

July to September Programme 2025

East Suffolk District Council 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
Tue 1 st July	Mindful Gunton Woods Walk with Rachel – BOOKING REQUIRED	2	60/90	10.00am	Meet at 9.45am for a 10.00am start at the far end of Gunton Church Lane, near the entrance to Gunton Woods, NR32 4LF.
Wed 2 nd July	NEW WALK! Walk around the village of Hacheston	5	90	11.00am	Meet from 10.45am at Hacheston Village Hall, The Street, IP13 0DW. Dogs on short leads welcome.
Wed 2 nd July	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Wed 2 nd July	EVENING WALK - Walk along Nacton Shores & back through Broke Hall Woods & Levington	5	90	6.30pm	Meet and park at the far end of the Levington Ship car park (IP10 0LQ) from 6.15pm to start the walk at 6.30pm
Thu 3 rd July	Sutton Hoo Strollers – Booking Advised	3	60	10.30am	Meet to the left of the of the visitor centre entrance in partnership with the National Trust – IP12 3DJ.
Thu 3 rd July	Fishing Lakes Walk, Reydon	3	75	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Thu 3 rd July	Nicholas Everitt Park, Lowestoft – gentle relaxing stroll	1/2	45	2.00pm	Nicholas Everitt Park, Banksy artwork platform – NR33 9JR - Charges apply, £1 for 2 hrs
Fri 4 th July	Woodbridge and Surrounding Areas (Melton)	3/4	75	10.30am	Meet at car park at Melton Playing Field, Melton Road, Woodbridge. Parking also available on the road adjacent to the Playing field. IP12 1NX
Mon 7 th July	Walk along Felixstowe Prom and return through Langer Park	2	60	10.45am	In front of the Leisure Centre on Prom IP11 2AE. Dogs are welcome and there is parking available, but local charges apply

Mon 7 th July	Halesworth Millennium Green Explorer Walk	3	75/90	2.30pm	Meet in the Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Wed 9 th July	Waterlane Leisure Centre to Sparrows Nest	2/3	90	9.30am	Waterlane Sports Centre (NR32 2NH)/10.00am at Martellos NR32 1XG). Free parking.
Wed 9 th July	Walking Westleton Woods	4	45	10.30am	Meet at Mill Road, Westleton (from Westleton Village Stores travel up Bakers Lane/Mill Road for 0.7 miles past national speed limit signs. Watch for where the hedgerows/trees on the right-hand side finish, turn right and park on the field). IP17 3BX
Wed 9 th July	Walk around Earl Soham Village	5	90	11.00am	There is free car parking behind Earl Soham Community Primary School, The Street, IP13 7SA. Dogs are welcome on short leads. Refreshments & toilets are available nearby at the pub.
Wed 9 th July	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 10 th July	Reydon Smear Walk	3	75	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Mon 14 th July	Holywells Park and Waterfront	3	60/75	11.00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront IP4 1QJ.
Mon 14 th July	Circular walk around Millennium Green and Halesworth Cemetery	3	75	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 15 th July	Framlingham and surrounding area - experience the ancient market town	4	90	10.45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply.
Wed 16 th July	Walk around Leiston and the Surrounding Area (short walk)	2	60	11.00am	Meet from 10.50am to start the walk at 11.00am outside Leiston Cinema, 74 High St, Leiston. Parking on street or in the Co-op.
Wed 16 th July	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 17 th July	Mount Pleasant / Recreation Ground, Reydon	2	Up to 60	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Thu 17 th July	Walk from Rushmere Duck Pond to Fynn Valley	4	90	10.30am	Meet at the Rushmere Chestnut Pond opposite Chestnut Close, IP15 1DF from 10.20am to start the walk at 10.30am. Parking available
Thu 17 th July	Walk around Carlton Marshes, Lowestoft	1/2	30-60	2.00pm	Meet outside the visitor centre, NR33 8HU. Free parking. Toilets at the visitor centre and refreshments available to buy in the cafe.

Fri 18 th July	Woodbridge and Surrounding Areas	3	75	10.30am	Meet on grassed area in front of Health Centre next to Notcutts Garden Centre – IP12 4FD
Sun 20 th July	Lowestoft Seafront Walk	2	60/75	10.00am	Meet at the Tritan Statue, South Pier, Lowestoft. NR33 OAE. Limited free, local charges apply.
Mon 21 st July	Circular walk around the edge of Halesworth town	3	75/90	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 22 nd July	Walk from the Newbourne Fox to Hemley Church	5	90	10.30am	The meet point is the Newbourne Fox pub car park (please park in the car park opposite the pub). Toilets and refreshments available in the pub after the walk.
Tue 22 nd July (Note change of day)	Walk along Felixstowe Prom and return via Maybush Lane	2	60	10.45am	Meet in front of the Leisure Centre on the Prom IP11 2AE. Dogs are welcome and there is parking available, but local charges apply.
Wed 23 rd July	RSPB Minsmere reserve - Woodland Walk	4	60 – 90	11.00am	RSPB Minsmere, Sheepwash Lane, Saxmundham. Free entry to reserve, donations welcome. Meet outside the café, walk through shop to outside seating area. Do not gather in reception – IP17 3BY
Wed 23 rd July	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 24 th July	Gorse Road/Hill Road, Reydon	2	60	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Mon 28 th July	Holywells Park and Waterfront	3	60/75	11.00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront IP4 1QJ.
Mon 28 th July	Halesworth Millennium Green Explorer Walk	3	75/90	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 29 th July	South Pier to Pakefield, Lowestoft	3	90	10.30am	Meet outside East Point Pavilion, NR33 OAP.
Wed 30 th July	Walk on paths and tracks all around the edge of Trimley St. Mary, near Felixstowe	5	90	10.45am	Meet from 10.35am to start the walk at 10.45am. Parking is at the Searsons Farm, Cordy's Lane, Station Road, Trimley St Mary, IP11 0UD.
Wed 30 th July	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 31 st July	Marshes Explorer walk around Reydon	4	90	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY

Fri 1 st Aug	Woodbridge and Surrounding Area (Sutton Heath)	4	90	10.30am	This is one of a series of walks that is based in and around Woodbridge. This walk is based at Sutton Heath about 3miles out of Woodbridge. A lovely walk on flat terrain and includes heathland and woodland.
Mon 4 th Aug	Halesworth countryside and town walk	3	75	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 5 th Aug	Mindful Gunton Woods Walk with Rachel – BOOKING REQUIRED	2	60/90	10.00am	Meet at 9.45am for a 10.00am start at the far end of Gunton Church Lane, near the entrance to Gunton Woods, NR32 4LF.
Tue 5 th Aug	Walk from Clopton Corner and Debach Airfield, Woodbridge	4	90	10.30am	Meet at the First Coffee Shop at Debach Airfield. There is parking available. Dogs are welcome on a short lead. There are toilets and refreshments at the cafe after the walk.
Tue 5 th Aug	TUESDAY WALK Walk along Felixstowe Prom and return through Langer Park	2	60	10.45am	Meet in front of the Leisure Centre on Prom IP11 2AE. Dogs are welcome and there is parking available, but local charges apply
Wed 6 th Aug	Westleton Heath & Dunwich Forest	4	90	11.00am	. Meet just before 11.00am at the Westleton Heath National Nature Reserve car park on Dunwich Road, Westleton, IP17 3DE. A donation for parking would be welcome.
Wed 6 th Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 7 th Aug	Sutton Hoo Strollers – Booking Advised	3	60	10.30am	Meet to the left of the of the visitor centre entrance in partnership with the National Trust – IP12 3DJ
Thu 7 th Aug	Keens Lane Circular, Reydon	3	75	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Thu 7 th Aug	Nicholas Everitt Park, Lowestoft – gentle relaxing stroll	1/2	45	2.00pm	Nicholas Everitt Park, Banksy artwork platform – NR33 9JR - Charges apply, £1 for 2 hrs
Fri 8 th Aug	Walk around the lanes and footpaths to north-east side of Abbey Grove	4	80	10.45am	There is free parking in the Eastlands free car park. The meet point is on the grass bank at the far end of the car park near Abbey Grove, IP11 9GA. Dogs are welcome on a short lead, no refreshments, or toilets available.
Mon 11 th Aug	Holywells Park and Waterfront	3	60/75	11.00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront IP4 1QJ.
Mon 11 th Aug	Halesworth Orchard Walk	3	90	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH

Tue 12 th Aug	EVENING WALK Waldringfield & surrounding area, start and finish by the Maybush	5	90	Evening Walk 6.30pm	There is free parking after 6.00pm in the main Waldringfield car park, by the Maybush. Dogs are welcome on a short lead. Pub open for a drink after the walk.
Wed 13 th Aug	Waterlane Leisure Centre to Sparrows Nest	2/3	90	9.30am	Waterlane Sports Centre (NR32 2NH)/10.00am at Martellos NR32 1XG). Free parking
Wed 13 th Aug	Walking Westleton Woods	4	45	10.30am	Meet at Mill Road, Westleton (from Westleton Village Stores travel up Bakers Lane/Mill Road for 0.7 miles past national speed limit signs. Watch for where the hedgerows/trees on the right-hand side finish, turn right and park on the field). IP17 3BX
Wed 13 th Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 14 th Aug	Reydon Smear Walk	3	75	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Fri 15 th Aug	Woodbridge and Surrounding Areas	3	75	10.30am	Meet on grassed area in front of Health Centre next to Notcutts Garden Centre – IP12 4FD
Mon 18 th Aug	Walk along Felixstowe Prom and return through Maybush Lane	2	60	10.45am	Meet in front of the Leisure Centre on Prom IP11 2AE. Dogs are welcome and there is parking available, but local charges apply
Mon 18 th Aug	Circular walk around the edge of Halesworth town	3	75/90	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 19 th Aug	Framlingham and surrounding area - experience the ancient market town	4	90	10.45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply.
Wed 20 th Aug	Walk from Leiston towards Thorpeness and back	2	60	11.00am	Meet on the path opposite Leiston Sports Centre, Red House Ln, Leiston IP16 4LS. Dogs are welcome on a short lead. Free parking available and refreshments and toilets are available in Leiston.
Wed 20 th Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 21 st Aug	Fishing Lakes Walk, Reydon	3	75	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Thu 21 st Aug	Ipswich Airport to Orwell Country Park Bridge Wood	4	90	10.30am	Meet at Braziers Wood Road, IP3 OSP. Meet from 10.20am to start the walk at 10.30am. Dogs are welcome on a short lead. There is car parking available and refreshments.
Thu 21 st Aug	Walk around Carlton Marshes, Lowestoft	1/2	30-60	2.00pm	Meet outside the visitor centre, NR33 8HU. Free parking. Toilets at the visitor centre and refreshments available to buy in the cafe.

Sun 24 th Aug	Lowestoft Seafront Walk	2	60/75	10.00am	Meet at the Tritan Statue, South Pier, Lowestoft. NR33 OAE. Limited free, local charges apply.
Mon 25 th Aug	Holywells Park and Waterfront	3	60/75	11.00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront IP4 1QJ
Tue 26 th Aug	South Pier to Pakefield, Lowestoft	3	90	10.30am	Meet outside East Point Pavilion, NR33 OAP. Pay and display parking and roadside parking available.
Tue 26 th Aug	Footways and paths around Old Felixstowe and some cliff top paths	4	80	10.45am	Meet from 10.35am at the Brakenbury Sports Centre Car Park on High Road East, Felixstowe IP11 9JF to start the walk at 10.45am. Parking is free and dogs are on a short lead.
Wed 27 th Aug	RSPB Minsmere reserve - Woodland Walk	4	60 – 90	11.00am	RSPB Minsmere, Sheepwash Lane, Saxmundham. Free entry to reserve, donations welcome. Meet outside the café, walk through shop to outside seating area. Do not gather in reception – IP17 3BY
Wed 27 th Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 28 th Aug	Walk to Southwold Pier and back	4	90	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Fri 29 th Aug	Woodbridge and Surrounding Areas (Playford)	5 (stiles)	75	10.30am	Meet in the car park at Playford Village Hall on Butts Lane, Playford. IP6 9DU
Mon 1 st Sept	Walk along Felixstowe Prom and return through Langer Park	2	60	10.45am	In front of the Leisure Centre on Prom IP11 2AE. Dogs are welcome and there is parking available, but local charges apply
Mon 1 st Sept	Halesworth Town Farm Walk (or alternative)	3	75	2.30pm	Meet in the Thororoughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 2 nd Sept	Mindful Gunton Woods Walk with Rachel – BOOKING REQUIRED	2	60/90	10.00am	Meet at 9.45am in Dip Farm car park on Corton Road, Lowestoft – NR32 5DZ
Wed 3 rd Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 4 th Sept	Sutton Hoo Strollers – Booking Advised	3	60	10.30am	Meet to the left of the of the visitor centre entrance in partnership with the National Trust – IP12 3DJ
Thu 4 th Sept	Gorse Road/Hill Road, Reydon	2	60	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY

Thu 4 th Sept	Nicholas Everitt Park, Lowestoft – gentle relaxing stroll	1/2	45	2.00pm	Meet in Nicholas Everitt Park, Banksy artwork platform – NR33 9JR - Charges apply, £1 for 2 hrs
Mon 8 th Sept	Holywells Park and Waterfront	3	60/75	11.00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront IP4 1QJ
Mon 8 th Sept	Halesworth Millennium Green Explorer Walk	3	75/90	2.30pm	Meet in the Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 9 th Sept	Walk from Rushmere Duck Pond to Fynn Valley	4	90	10.30am	Meet and park from 10.20am at the Rushmere Chestnut pond. Dogs are welcome on a short lead. There is parking and refreshments available at the end of the walk.
Tue 9 th Sept	Snape and Snape Warren - stunning views of the Alde	4	90	11.00am	Meet from 10.50am in the Car Park opposite Snape Parish Church, (Church Common corner of Farnham Rd and Church Rd). Dogs are welcome on a short lead. There are refreshments available to purchase at nearby Snape Maltings.
Wed 10 th Sept	Waterlane Leisure Centre to Sparrows Nest	2/3	90	9.30am	Meet at Waterlane Sports Centre (NR32 2NH)/10.00am at Martellos NR32 1XG). Free parking on both sites.
Wed 10 th Sept	Walking Westleton Woods	4	45	10.30am	Meet at Mill Road, Westleton (from Westleton Village Stores travel up Bakers Lane/Mill Road for 0.7 miles past national speed limit signs. Watch for where the hedgerows/trees on the right-hand side finish, turn right and park on the field). IP17 3BX
Wed 10 th Sept	Join Helen and Cynthia on a walk around Ashbocking (Ipswich)	5	90	10.30am	Meet and park for the walk on Ashbocking main street. Parking is on the B1077 on right from the direction of Ipswich, opposite Manor Farm. No dogs welcome on this walk.
Wed 10 th Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 11 th Sept	Reydon Smear Walk	3	75	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Fri 12 th Sept	Woodbridge and Surrounding Areas	3	75	10.30am	Meet on grassed area in front of Health Centre next to Notcutts Garden Centre – IP12 4FD
Mon 15 th Sept	Walk along Felixstowe Prom and return through Maybush Lane	2	60	10.45am	Meet in front of the Leisure Centre on Prom IP11 2AE. Dogs are welcome and there is parking available, but local charges apply
Mon 15 th Sept	Halesworth countryside and town walk	3	75	2.30pm	Meet in the Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH

Tue 16 th Sept	Framlingham & surrounding area - experience the ancient market town with Castle and Mere	4	90	10.45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply.
Wed 17 th Sept	Walk around Leiston and the surrounding area through Aldhurst Nature Reserve	2	60	11.00am	Meet in the car park opposite 81 Abbey Road. There is now a sign at the entrance to the car park which makes finding it much easier.
Wed 17 th Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 18 th Sept	Fishing Lakes Walk, Reydon	3	75	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY
Thu 18 th Sept	Walk from Suffolk Food Hall to Freston Wood	5 (STILE)	90	10.30am	Meet from 10.20am to start the walk at 10.30am in the Suffolk Food Hall Car Park, Wherstead Hall Peppers Lane, Stutton, IP9 2AB. PLEASE NOTE THERE IS A STILE ON THIS WALK.
Thu 18 th Sept	Walk around Carlton Marshes, Lowestoft	1/2	30-60	2.00pm	Meet outside the visitor centre, NR33 8HU. Free parking. Toilets at the visitor centre and refreshments available to buy in the cafe.
Sun 21 st Sept	Lowestoft Seafront Walk	2	60/75	10.00am	Meet at the Tritan Statue, South Pier, Lowestoft. NR33 OAE. Limited free, local charges apply.
Mon 22 nd Sept	Holywells Park and Waterfront	3	60/75	11.00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront IP4 1QJ
Mon 22 nd Sept	Halesworth Orchard Walk	3	90	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 23 rd Sept	Walk from The Waldringfield Maybush Inn to Newbourne	4	90	10.30am	Meet in the car park of the Waldringfield Maybush Inn on Cliff Road, Woodbridge, IP12 4QZ. Dogs welcome on a short lead.
Wed 24 th Sept	Footpaths around Newbourne and to the south west side of the village	5	90	10.45am	Meet and park in the Newbourne Fox (IP12 4NY), overflow car park across the road from the pub. Dogs are welcome on a short lead. Refreshments and toilets are available in The Newbourne Fox after the walk.
Wed 24 th Sept	RSPB Minsmere reserve - Woodland Walk	4	60 – 90	11.00am	RSPB Minsmere, Sheepwash Lane, Saxmundham. Free entry to reserve, donations welcome. Meet outside the café, walk through shop to outside seating area. Do not gather in reception – IP17 3BY
Wed 24 th Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Parking is available in Morrisons on site. Toilets are available in the surgery or at Morrisons, and refreshments are available in the church close by after the walk. Dogs on short leads welcome.
Thu 25 th Sept	Reydon Church Walk	4	90	10.30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY

Fri 26 th Sept	Woodbridge and Surrounding Areas. (Martlesham) Steps and inclines on this walk. Can be muddy so please bring appropriate footwear.	5	90	10.30am	Meet in Car Park opposite Martlesham Church. Take road opposite Red Lion pub (on corner of Bealings Road and Main Road). Road goes uphill and bears to the right – at that point there is a turning left onto Church Lane. Follow that narrow road until the Church. Car park is then on the right.
Mon 29 th Sept	Walk along Felixstowe Prom and return through Langer Park	2	60	10.45am	In front of the Leisure Centre on Prom IP11 2AE. Dogs are welcome and there is parking available, but local charges apply
Mon 29 th Sept	Circular walk around the edge of Halesworth town	3	75/90	2.30pm	Thoroughfare carpark Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 30 th Sept	South Pier to Pakefield, Lowestoft	3	90	10.30am	Meet outside East Point Pavilion, NR33 0AP

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 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 for a copy - <https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/>



Walk Grading Criteria

- A Grade 1 walk (Easy Access) is a short (between 30 & 45 mins), slower pace and over easy, flat terrain. They are open to everyone but are aimed at those who are least active and are 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.