

January to March 2026 Programme

West Suffolk and Surrounding Area

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 |
|---------------------------|---|-------|----------|------------|---|
| Mon 5 th Jan | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 6 th Jan | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Thur 8 th Jan | Stanton Wellbeing Walk, near Bury (fortnightly) | 1-3 | Up to 60 | 10:00am | Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk. |
| Thur 8 th Jan | Walk around the Havehill Persimmon Estate | 3 | 60-90 | 10:30am | Meet at the Farrant Road from 10:15am for a 10:30am start. Playground car park, Haverhill, CB9 7JX. Dogs welcome on a short lead. |
| Thur 8 th Jan | Newmarket mid length walk – Rowley Drive/ Queen's Statue | 3 | 60 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 10 th Jan | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU. |
| Mon 12 th Jan | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
| Mon 12 th Jan | Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds | 2/3 | 75 | 10:00am | Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. |
| Mon 12 th Jan | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 13 th Jan | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 13 th Jan | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |

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|---------------------------|---|-----------|----------|---------|---|
| Wed 14 th Jan | Ickworth Park, near Bury St Edmunds – short and long walks | 1-2 / 3-4 | 45/90 | 10:15am | Meet at 10:00am in the Ickworth House car park – near the bike hire. Free parking for Wellbeing Walkers. IP29 5QE. Dogs welcome on short leads. |
| Thur 15 th Jan | Birdbrook on paths, Haverhill | 2 | 60-90 | 10:30am | Meet outside Birdbrook Church, The Street, CO9 4BJ. |
| Thur 15 th Jan | Newmarket longer walk – Rowley Drive/ Newmarket Heath | 4 | 90 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 17 th Jan | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU. |
| Mon 19 th Jan | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
| Mon 19 th Jan | Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds | 2/3 | 75 | 10:00am | Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. |
| Mon 19 th Jan | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 20 th Jan | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 20 th Jan | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Thur 22 nd Jan | Stanton Wellbeing Walk, near Bury (fortnightly) | 1-3 | Up to 60 | 10:00am | Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk. |
| Thur 22 nd Jan | Haverhill East Town Park | 3 | 60-90 | 10:30am | Meet at East Town Park Memorial Gardens. Parking available at East Town Park car park, Haverhill, England, CB9 7UW. Dogs welcome on a short lead. |
| Thur 22 nd Jan | Newmarket short walk – Severalls, town or Yellow Brick Road | 2 | 60 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 24 th Jan | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU |
| Mon 26 th Jan | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
| Mon 26 th Jan | Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds | 2/3 | 75 | 10:00am | Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. |
| Mon 26 th Jan | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 27 th Jan | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 27 th Jan | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking |

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| | | | | | charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Wed 28 th Jan | West Stow / Forest Lodge Walk | 3 | Up to 90 | 10:15am | Meet in the car park of West Stow Country Park, IP28 6HG, for 10:00am. Parking fees apply. Dogs welcome on a short lead. |
| Thu 29 th Jan | Newmarket Houldsworth Valley (with or without steps) | 3 | 90 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 31 st Jan | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU |
| Mon 2 nd Feb | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
| Mon 2 nd Feb | Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds | 2/3 | 75 | 10:00am | Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. |
| Mon 2 nd Feb | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 3 rd Feb | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 3 rd Feb | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Thur 5 th Feb | Stanton Wellbeing Walk, near Bury (fortnightly) | 1-3 | Up to 60 | 10:00am | Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk. |
| Thur 5 th Feb | Wellbeing on Wheels at Ickworth Estate | / | 90 | 10:15am | Meet at Porters Lodge from 10.00am. This walk is for people in manual or electric wheelchairs, and scooters – IP29 5QE. Carers/ Companions and dogs welcome on a short lead. |
| Thur 5 th Feb | Explore Bury St Edmunds – monthly town walk | 2/3 | Up to 90 | 10:15am | Meet 10.00am outside Bury Library (opposite Bus Station), St Andrew's Street North, Bury St Edmunds, IP33 1TZ. Dogs welcome on a short lead. |
| Thur 5 th Feb | Walk along the Haverhill Parkway via Cambridge Way | 3 | 60-90 | 10:30am | Meet at 10:15am for 10:30am start. Meet in front of the Sainsburys store on Haycock Road, Haverhill, CB9 7HN. Dogs welcome on a short lead. |
| Thur 5 th Feb | Newmarket longer walk – Rowley Drive/ Newmarket Heath | 4 | 90 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 7 th Feb | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU |
| Mon 9 th Feb | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
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| Tues 10 th Feb | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 10 th Feb | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Wed 11 th Feb | Ickworth Park, near Bury St Edmunds – short and long walks | 1-2/ 3-4 | 45/90 | 10:15am | Meet at 10:00am in the Ickworth House car park – near the bike hire. Free parking for Wellbeing Walkers. IP29 5QE. Dogs welcome on short leads. |
| Thurs 12 th Feb | Walk from Stoke by Clare to the Pond and back | 3 | 60-90 | 10:30am | Meet at 10:15am for a 10:30am start near the Lion Public House on The Street, Stoke by Clare, CO10 8HP. Dogs welcome on a short lead. |
| Thur 12 th Feb | Newmarket short walk – Severalls, town or Yellow Brick Road | 2 | 60 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 14 th Feb | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU |
| Mon 16 th Feb | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
| Mon 16 th Feb | Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds | 2/3 | 75 | 10:00am | Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. |
| Mon 16 th Feb | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 17 th Feb | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 17 th Feb | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Thurs 19 th Feb | Stanton Wellbeing Walk, near Bury (fortnightly) | 1-3 | Up to 60 | 10:00am | Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk. |
| Thurs 19 th Feb | Walk from the School Lane car park from around the Clements area via Cleaves Road | 4 | 60-90 | 10:30am | Meet at 10:15am for a 10:30am start at School Lane car park, Haverhill, CB9 9DE. Parking charges apply. Dogs welcome on a short lead. |
| Thur 19 th Feb | Newmarket mid length walk – Rowley Drive/ Queen's Statue | 3 | 60 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 21 st Feb | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU |
| Mon 23 rd Feb | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |

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| Mon 23 rd Feb | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 24 th Feb | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 24 th Feb | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Wed 25 th Feb | Lackford Lakes (options of 2 walks) | 2-3/ 3-4 | 60/90 | 10:15am | Meet at 10:00am for a 10:15am start for either walk in the car park at Lackford Lakes, Bury St Edmunds, IP28 6HX. Suggested donation of £3 for the Reserve. |
| Thurs 26 th Feb | Kedington Footpaths near Haverhill | 3 | 60-90 | 10:30am | Meet at 10:15am for a 10:30am start. Meet at Kedington Community Centre car park, Great Meadow, Arms Ln, Kedington, Haverhill, CB9 7QQ. Dogs welcome on a short lead. |
| Thur 26 th Feb | Newmarket Houldsworth Valley (with or without steps) | 3 | 90 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 28 th Feb | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU |
| Mon 2 nd March | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30- 45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
| Mon 2 nd March | Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds | 2/3 | 75 | 10:00am | Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. |
| Mon 2 nd March | Haverhill Beginners Walk from Abbeycroft Leisure Centre | 2 | 60 | 2:00pm | Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead. |
| Tues 3rd March | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 3 rd March | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Thur 5 th March | Stanton Wellbeing Walk, near Bury (fortnightly) | 1-3 | Up to 60 | 10:00am | Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk. |
| Thur 5 th March | Wellbeing on Wheels at Ickworth Estate | / | 90 | 10:15am | Meet at Porters Lodge from 10.00am. This walk is for people in manual or electric wheelchairs, and scooters – IP29 5QE. Carers/ Companions and dogs welcome on a short lead. |
| Thur 5 th March | Walk around the Strawberry Fields area of Haverhill | 3 | 60-90 | 10:30am | Meet at 10:15am for a 10:30am start. Meet in front of the Sainsburys store on Haycock Road, Haverhill, CB9 7HN. Dogs welcome on a short lead. |

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| Thur 5 th March | Explore Bury St Edmunds – monthly town walk | 2/3 | Up to 90 | 10:15am | Meet 10.00am outside Bury Library (opposite Bus Station), St Andrew's Street North, Bury St Edmunds, IP33 1TZ. Dogs welcome on a short lead. |
| Thur 5 th Mar | Newmarket short walk = Severalls, town or Yellow Brick Road | 2 | 60 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
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| Tues 10 th March | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
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| Wed 11 th March | Ickworth Park, near Bury St Edmunds – short and long walks | 1-2/ 3-4 | 45/90 | 10:15am | Meet at 10:00am in the Ickworth House car park – near the bike hire. Free parking for Wellbeing Walkers. IP29 5QE. Dogs welcome on short leads. |
| Thur 12 th March | Walk around Cowlinge – north of Haverhill | 3 | 60-90 | 10:30am | Meet at the Three Ways public house car park, Queen Street, Cowlinge, CB8 9QD. Dogs welcome on a short lead. |
| Thur 12 th Mar | Newmarket mid length walk – Rowley Drive/ Queen's Statue | 3 | 60 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
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| Thur 19 th March | Stanton Wellbeing Walk, near Bury (fortnightly) | 1-3 | Up to 60 | 10:00am | Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome |

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| | | | | | on a short lead. Refreshments available after the walk. |
| Thur 19 th March | Working Haverhill | 2 | 60-90 | 10:30am | Meet at 10:15am for 10:30am start. Meet in the Travelodge car park, Haverhill CB9 7AE. Dogs welcome on a short lead. |
| Thu 19 th Mar | Newmarket longer walk – Rowley Drive/ Newmarket Heath | 4 | 90 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
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| Tues 24 th March | Botesdale Village Walk | 2 | Up to 60 | 10:00am | Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome. |
| Tues 24 th March | Clare Tuesday Walk | 3 | 90 | 10:30am | Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW. |
| Wed 25 th March | Spring Walk at Blackthorpe Barn | 2/3 | 75-90 | 10:15am | Meet at 10:00am in the car park by Blackthorpe Barn to start for 10:15am. IP30 9HZ. Dogs welcome on a short lead. |
| Thur 26 th Mar | Newmarket short walk = Severalls, town or Yellow Brick Road | 2 | 60 | 1:30pm | Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. |
| Sat 28 th March | Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds | 2/3 | Up to 80 | 10:00am | Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU |
| Mon 30 th March | Brandon Abbeycroft Leisure Centre wellbeing walks | 1 / 3 | 30-45/60 | 9:30 am | Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead. |
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Wellbeing Walk Notes

If this is your first Ramblers Wellbeing Walks your walk leaders will ask you to complete a new walker registration form. This helps us monitor numbers and ask that walkers are aware they are taking part at their own risk.

Assistance dogs are welcome on all walks. Walks that do not allow dogs are noted in the programme.

For more information about refreshments and/or toilets available, to check on parking and any charges, whether a walk is accessible for wheelchairs, or via public transport, please do not hesitate to check via the website - <https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/>, contact our Feel Good Suffolk Advisors on **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, Mid Suffolk and Babergh, West Suffolk District Council's and Ipswich Borough Council - <https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/>.



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.