

January to March 2026 Programme

Ipswich, the Surrounding area, and Felixstowe Walks

FREE Wellbeing Walks are led by trained volunteers across the county, offering something for everyone

Find your local walk today!

Date	Name of Walk	Grade	Mins	Start Time	Meeting Point/Parking Information & Post Code for meet point
Fri 2 nd Jan	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 5 th Jan	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Wed 7 th Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thurs 8 th Jan	Chantry Park Circular	4	Up to 90	10:30am	Meet at Hadleigh Road entrance in the public car park for a 10:30am start. Suitable for wheelchair users. Dogs welcome on a short lead.
Fri 9 th Jan	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 12 th Jan	Walk and Talk at Needham Lake	2	Up to 60	10:00am	Meet at 9:50am at the entry point to Needham Lake, Needham, IP6 8NU, just through the car park. Dogs welcome on a short lead.
Mon 12 th Jan	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Mon 12 th Jan	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ. Dogs welcome on a short lead.
Tues 13 th Jan	Walk from Kesgrave Scout Hall to Mill Stream and back	4	90	10:30am	Meet and park at Kesgrave Scout Hall, IP5 1JF. There is free parking available and dogs are welcome but must be on a short lead at all times.
Tues 13 th Jan	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 14 th Jan	Wherstead to Freston	5	90	10:30am	Meet at Suffolk Food Hall, The Strand, IP9 2AB. Not suitable for wheelchair users. Dogs not welcome on this walk.

Wed 14 th Jan	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 14 th Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Fri 16 th Jan	Walk around Woodbridge and the surrounding area (Martlesham)	5	90	10:30am	Meet in the car park at Martlesham Church, Church Lane, Martlesham, IP12 4PQ. Not suitable for wheelchair users. Dogs welcome on a short lead
Fri 16 th Jan	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 19 th Jan	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 19 th Jan	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 20 th Jan	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 21 st Jan	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 21 st Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thur 22 nd Jan	Chelmondiston Circular	4	Up to 90	10:30am	Meet in the car park on Church road behind the Red Lion public house. IP9 1DZ. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 23 rd Jan	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 26 th Jan	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Mon 26 th Jan	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ. Dogs welcome on a short lead.
Tues 27 th Jan	Walk from The Newbourne Fox to Hemley Church	4	90	10:30am	The meet point is the Newbourne Fox pub car park (please park in the car park opposite the pub). IP12 4NY. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 27 th Jan	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 28 th Jan	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.

Wed 28 th Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Fri 30 th Jan	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Fri 30 th Jan	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 2 nd Feb	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 2 nd Feb	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 3 rd Feb	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 4 th Feb	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 4 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Wed 4 th Feb	Walk around Portman Road and Surrounding Areas (Ipswich)	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs welcome on a short lead. Pay and display parking nearby.
Thurs 5 th Feb	Shotley Circular	4	Up to 90	10:30am	Meet in the Shotley Village Hall car park for a 10:30am start. Shotley, IP9 1NL. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 6 th Feb	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 9 th Feb	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Mon 9th Feb	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ. Dogs welcome on a short lead.
Tues 10 th Feb	Walk from the Martlesham Community Centre to the Church and back	4	90	10:30am	Meet in the car park at Martlesham Community Centre. Not suitable for wheelchair users. Dogs welcome on a short lead. Martlesham, IP12 4SE.
Tues 10 th Feb	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 11 th Feb	Playford to Tuddenham	5	90	10:30am	Meet at Playford Village Hall, Hill Farm Road, IP6 9DU. Not suitable for wheelchair users due to the terrain. Not suitable for dogs as well.
Wed 11 th Feb	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.

Wed 11 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Fri 13 th Feb	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Fri 13 th Feb	Woodbridge and Surrounding Area (Melton)	4	90	10:30am	Meet at the car park at Melton Playing Field, Melton Road, Woodbridge. Parking available on the road adjacent to the playing field. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 16 th Feb	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 16 th Feb	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 17 th Feb	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 18 th Feb	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 18 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thur 19 th Feb	Bourne Park – Bobbits Lane Circular	4	Up to 90	10:30am	Meet at the Stoke Park drive entrance of Bourne Park for a 10:30am start. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 20 th Feb	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 23 rd Feb	Walk around Abbey Grove and The Grove, plus adjacent lanes and footpaths – Felixstowe	4	80	10:45am	Meet on the grass bank at the far end of Eastlands Free car park, by Abbey Grove. IP11 9GA. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 23 rd Feb	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Mon 23 rd Feb	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ. Dogs welcome on a short lead.
Tues 24 th Feb	Walk from Kesgrave Scout Hall to Mill Stream and back	4	90	10:30am	Meet and park at Kesgrave Scout Hall, IP5 1JF. There is free parking available and dogs are welcome but must be on a short lead at all times.
Tues 24 th Feb	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 25 th Feb	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 25 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Fri 27 th Feb	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.

Fri 27 th Feb	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 2 nd March	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 2 nd March	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 3 rd March	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 4 th March	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 4 th March	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Wed 4 th March	Walk around Portman Road and Surrounding Areas (Ipswich)	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs welcome on a short lead. Pay and display parking nearby.
Thur 5 th March	Shotley Circular	4	Up to 90	10:30am	Meet at Shotley Marina for 10:30am start. Shotley, IP9 1QJ. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 6 th March	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 9 th March	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ. Dogs welcome on a short lead.
Mon 9 th March	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 10 th March	Walk from the Martlesham Heath to Fynn Valley and back	4	90	10:30am	Meet at Martlesham Square / Douglas Baber pub, Martlesham, IP5 3SL. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 10 th March	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 11 th March	Bucklesham to Brightwell	5	90	10:30am	Meet opposite The Shannon Pub, Main Road, Bucklesham, IP10 0DY. Not suitable for wheelchair users. Not suitable for dogs.
Wed 11 th March	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 11 th March	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Fri 13 th March	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.

Fri 13 th March	Woodbridge and Surrounding Area (Melton)	4	90	10:30am	Meet at the car park at Melton Playing Field, Melton Road, Woodbridge. Parking available on the road adjacent to the playing field. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 16 th March	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 16 th March	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 17 th March	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 18 th March	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 18 th March	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thur 19 th March	Witnesham to Henley River Fynn Circular	4	Up to 90	10:30am	Meet at the Witnesham public car park. Witnesham, IP6 9FA. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 20 th March	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 23 rd March	Walk along the footways and paths around Felixstowe and some Cliff top paths	4	80	10:45am	Meet and park for free at the Brackenbury Leisure Centre on High Road East, Felixstowe, IP11 9JF. Not suitable for wheelchair users and dogs welcome on a short lead.
Mon 23 rd March	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ. Dogs welcome on a short lead.
Mon 23 rd March	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 24 th March	Walk from Bucklesham to Brightwell	4	90	10:30am	Meet in The Shannon Pub, Main Road, Bucklesham, IP10 0DY. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 24 th March	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 25 th March	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 25 th March	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Fri 27 th March	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.

Fri 27 th March	Whitton to Akenham	5	90	10:30am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 30 th March	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 30 th March	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 31 st March	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.

Wellbeing Walks Notes

If this is your first Wellbeing Walk, then welcome! Please note at your first Wellbeing Walk, the walk leader will ask you to complete a New Walker Registration Form before the walk starts.

Assistance dogs are welcome on all walks. Walks that do not allow dogs are noted in the programme. For more information about any of the walks please do not hesitate to check via the website - <https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/>, contact our Feel Good Suffolk Advisors - **0345 603 4060**, or email wellbeingwalks@suffolk.gov.uk for more information.

Please refer to the website for the most up-to-date programme as scheduled walks are subject to change - www.ramblers.org.uk/go-walking/wellbeing-walks

Programmes are available for East Suffolk District Council, Mid Suffolk and Babergh District Councils, Ipswich Borough Council and West Suffolk District Council.



Walk Grading Criteria



- A Grade 1 walk (Easy Access) is a short (up to 30 mins), slower pace and over easy, flat terrain. They are open to everyone but are especially aimed at those who are least active, and it is suitable for wheelchair users.
- A Grade 2 walk (Easy) is like Grade 1, but likely to be a bit longer, and mainly on a flat surface – up to 60 minutes.
- A Grade 3 walk (Leisurely) is up to 75 minutes, usually around 2 miles. There may be some slopes, but good surfaces for walking on.

- A Grade 4 walk (Moderate) is more challenging, may include steeper slopes, rough ground, or mud in wet weather – between 60/90 minutes.
- A Grade 5 walk (Challenging) is anything up to 90 minutes, and not more than 5km/3miles. It can include stiles, uneven and varied terrain underfoot. Often includes steeper slopes/hills and likely to be faster in pace.