

Post Code IP23 7AQ

Meet at the Community centre car park at 10.45am for 11.00am start. Simmons bus leaves Ipswich OCM at 9.36am. Circular walk around Eye. Can be muddy. Refreshments /toilets at end of walk.

Grade 3

3miles

1.25hrs.

Led by David Green and Jim Harrison.

Monday 13th February

Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 – 2

Led by Forest Heath Walk Leaders

Tuesday 14th February

Morrisons, Felixstowe

Post code: IP11 2

Meet at 10.30 outside Morrison's Supermarket. A walk across the new bridge crossing the A14

Distance 2 ½ miles

Grade: 3 Led by Felixstowe Walk Leaders

Tuesday 14th February

Moulton/Gazeley

Post code: CB8 8SP

Meet at 11.00am at Moulton Village Hall, Bridge Street. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross, with hills up and down. Beautiful scenery. Parking available at the village hall car park. Refreshments and toilets at the finish point. Parking is free. Approx: 4.2 miles

Grade: 5 Led by Forest Heath Walk Leaders

Wednesday 15th February

Claydon

Post code: IP6 0AJ

Map ref: 132493

Meet at 10.30am at the road side parking on the Old Norwich road (near the 30mh sign). By car approach from Claydon, signed to Hillview business Park. The Bus stop is just past the sign, Bus 87 & 88. Views of the Gipping Valley. Refreshments at Suffolk Carers Café near the end of the walk. 3.5 miles

Grade: 5 Led by Cynthia Glinos & Helen Howe

Wednesday 15th February

Leiston

Post Code IP16 4LS

Map ref: TM452620

Meet at 2.30pm at Leiston Leisure Centre, Red House Lane.

A walk along tracks and footpaths on Leiston Common. Can be muddy in places after rain. Free parking. Public transport, refreshments and toilets available. About 2.5 miles/ 1.5 hours.

Grade 2 Led by Marion Walker and Judy Chesterfield

Wednesday 15th February

Bradfield Woods

Post code: IP30 0AQ

Meet at 10.45am in the car park on the right of the Felsham to Bury Road. A 70 minute woodland and field walk. Uneven and possibly muddy paths, level. There are no facilities although a centre is being built.

Grade 3 Led by Allan Hayman

Thursday 16th February

Boxford

Post code: CO10 5DX

Meet at 12.00pm outside the White Hart pub, Boxford.

Babergh District Council organise a walk each week.

Grade: 2. 50 mins Led by Babergh District Council employees or volunteers leaders.

Thursday 16th February

Rushmere Common

Post code: IP4 5QQ

Meet at 11.00am at Rushmere Golf Club House, Camberley Road, Ipswich.

Directions as per Foxhall Walk Thursday 19th January.

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

Grade 3 Led by John Adams

Monday 20th February

Christchurch Park, Ipswich

Post code: IP4 2BG

Meet at 11am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.

Grade – 3 Led by ActivLives (formally Town & Bridge Project)

Monday 20th February

Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 21st February

KARIBOUR Walk - Rushmere Heath

Post code: IP4 5RE.

Meet at 9.45am in the car park at Broadlands Shopping Centre. Travel along Foxhall Road, Ipswich and turn left into Broadland Way, travel about 1.5 miles to the top of the hill to the shopping centre. It is overshadowed by Rushmere Water Tower. A brisk walk on Rushmere Heath.

Grade: 2

Led by Isabel Smith

Tuesday 21st February

Snape Maltings and Gromford

Post Code IP17 1SP

Map ref TM392575

Meet at 10.30am in the overflow car park at Snape Maltings which is right at the back through the buildings. Leaving the Maltings we walk through farmland and on to the tiny hamlet of Gromford, then over farmland and a narrow lane to the vicinity of Snape church and back via an old track which skirts the back of the village. Toilets and refreshments available. Free Parking. About 3 miles / 1.5 hours

Grade 3

Led by Maggie Jennings and Fiona Foreman

Tuesday 21st February

Castle Walks, Framlingham

Post code: IP13 9BH

Meet at 10.30am outside Castle Inn for a prompt 10.45am start.

A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths and uneven ground. Bus route 63, 118 & 119. Parking available at St Michael's Rooms (donation in honesty box), Castle car park or town centre car parks. Toilets and refreshments in the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Grade 2-3

Led by Castle Walks Group Walk Leaders

Wednesday 22nd February

Woodbridge

Post code: IP12 4AU

Meet at 10.30 outside Deben Pool. A Walk along the banks of the River Deben. Distance 2 ½ miles

Grade: 2

Led by Felixstowe Walk Leaders

Wednesday 22nd February

Newmarket Town and around

Post code: CB8 0EA

Meet at 11.00am in the Leisure Centre Reception.

Gentle gradient slightly uneven in places. Can be slippery in wet condition. Roads to cross. Toilets at the start and finish point. Refreshments at the finish point. Parking is free in Leisure Centre. Approx: 2.1 miles

Grade: 2

Led by Forest Heath Walk Leaders

Thursday 23rd February

Sudbury Alleys, Byways & Highways

Post code: CO10 2AN

Meet at 12.00pm outside the Quay Theatre, Quay Lane.

Babergh District Council organise a walk each week.

Grade: 3 – 50 mins.

Led by Babergh District Council employees or volunteers leaders.

Thursday 23rd February

Haverhill Golf Course

Post code: CB9 7UR

Meet at 11.00am at East Town Country Park. For pick up contact Joan on 07779029069

A pleasant country walk, yet close to town, by the Stour Brook and past manicured greens.

Refreshments and toilets courtesy of the East Town Country Park rangers.

Grade: 3

1 hour

Led by Haverhill Health Walking Group Bob and Mavis

Thursday 23rd February

Thorpeness

Post Code IP16 4NZ

Map ref:TM596472

Meet at 2pm outside the Meare Shop Café, by the duck pond, for a short walk of about 30/40 minutes around the picturesque village of Thorpeness. There is usually plenty of free road parking and toilets and refreshments are available.

Grade 2

Led by Chris Pack and Olive Gentle

Thursday 23rd February

Lackford Lakes

Post code: IP28 6HX

Meet in the car park for an 11.00am start. To be found on the Bury St Edmunds to Mildenhall Road just after passing Flempton. This is the shortest and flattest walk in my programme. The whole circuit will take between 45 and 60 minutes depending on the number of hides we visit (probably one). Partly wheelchair and buggy friendly. Toilets and some refreshments available. NO Dogs. £1 donation for parking.

Grade: 2

Led by Roger Medley

Friday 24th February Nacton Shore

Post code: IP10 0ER (Nearby)

Meet at the car park at 10.45.

From Ipswich Road in Nacton, turn down Church Road which leads into Shore Lane, and a car park. This is part of the Stour and Orwell Walk and we walk through a variety of landscapes, along the river, with good views across the Orwell and through Levington village, woods and meadows which are very wet after rain. No stiles or steep slopes. No toilets. Refreshments at the Ship Inn after the walk.

Grade 3 3 miles 1 ½ hours Led by Daphne Turner and Rae Corrigan

Friday 24th February Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.

Grade: 2 – 3. Led by Steven Lock, Gail Hayward & Isabel Smith

Friday 24th February Lavenham

Post code: CO10 9QT

Meet at 10.15am for a 10.30am start in the large free car park opposite the church. A walk exploring historic Lavenham and the railway walk. Public transport route, toilets/refreshments available. 75 – 90 mins.

Grade: 3 – 4 Led by Christine Lock and Pat Field

Monday 27th February Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Monday 27th February Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage.

A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position.

Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 – 2 Led by Forest Heath Walk Leaders

Wednesday 29th February Sizewell

Post Code IP16 4UH Map Ref: TM473617

Meet at 10.30am in the car park near Dower House, Sizewell Hall. ½ mile north of Leiston turn right into Lover's Lane, signed Sizewell Beach. Nearly at the end take the right hand track, signed Sizewell Hall. The car park is just after the Hall on the left by the footpath sign. This is a circular walk along the cliff path and back via footpaths, with spectacular views over the sea. There are no toilets en route but they are available at the Sizewell cafe afterwards. About 2½ miles/ 1½ hours

Grade 2 Led by John Gadsby and Judy Chesterfield

Wednesday 29th February Martlesham Heath and Brightwell church

Post Code IP5 3RU

Meet 10.30 at rear of Martlesham Community centre (next to Tesco)

Parking in Martlesham picnic area opposite the community centre or Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses. A stroll behind BT towards Brightwell Church which we may get to depending on the weather conditions. Toilets/refreshments available at Tesco before and after.

NOT wheelchair/buggy friendly.

Grade 4 3.5miles/2hours Led by Lyn Parker and Isabel Smith

Tuesday 6th March Dalham

Post code: CB8 8TG

Meet at 11.00am outside the Affleck Arms. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Parking available at the pub car park. Refreshments and toilets at the finish point. Approx: 2 miles

Grade: 2 Led by Forest Heath Walk Leaders

Tuesday 6th March Nowton Park, Bury St. Edmunds

Post code: IP33 2BT Map ref: 864622

Meet at 10.15am for a 10.30am start at Nowton Park car park. Off Nowton Road on the outskirts of Bury St. Edmunds, south of the town, signposted from the A14 BSE east junction No.44. Buses from town centre to Mayfield Road/South Lee School. A walk around Nowton Park and surrounding farmland, route and length of walk depends on weather and walkers. Free parking and toilets. Bring your own refreshments for the end of the walk. 60 – 90 mins. Grade: 3 Led by Christine Lock and Pat Field

Wednesday 7th March Thornham walks

Post code IP23 8HH

Meet at 10.45am for 11.00am start in the car park for Thornham walks(signposted from the A140 at Stoke Ash crossroads)

Tea shop/toilets at end of walk.

Grade 3 3miles 1.25hrs. Led by David Green and Jim Harrison.

Thursday 8th March Hadleigh Railway

Post code: IP7 5AG

Meet at 12.00pm outside the library in the high street.

Babergh District Council organise a walk each week.

Grade: 3 – 45 mins. Led by Babergh District Council employees or volunteers leaders.

Thursday 8th March Haverhill Railway Walk

Post code: CB9 0ER

Meet at 11.00am at Leisure Centre. We follow the course of the disused railways crossing the Sturmer Arches viaduct and then back towards the town coal yards (now a new estate!). Also past the old Rovers football ground soon to become another housing estate.

Grade: 3 45 minutes Led by Haverhill Health Walking Group David P. and Robin

Thursday 8th March Thorpeness

Post Code IP16 4NZ Map ref:TM596472

Meet at 2pm outside the Meare Shop Café, by the duck pond, for a short walk of about 30/40 minutes around the picturesque village of Thorpeness. There is usually plenty of free road parking and toilets and refreshments are available. Grade 2 Led by Chris Pack and Olive Gentle

Friday 9th March Trimley St Martin

Post code: IP11 0RJ

Meet at 11.00 at Trimley Memorial Hall. A walk through field and meadows. Distance 2 ½ miles

Grade: 3 Led by Felixstowe Walk Leaders

Friday 9th March Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.

Grade: 2 – 3. Led by Steven Lock, Gail Hayward & Jackie Wright

Monday 12th March Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Thursday 15th March Hadleigh Riverside
Post code: IP7 5AG
Meet at 12.00pm outside the library in the high street. Babergh District Council organise a walk each week.
Grade: 2-3. 50 Mins. Led by Babergh District Council employees or volunteers leaders.

Friday 16th March (southeast of Newmarket)
Post code: CB8 9PB
Meet at 11.00am for a prompt start in the village hall car park. A walk around Lucy Wood and the grounds of Kirtling Towers. No stiles, reasonable level. Free parking but may require a donation for opening toilets.
75 minutes. Grade:4 Led by Roger Medley

Sunday 18th March Dallinghoo
Post code: IP12 0LA
Meet at 2.00pm in the Village Hall car park, next to the church.
Take the B1078 from Wickham Market towards Charsfield. Take a left to Dallinghoo by the old garage. Travel 2 miles up the hill into the center of the village. The car park is on the left. A walk with a view around two established woods. Refreshments and toilets only available at pubs/cafes in Wickham Market.
Grade: 2 Led by Isabel Smith, Richard Hanslip & Fiona Foreman

Monday 19th March Friston Church
Post code: IP17 1PX
Meet at 11.00am at Friston Church.
A walk through the countryside past Moors farms and Workhouse Lane.
Toilets and refreshments available at the pub after the walk. Park in Church Road.
Grade: 3 Led by Isabel Smith and Richard Hanslip

Monday 19th March Circular walk from Stowmarket Station
Post code: IP14 1RQ
Meet at Stowmarket Station 10.45am. Parking close by costs £2 pounds for whole day. This walk takes us through Stowmarket itself towards Combs Ford on town paths and roadside paths finishing with a stretch along the Gipping River which can be muddy. Fairly easy walking but with 2 stiles.
Grade 5 3 ½ miles 1 ½ hours Led by Rae Corrigan and Daphne Turner

Monday 19th March Waldringfield
Post code: IP12 4QL
Meet at 11.00 in the car park behind the Maybush PH. Walk along the river Deben and explore the hinterland behind Waldringfield. Distance 2 ½ miles
Grade: 2 Led by Felixstowe Walk Leaders

Monday 19th March Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.
Grade – 3 Led by ActivLives (formally Town & Bridge Project)

Monday 19th March Henley
Meet at 11.15am in the car park at the Henley Cross Keys pub. This can be found from Ipswich on the right hand side of the next crossroads after passing through the village at the five crossways junction on the Henley road. Galloway bus 116 leaves Ipswich OCM AT 10.56 am.
Circular walk can be muddy. Refreshments can be purchased from pub at end of walk.
Grade 3 3.25miles 1.5hrs Led by Jim Harrison and David Green.

Monday 19th March Newmarket
Post code: CB8 0PU
Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 20th March Castle Walks, Framlingham

Post code: IP13 9BH

Meet at 10.30am outside Castle Inn for a prompt 10.45am start.

A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths and uneven ground. Bus route 63, 118 & 119. Parking available at St Michael's Rooms (donation in honesty box), Castle car park or town centre car parks. Toilets and refreshments in the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Grade 2-3

Led by Castle Walks Group Walk Leaders

Wednesday 21st March

Leiston

Post Code IP16 4LS

Map ref:TM452620

Meet at 2.30pm at Leiston Leisure Centre, Red House Lane.

A walk along tracks and footpaths on Leiston Common. Can be muddy in places after rain. Free parking. Public transport, refreshments and toilets available. About 2.5 miles/ 1.5 hours.

Grade 2

Led by Marion Walker and Jennie Pink

Wednesday 21st March

Brandon Country Park

Post code: IP27 0SU

Meet at 10.30am in the car park (charges apply) signed on edge of Brandon on the Brandon to Bury Road. A 90 minute walk on forest and heathland paths with some slopes. Refreshments and toilets on site.

Grade 4

Led by Allan Hayman

Thursday 22nd March

Boxford

Post code: CO10 5DX

Meet at 12.00pm outside the White Hart pub, Boxford.

Babergh District Council organise a walk each week. Walk last 50 mins.

Grade: 2 – 50 mins.

Led by Babergh District Council employees or volunteers leaders.

Thursday 22nd March

Horseheath - NEW WALK

Post code: CB21 4QF

Meet at 11.00am at Old Red Lion Pub. For out of village pick ups contact Joan on 07779029069

Toilets & refreshments available at pub. This walk crosses meadows and the Roman road to Streetly End with pretty thatched cottages and an old Mill. Some lane walking and two gradual hills. No stiles

Grade: 3 1 hour 15minutes Led by Haverhill Health Walking Group David and Joan B.

Thursday 22nd March

Dunwich Heath

Post Code IP 17 3DJ

Map ref TM476685

Meet at 10am in the National Trust Car Park, Dunwich Heath. It is signposted from the A12. From the Westleton/ Dunwich road, turn right into Minsmere Road, a mile before Dunwich village, then it is 1 mile to Dunwich Heath. **Car parking is free with a numbered Health Walk pass which you should collect from and return to the walk leader at the end of the walk.**

This is a delightful walk through heath land and tracks winding through silver birches and small pine trees.

Breathtaking views of the coastline from cliffs overlooking Minsmere Haven. Refreshments /toilets available at the tea room. 2 ½ miles, about 1 ½ hours.

Grade 3 -4,

Led by Jennie Pink and John Gadsby

Thursday 22nd March

Burwell

Post code: CB25 0HD

Meet at 11.00am outside Church opposite 5 Bells Pub.

A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or wet conditions. Roads to cross. Refreshments and toilets at the finish point. Parking in road outside the church.

Approx: 2 miles

Grade: 2

Led by Forest Heath Walk Leaders

Friday 23rd March

Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.

Grade: 2 – 3.

Led by Isabel Smith, Gail Hayward & Jackie Wright

Tuesday 3rd April Saxmundham
Post Code: IP17 1AT Map ref :TM384638
Meet at 10.30am outside the tennis courts at Carlton Park Sports Ground. Travel north from the centre of the town on the B1121 towards Kelsale. Soon after leaving the town the Sports Ground is signed on the left, shortly before the industrial estate. A pleasant circular walk, mostly through open arable farmland and alongside woodland, skirting the villages of Kelsale and Carlton and passing their picturesque churches. May be muddy in wet weather. We will provide refreshments at the Tennis Club for a charity donation of £1 and toilets are available. About 2½ miles / 1½ Hours
Grade 3- 4 Led by Fiona Foreman and Jennie Pink

Wednesday 4th April Thornham Parva
Post Code IP23 8HH
Meet at 10.45am for 11.00am start in the field centre car park for Thornham walks.(signposted from A140 at Stoke Ash crossroads)
Circular walk around woods and lanes. Refreshments/toilets at tea shop at the end of the walk.
Grade 3 3.5miles 1.5hrs. Led by Jim Harrison and David Green.

Wednesday 4th April Bury St Edmunds
Post code: IP33 1LS
Meet at the Abbey Gateway at 10.30am for a 90 minute walk with east of the town. This includes a long slope but is all hard surfaced. All facilities in the town.
Grade 3 Led by Allan Hayman

Wednesday 4th April Mildenhall River Lark and Barton Mills
Post code: IP28 7HG
Meet at 11.00am next to the signpost of the River Lark map. Next to the car park.
A combination of pavements, tracks and grassy surfaces. Some uneven. A bridge to cross and steps at the beginning and end of the walk. Roads to cross. Can be muddy and slippery in places. Toilets at the start/finish point.
Parking is free in the recreation way car park. Approx: 2.3 miles
Grade: 3 Led by Forest Heath Walk Leaders

Thursday 5th April Long Melford
Post code: CO10 9JQ
Meet at 12.00 at the Swan, Long Melford.
Babergh District Council organise a walk each week. Walk last 50 mins.
Grade: 4-5. 50 mins. Led by Babergh District Council employees or volunteers leaders.

Thursday 5th April Haverhill Cemetery
Post code: CB9 0EL
Meet at 11.00am at Tesco's entrance. This is a buggy friendly in town walk past many of the older buildings and up through the cemetery.
Grade 2 1 hour Led by Haverhill Health Walking Group Sheila and David P.

Good Friday 6th April East Bergholt
Post code: CO7 6TB
Meet at 10.30am at the public car park behind the Red Lion Pub. I fear there will be no buses today. This walk takes us along meadows and riverside paths through the pastoral landscape of the Stour Valley to Flatford Mill at the heart of Constable country. We will pass lots of places which are associated with John Constable. 9 stiles. Toilets at the car park and at Flatford visitor centre. Refreshments either at the visitor centre or at the Red Lion at the end of the walk.
Grade 5 3 ¾ miles 1 ¾ hours Led by Daphne Turner and Hugh Thompson

Friday 6th April Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.
Grade: 2 – 3. Led by Woodbridge Walk Leaders

Saturday 7th April Pin Mill, Butt & Oyster
Post code: IP9 1JW
Meet at 11.00am at the Butt & Oyster pub for a one hour walk.
Grade: 3 Led by Allison Price

Monday 9th April Newmarket
Post code: CB8 0PU
Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 10th April Rendlesham Children's Centre, Buggies/Families WALK
Post code: IP12 2GF
Meet at 9.15am at the Centre. Parking on the road near the Centre. Toilets and refreshments available. 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.

Tuesday 10th April Kettleburgh
Post code: IP13 7JT Map ref: 264601
Meet at 6.30pm in the car park of the Kettleburgh Chequers Inn, on the main road through the village from Easton. Refreshments (inc. bar snacks) are available at the pub after the walk. Dogs Welcome. Mostly firm paths but some steps and could be muddy in places. 4.5 km (2.8 miles). Nigel will have his mobile switched on from about 1 hour before the meeting time if you have any last minute problems finding the meeting place 07795 952703. Grade: 4 (approx. 75 mins) Led by Nigel Meadows

Wednesday 11th April Aldeburgh
Post code: IP15 5DE
Meet at 11.00am at the Fort Green car park and bus terminus. Buses arrive at 10.50am (64 from Wickham Market, Saxmundham & Leiston) and 10.56am (165 from Ipswich, Woodbridge & Snape). Toilets here. See www.travelineeastanglia.org.uk for up-to-date times, and return times. Riverside walk, Jubilee Walk, and back to the town for refreshments. 1 and a half miles, can be muddy by the river.
Grade: 2 Led by Joy and Miles Biggs

Wednesday 11th April Melton
Post code: IP12 2PA Map ref: 288503
Meet at 10.30am at the Melton picnic site. From Woodbridge, turn right just after the Melton Station level crossing. Bus 65 & 165. A walk over meadows to Ufford. Refreshments at the Wilford Bridge. 3.5 miles
Grade: 5 Led by Cynthia Glinos and Helen Howe

Wednesday 11th April Westwood Lodge car park, Walberswick
Post code: IP19 9NB TM467737
Meet at 10.00 in the car park. This is a great opportunity to walk in areas that are usually closed to the public. We will walk from the Lodge, down to the marshes and back across East Hill. This is great time of year to see and hear the Bitterns and displaying Marsh Harriers. Again, binoculars are a must! 4.5 km walk.
Grade: 4 Led by Will Russell

Thursday 12th April Lavenham Railway
Post code: CO10 9SA
Meet at 12.00pm outside the Cock pub, Lavenham
Babergh District Council organise a walk each week. Walk last 50 mins.
Grade: 1 – 50 mins. Led by Babergh District Council employees or volunteers leaders.

Thursday 12th April The Promenade, Felixstowe
Post code: IP11 7LU
Meet at 10.30am outside the Fludyers Hotel. A walk along the promenade. Distance 2 ½ miles
Grade: 1 Led by Felixstowe Walk Leaders

Thursday 12th April Moulton/Gazeley
Post code: CB8 8SP
Meet at 11.00am at Moulton Village Hall, Bridge Street.
A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross, with hills up and down. Beautiful scenery. Parking available at the village hall car park. Refreshments and toilets at the finish point.
Parking is free. Approx: 4.2 miles
Grade: 5 Led by Forest Heath Walk Leaders

Friday 13th April Silver Lace Green, Parham
Post code: IP13 9AD
Meet at 11.00am at the Silver Lace Green, Parham.
A walk around the famous Parham Airfield including a stroll through the Great Wood.
Park on the green. Refreshments available at the Marlesford Café or Teapots in Wickham.
Grade: 3 Led by Isabel Smith and Martyn Cook

Monday 16th April Valley Farm, Letheringham – LUNCH
Post code: IP13 0ND Followed by usual Wickham Walk
Meet at 11.00am at Valley farm for a walk and lunch after in the café. Leave Wickham on the B1078 and at the bottom of the first massive dip turn left for the Valley Farm Ride and Drive Centre. The centre is 200 yards on the left at the RH bend in the road. A walk through the picturesque Potsford Brook Valley over to the Deben river and back. 95% off road.
Grade: 3 may be slippery if wet. Led by Isabel Smith and Peter Stone.

Monday 16th April Wickham Market
Post code: IP13 0XQ
Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.
Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Monday 16th April Christchurch Park, Ipswich
Post code: IP4 2BG
Meet at 11am at the main gates at the Soane Street entrance, for a lovely walk around this fabulous park, you may even get a glimpse of Mabel the owl sitting in her tree. Come and join this growing group of walkers every other Monday, meet and make new friends, all age groups welcome, just turn up on the day. Toilets are available around the park.
Grade – 3 Led by ActivLives (formally Town & Bridge Project)

Monday 16th April Newmarket
Post code: CB8 0PU
Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive
Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 17th April Castle Walks, Framlingham
Post code: IP13 9BH
Meet at 10.30am outside Castle Inn for a prompt 10.45am start.
A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths and uneven ground. Bus route 63, 118 & 119. Parking available at St Michael's Rooms (donation in honesty box), Castle car park or town centre car parks. Toilets and refreshments in the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).
Grade 2-3 Led by Castle Walks Group Walk Leaders

Tuesday 17th April Stoke by Nayland – New Longer Walk
Post code: CO6 4QY
Meet at 10.30am at the Recreation Ground car park, School Street.
Grade:4-5. 3hours. Led by Babergh District Council employees or volunteers leaders.

Tuesday April 17th Westleton and Dunwich Forest
Post Code IP17 3AD Map ref TM459696
Meet at 10.30am in the Westleton Heath Nature Reserve Car Park. Take the right turn out of Westleton towards Dunwich & the car park is the 2nd one along the road on the left. A walk through a lovely part of the forest & returning via the original track into Dunwich which would have been busy with trade in the twelve hundreds! There is a short distance of board walk on a little known path & therefore not always maintained as well as the major footpaths. Refreshments/toilets available in Westleton. 3miles/ Approx 1½ hours
Grade 4 Led by Maggie Jennings and Olive Gentle

Tuesday 17th April Newmarket Town and around
Post code: CB8 0EA
Meet at 11.00am in the Leisure Centre Reception.
Gentle gradient slightly uneven in places. Can be slippery in wet condition. Roads to cross. Toilets at the start and finish point. Refreshments at the finish point. Parking is free in Leisure Centre. Approx: 2.1 miles
Grade: 2 Led by Forest Heath Walk Leaders

Thursday 19th April Holbecks Walk
Post code: IP7 5AG
Meet at 12.00pm outside the library in the high street.
Babergh District Council organise a walk each week. Walk last 40 mins.
Grade: 4. 50 mins. Led by Babergh District Council employees or volunteers leaders.

Thursday 19th April Birdbrook
Post code: CO9 4BJ
Meet at 11.00am at Plough Inn Pub. For out of village pick-ups contact Joan on 07779 029069
Not buggy friendly and Dogs should be kept on leads. Pleasant walk through Moyne's Park estate, round Stud farm, through meadows and woods to Finkle Green. No stiles.
Grade 3 1hour 15minutes Led by Haverhill Health Walking Group Jean and David B.

Thursday 19th April Thorpeness
Post Code IP16 4NZ Map ref:TM596472
Meet at 2pm outside the Meare Shop Café, by the duck pond, for a short walk of about 30/40 minutes around the picturesque village of Thorpeness. There is usually plenty of free road parking and toilets and refreshments are available.
Grade 2 Led by Chris Pack and Olive Gentle

Friday 20th April One way walk Stowmarket to Alder Carr Farm (Needham Market)
Post code: IP141RQ
Meet at Stowmarket Station at 10.45am and then wend our way along the River Gipping Paths through the Industrial Area of Stowmarket where the paths are narrow and can be a bit overgrown and muddy. After passing ICI the paths open up and the walking is a lot easier although there are a number of stiles to negotiate. Toilets at beginning and end, refreshments at the end at Alder Carr farm or a little further on in Needham Market itself. Weather permitting and after refreshments I will walk back to Stowmarket if anyone would like a longer walk. 4miles 1 ¾ hours
Grade 5 Led by Rae Corrigan and Daphne Turner

Friday 20th April Newbourne Springs
Post code: IP12 4NP
Meet at 11.00 in the reserve car park. A visit to the nature reserve. Distance 2 ½ miles
Grade: 3 Led by Felixstowe Walk Leaders

Friday 20th April Snape
Post code: IP17 1SA (nearest match) Map ref: 401584
Meet at 6.30pm in the open access car park at the bend in Priory Road. Approaching from Snape village, east along Priory Road. OR, south from the A1094, along Priory Road, turning off opposite the Friston Lodge. Car parking is limited, so please try to car share, or park at Snape Maltings and arrange to get a lift to the starting point. No facilities. Refreshments available in the Golden Key, Priory Road after the walk. Dogs Welcome. 5.8 km (3.6miles) Mostly sandy paths, but can be uneven and possibly muddy through reed beds. Nigel will have his mobile switched on from about 1 hour before the meeting time if you have any last minute problems. finding the meeting place 07795 952703
Grade: 4 (approx. 90 mins) Led by Nigel Meadows

Friday 20th April

Framfield Health Centre, Woodbridge

Post code: IP12 4FD

Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.

Grade: 2 – 3. Led by Isabel Smith, Gail Hayward & Steven Lock

Monday 23rd April 'St George's Day' Newmarket

Post code: CB8 0PU

Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.

Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive

Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 24th April

Tunstall Wood, Fire road 22

Post code: IP12 2T

Meet at 11.30am on Fire Road 22. Park by the side of the road. Take the A1152/B1069 to Tunstall and B1078 for Orford. Fireroad 22 is on the left about 6 miles after Tunstall Church. Alternatively take the B1084 to Chillesford, travel through the village and onto the B1078 (LH turning), the Fireroad 22 is then on the right about 500 yards from the junction. No toilets available, nearest refreshments at Snape Maltings or Orford Key or stores. A walk in Tunstall Forest to view the bomb holes, old and new plantations and open areas on a hill.

Grade: 2 Led by Isabel Smith and Fiona Foreman

Tuesday 24th April

Cockfield/Bull's Wood

Post code: IP30 0LS

Map ref: 904548

Meet at 10.15am for a 10.30am start in the Community Centre car park next to Cockfield School. Cockfield is south east of Bury St. Edmunds, off the A1141 Lavenham Road. The Community Centre is on a minor road signposted school and church. A walk with wide ranging views along farmland tracks, minor roads and through Bull's Wood Suffolk Wildlife Trust Reserve. Free parking, no refreshments/toilets. Approx. 90 mins.

Grade: 3 Led by Christine Lock and Pat Field

Wednesday 25th April

Leiston

Post Code IP16 4LS

Map ref: TM452620

Meet at 2.30pm at Leiston Leisure Centre, Red House Lane. A walk along tracks and footpaths on Leiston Common. Can be muddy in places after rain. Free parking. Public transport, refreshments and toilets available. About 2.5 miles/ 1.5 hours. Grade 2

Led by Marion Walker and Olive Gentle

Wednesday 25th April

Martlesham Heath and Fynn Valley

Post Code IP5 3RU

Meet 10.30 at rear of Martlesham Community centre (next to Tescos)

Parking in Martlesham picnic area opposite the community centre or Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich frequent buses. A stroll across the heath and down to the River Fynn a lovely stream. Toilets/refreshments available at Tesco before and after. NOT wheelchair/buggy friendly.

Grade 4 3miles/2hours Led by Lyn Parker and Isabel Smith

Wednesday 25th April

Mildenhall Woods

Post code: IP28 7HS

Meet at 11.00am at the Half Moon pub. Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments and toilets at the finish point. Parking in the pub car park.

Approx: 3 miles. Grade: 2 Led by Forest Heath Walk Leaders

Thursday 26th April

Arger Fen

Post code: CO10 5LJ

Meet at 11.00am in the lay-by (to be found on A134 Sudbury to Nayland Road). Arger Fen can be found by following A134 Sudbury to Nayland road and taking the turning south to Assington. Go through the village and take the second small turn on the left (signposted to Arger Fen). Follow this for some way across a ford and park in the lay-bys on the left at the hill top. A 90 minute circuit that goes through the nature reserve.

There should be bluebells and cherry blossom. No toilets. The route includes one significant hill but you are rewarded by wonderful views. Grade: 5 Led by Roger Medley

Thursday 26th April Sudbury Middleton
Post code: CO10 2AN
Meet at 12.00pm outside the Quay Theatre, Quay Lane. Babergh District Council organise a walk each week.
Grade: 4. 50 mins. Led by Babergh District Council employees or volunteers leaders

Monday 30th April Wickham Market
Post code: IP13 0XQ
Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.
Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Monday 30th April Shotley Peninsular
Post code: IP9 1QJ
Meet at 11.00 in the Marina car park. Walk around Shotley Peninsular and view Felixstowe docks and the River Orwell. Distance 2 ½ miles. Grade: 3 Led by Felixstowe Walk Leaders

Monday 30th April Newmarket
Post code: CB8 0PU
Meet at 11.00am at Houldsworth Valley/Scout hut area off Rowley drive.
Distance: As much or as little as you can manage. A weekly walk aimed at absolute beginners and very unfit people. It is round the Newmarket College Sports Field with the intention of people building up the amount of laps they can achieve. Walking on grass so can be wet and slippery due to leaves. Slight rise on one side of field and slight drop the other side. Please come and start to build confidence in getting fit with others in the same position. Parking: Houldsworth Valley/Scout hut area off Rowley drive.
Grade: 1 – 2 Led by Forest Heath Walk Leaders

Tuesday 1st May Captain's Wood Sudbourne
Post Code IP12 2AD Map Ref:TM420520
Meet at 2pm opposite Sudbourne Church. Travelling south from Snape Maltings take a fork left, signed Orford and continue to Sudbourne. Go right through the village to a 5 way crossroads and take the first left, signed Sudbourne Church. A lovely walk through this ancient wood at bluebell time. If we are lucky we will see splendid displays. We usually see fallow deer as this is home to a large herd and for this reason sorry NO Dogs are allowed. About 3 miles / 1½ hours
Grade 2 Led by Jennie Pink and Judy Chesterfield

Friday 4th May Framfield Health Centre, Woodbridge
Post code: IP12 4FD
Meet at 10.15am for a 10.30am start outside the Health centre, Ipswich road, Woodbridge. Please park at the top of the car park away from Notcutts entrance. A fortnightly walk with varied routes, mostly on hard surfaces. Toilets available at the health centre and at Notcutts café. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance. 45 – 60 mins.
Grade: 2 – 3. Led by Woodbridge Walk Leaders

Saturday 5th May Suffolk Food Hall, Wherstead
Post code: IP9 2AB
Meet at 11.00am for a one hour bluebell walk. Grade: 3 Led by Allison Price

Tuesday 8th May Rendlesham Children's Centre, Buggies/Families WALK
Post code: IP12 2GF
Meet at 9.15am at the Centre. Parking on the road near the Centre. Toilets and refreshments available. 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 14th May Wickham Market
Post code: IP13 0XQ
Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.
Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Monday 28th May Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Tuesday 5th June Rendlesham Children's Centre, Buggies/Families WALK

Post code: IP12 2GF

Meet at 9.15am at the Centre. Parking on the road near the Centre. Toilets and refreshments available. 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 11th June Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Monday 25th June Wickham Market

Post code: IP13 0XQ

Meet at 2.00pm on the hill for a 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. Parking & at the health Centre, High street. Toilets at the car park just off the hill. Refreshments at Teapots, High St.

Grade: 1 & 3 (split groups) Led by Woodbridge Walk Leaders

Pram Pusher Walks with Kate Lowe – for further information call Kate on 01473 826656

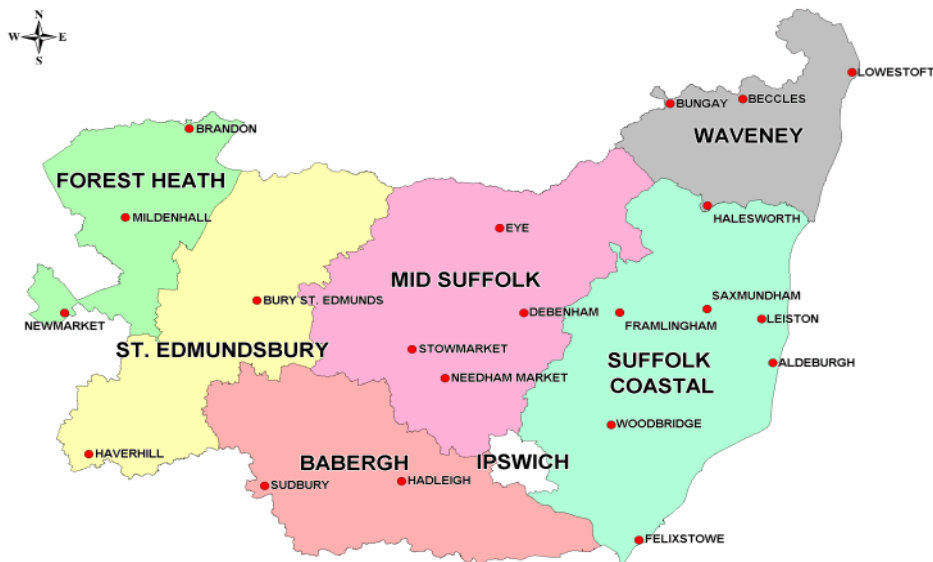
Walks designed for those with disabilities with Stephanie Lloyd – for more details call Stephanie on 01473 825834

INFORMATION

- 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).

If you wish to be added to the mailing list in order to receive future copies of the Stepping Out in Suffolk Walks programme please contact the Walks Team.



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