

## January to March 2026 Programme

### Babergh, Mid Suffolk and Surrounding Villages

**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
Tues 6 <sup>th</sup> 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 6 <sup>th</sup> Jan	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thur 8 <sup>th</sup> 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.
Sat 10 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 13 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 13 <sup>th</sup> Jan	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Wed 14 <sup>th</sup> 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.
Wed 14 <sup>th</sup> 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.
Sat 17 <sup>th</sup> 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 <sup>th</sup> 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.

Tues 20 <sup>th</sup> 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 <sup>th</sup> Jan	North of Lavenham with William and Monique – exploring footpaths to the north of Lavenham	4	Up to 90	10:15am	Meet at 10:00am for a 10:15am start at the Water Street car park, Lavenham, CO10 9RN. Assistant dogs welcome only.
Tues 20 <sup>th</sup> 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 <sup>nd</sup> 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 <sup>nd</sup> 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.
Sat 24 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 27 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 27 <sup>th</sup> Jan	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Wed 28 <sup>th</sup> 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.
Sat 31 <sup>st</sup> 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 <sup>nd</sup> 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.
Tues 3 <sup>rd</sup> 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 <sup>rd</sup> Feb	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 3 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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.
Sat 7 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 10 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 10 <sup>th</sup> Feb	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Wed 11 <sup>th</sup> 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.
Sat 14 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 17 <sup>th</sup> 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 <sup>th</sup> 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 19 <sup>th</sup> 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 19 <sup>th</sup> 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.
Sat 21 <sup>st</sup> 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 <sup>rd</sup> 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.
Tues 24 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 24 <sup>th</sup> Feb	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Thur 26 <sup>th</sup> 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.
Sat 28 <sup>th</sup> 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 <sup>nd</sup> 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.
Tues 3 <sup>rd</sup> 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 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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.
Thur 5 <sup>th</sup> 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.
Sat 7 <sup>th</sup> 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 9 <sup>th</sup> 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.
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Tues 10 <sup>th</sup> 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.
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Wed 11 <sup>th</sup> 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 <sup>th</sup> 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.
Sat 14 <sup>th</sup> 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 16 <sup>th</sup> 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.
Tues 17 <sup>th</sup> March	Botesdale Village Walk	22	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 <sup>th</sup> 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 19 <sup>th</sup> 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 19 <sup>th</sup> 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.
Tues 24 <sup>th</sup> 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 <sup>th</sup> 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.
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Sat 28 <sup>th</sup> 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 <sup>th</sup> 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.
Tues 31 <sup>st</sup> 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 31 <sup>st</sup> 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.

## Wellbeing Walks Notes

If this is your first Ramblers Wellbeing Walk, then welcome! Please note if it is your first walk, your walk leaders 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 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](mailto: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](http://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 45 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.