

## July to September Programme 2025

### 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
Tue 1 <sup>st</sup> July	Botesdale Wellbeing Walk <b>(every Tuesday)</b>	2	Up to 60	10.00am	Meet at the Chapel, Parkview Chapel, Chapel Lane, Botesdale - IP22 1BU
Tue 1 <sup>st</sup> July	The Clare Tuesday Walks	2-3	80	10.30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW
Tue 1 <sup>st</sup> July	Eye Circular Walk	4	Up to 90	10.30am	Pennings Nature Reserve Car Park, Ludgate Causeway, Eye.
Tue 1 <sup>st</sup> July	Woolpit Village Walk, nr Stowmarket	3/4	60/90	11.30am	Meet at The Bull Inn, Woolpit. Additional parking opposite the Church - IP30 9SA
Wed 2 <sup>nd</sup> July	Ladies Evening Town Walk, Bury St Edmunds, Water Meadows Walk	3	90	6.30pm	Meet from 6.15pm at the Pillar of Salt opposite Abbeygate on Angel Hill, IP33 1LT
Thu 3 <sup>rd</sup> July	Explore Bury St Edmunds – monthly town walk – <b>NEW TIME</b>	2/3	75/90	10.15am	Meet 10.00am outside Bury Library (opposite Bus Station).
Thu 3 <sup>rd</sup> July	Wellbeing on Wheels at Ickworth Estate	/	Up to 90 mins	10.15am	Meet at Porters Lodge from 10.00am. This walk is for people in manual or electric wheelchairs, and scooters – IP29 5QE
Sat 5 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 7 <sup>th</sup> July	Stowmarket Walk and Talk Fortnightly Walk	3	60	10.00am	Meet at the front of the club house at Stowmarket Rugby Club, Chiltern Fields, IP14 1SZ
Mon 7 <sup>th</sup> July	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 8 <sup>th</sup> July	Botesdale Wellbeing Walk <b>(every Tuesday)</b>	2	Up to 60	10.00am	Meet at the Chapel, Parkview Chapel, Chapel Lane, Botesdale - IP22 1BU
Tue 8 <sup>th</sup> July	The Clare Tuesday Walks	2-3	80	10.30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW
Wed 9 <sup>th</sup> July	Ickworth Park, nr Bury St Edmunds. NEW short & longer walks	1/2 or 3/4	45-90	10.15am	Meet at 10.00am in the Ickworth House car park (admission is free for Wellbeing Walks). IP29 5QE
Thu 10 <sup>th</sup> July	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10.00am	Meet outside the Church Rooms, Old Bury Rd, Stanton – IP31 2DA

Fri 11 <sup>th</sup> Jul	Walk around Natterers Wood, Bury St Edmunds	3	90	7.00pm	Meet at 6.45pm at the Moreton Hall Community Centre on Symonds Road, Bury St Edmunds, IP32 7EE.
Sat 12 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 14 <sup>th</sup> July	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 15 <sup>th</sup> July	Botesdale Wellbeing Walk <b>(every Tuesday)</b>	2	Up to 60	10.00am	Meet at the Chapel, Parkview Chapel, Chapel Lane, Botesdale - IP22 1BU
Tue 15 <sup>th</sup> July	The Clare Tuesday Walks	2-3	80	10.30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW
Tue 15 <sup>th</sup> July	Woolpit Village Walk, nr Stowmarket	3/4	60/90	11.30am	The Bull Inn, Woolpit. Additional parking opposite the Church - IP30 9SA
Thu 17 <sup>th</sup> July	Walk the Stansfield Circuit with the Bury Leaders	4	90	10.15am	Meet at 10.00am at the Stansfield Village Hall, Hall Lane, Lower Street, Stansfield, Clare, CO10 8LW
Sat 19 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 21 <sup>st</sup> July	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 21 <sup>st</sup> July	Stowmarket Walk and Talk Fortnightly Walk	3	60	10.00am	Meet at the front of the club house at Stowmarket Rugby Club, Chiltern Fields, IP14 1SZ
Tue 22 <sup>nd</sup> July	Botesdale Wellbeing Walk <b>(every Tuesday)</b>	2	Up to 60	10.00am	Meet at the Chapel, Parkview Chapel, Chapel Lane, Botesdale - IP22 1BU
Tue 22 <sup>nd</sup> July	The Clare Tuesday Walks	2-3	80	10.30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW
Wed 23 <sup>rd</sup> July	Walk around Long Melford with William & Monique	5 <b>(STILES)</b>	90	10.15am	Meet and parking for this walk is Church Walk, Long Melford, CO10 9DL, on the grass area by the cemetery. for this walk is Church Walk, Long Melford, CO10 9DL, on the grass area by the cemetery at 10.00am
Thu 24 <sup>th</sup> July	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10.00am	Meet outside the Church Rooms, Old Bury Rd, Stanton – IP31 2DA
Sat 26 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 28 <sup>th</sup> July	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
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Sat 2 <sup>nd</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 4 <sup>th</sup> Aug	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 4 <sup>th</sup> Aug	Stowmarket Walk and Talk Fortnightly Walk	3	60	10.00am	Meet at the front of the club house at Stowmarket Rugby Club, Chiltern Fields, IP14 1SZ
Tue 5 <sup>th</sup> Aug	Botesdale Wellbeing Walk <b>(every Tuesday)</b>	2	Up to 60	10.00am	Meet at the Chapel, Parkview Chapel, Chapel Lane, Botesdale - IP22 1BU
Tue 5 <sup>th</sup> Aug	Up & Down Rattlesden (nr Stowmarket) with William and Monique	4	90	10.15am	Meet at 10.00am at the Rattlesden Community Pavilion, IP30 ORT. <b>NO DOGS ON THIS WALK</b>
Tue 5 <sup>th</sup> Aug	The Clare Tuesday Walks	2-3	80 mins	10.30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW
Wed 6 <sup>th</sup> Aug	Ladies Evening Town Walk, Bury St Edmunds – Women of Wit, Wisdom & Wonder	3	90	6.30pm	Meet at 6.15pm at The Pillar of Salt opposite the Abbeygate, Angel Hill, IP33 1LT.
Thu 7 <sup>th</sup> Aug	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10.00am	Meet outside the Church Rooms, Old Bury Rd, Stanton – IP31 2DA
Thu 7 <sup>th</sup> Aug	Explore Bury St Edmunds – monthly town walk – <b>NEW TIME</b>	2/3	75/90	10.15am	Meet 10.00am outside Bury Library (opposite Bus Station).
Thu 7 <sup>th</sup> Aug	Wellbeing on Wheels at Ickworth Estate	/	Up to 90 mins	10.15am	Meet at Porters Lodge from 10.00am. This walk is for people in manual or electric wheelchairs, and scooters – IP29 5QE
Sat 9 <sup>th</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
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Wed 13 <sup>th</sup> Aug	Ickworth Park, nr Bury St Edmunds. NEW short & longer walks	1/2 or 3/4	45-90	10.15am	Meet at 10.00am in the Ickworth House car park (admission is free for Wellbeing Walks). IP29 5QE
Wed 13 <sup>th</sup> Aug	Walk with Helen and Cynthia around Whatfield and Semer Overgang (near Hadleigh)	5	90	10.30am	Parking and the meet point is at the Whatfield village hall on Rectory Lane, IP7 6QU. <b>NO DOGS ON THIS WALK</b>
Sat 16 <sup>th</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 18 <sup>th</sup> Aug	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

Mon 18 <sup>th</sup> Aug	Stowmarket Walk and Talk Fortnightly Walk	3	60	10.00am	Meet at the front of the club house at Stowmarket Rugby Club, Chiltern Fields, IP14 1SZ
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Mon 25 <sup>th</sup> Aug	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
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Wed 10 <sup>th</sup> Sept	Join Helen and Cynthia on a walk around Ashbocking	5	90	10.30am	Meet and parking for the walk on Ashbocking main street. Parking is on the B1077 on right from the direction of Ipswich, opposite Manor Farm – IP6 9JX
Sat 13 <sup>th</sup> Sept	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
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Wed 17 <sup>th</sup> Sept	Explore the Village of Drinkstone with William and Monique	3/4	90	10.15am	Meet at 10.00am in the Drinkstone village hall car park on Gedding Road, IP30 9SZ. <b>NO DOGS WELCOME ON THIS WALK</b>
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Wed 24 <sup>th</sup> Sept	Walk through the Foxgloves at West Stow Country Park	4	90	10.15am	Meet at 10.00am at West Stow Country Park (charges apply) IP28 6HG
Fri 26 <sup>th</sup> Sept	Blackthorpe Barn and Rougham (opportunity to visit 'Artworks' exhibition after, free).	3	75	10.15am	Meet at 10.00am in the car park by Blackthorpe Barn (junction 46 on the A14, signpost to Rougham, IP30 9LZ). Dogs welcome on a short lead.
Sat 27 <sup>th</sup> Sept	Walk n Talk with Geoffrey	2/3	Up to 80	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

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## 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 [alex.bond@ipswich.gov.uk](mailto:alex.bond@ipswich.gov.uk) for more information.

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

Please contact us on the above details for a copy.



### 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.