

## 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 <sup>th</sup> 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 <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.
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.
Thur 8 <sup>th</sup> 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.
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	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 <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.
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.
Thur 15 <sup>th</sup> Jan	Birdbrook on paths, Haverhill	2	60-90	10:30am	Meet outside Birdbrook Church, The Street, CO9 4BJ.
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.
Mon 19 <sup>th</sup> 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 <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	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	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.
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.
Mon 26 <sup>th</sup> 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 <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.
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.
Mon 2 <sup>nd</sup> 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 <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	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	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.
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.
Mon 9 <sup>th</sup> 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 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.
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.
Thurs 12 <sup>th</sup> 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.
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.
Mon 16 <sup>th</sup> 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 <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.
Thurs 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.
Thurs 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.
Mon 23 <sup>rd</sup> 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 <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.
Wed 25 <sup>th</sup> 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 <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.
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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.
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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	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	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.
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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
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Mon 16th 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 17 <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 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	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.
Mon 23 <sup>rd</sup> 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 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.
Wed 25 <sup>th</sup> 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.
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.
Mon 30 <sup>th</sup> 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 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.



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](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, 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.