

## July to September Programme 2025

### Ipswich, the Surrounding area, and Felixstowe Walks

**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 1st July	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE. Old Norwich Road, IP1 6LE
Wed 2 <sup>nd</sup> July	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 2 <sup>nd</sup> 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 <sup>nd</sup> July	<b>Evening Walk</b> – Walk along Nacton Shores and back through Broke Hall Woods and Levington village	5	90	6.30pm	Meet and park from 6.15pm at the far end of the Levington Ship car park, IP10 0LQ. Dogs welcome on a short lead.
Thu 3 <sup>rd</sup> July	Sutton Hoo Strollers – Booking advised, not essential	3	60	10.30am	Meet to the left of the of the visitor centre entrance in partnership with the National Trust – IP12 3DJ
Fri 4 <sup>th</sup> 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
Fri 4 <sup>th</sup> July	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 7 <sup>th</sup> 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 <sup>th</sup> July	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 8 <sup>th</sup> July	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE

Wed 9 <sup>th</sup> 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).
Wed 9 <sup>th</sup> July	Walk around the Village of Earl Soham	5	90	11.00am	There is free car parking behind Earl Soham Community Primary School, The Street, Earl Soham, IP13 7SA. Dogs are welcome on a short lead. Meet from 10.45am
Wed 9 <sup>th</sup> July	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 9 <sup>th</sup> 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
Fri 11 <sup>th</sup> July	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 14 <sup>th</sup> 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 <sup>th</sup> July	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 15 <sup>th</sup> July	Walk around Framlingham and surrounding countryside	4	90	10.45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply.
Tue 15 <sup>th</sup> July	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 16 <sup>th</sup> July	Walk around Leiston and the Surrounding Area (short walk)	2	60	11.00am	Meet from 10.50am outside Leiston Cinema, 74 High St, Leiston, IP16 4BZ. Dogs are welcome on a short lead. There is free parking available on the roadside or in the Co-op car park.
Wed 16 <sup>th</sup> July	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 16 <sup>th</sup> 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 <sup>th</sup> July	Walk from Rushmere Duckpond to the Fynn Valley and back	4	90	10.30m	Meet at the Rushmere Chestnut Pond opposite Chestnut Close, IP15 1DF from 10.20am. Dogs welcome on a short lead.
Fri 18 <sup>th</sup> 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. on street parking available nearby and also car parks close by at Kingston Playing Fields.
Fri 18 <sup>th</sup> July	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE

Mon 21 <sup>st</sup> July	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 22 <sup>nd</sup> July	Walk from the Newbourne Fox to Hemley Church overlooking the Deen	4	90	10.30am	The meet point is the Newbourne Fox pub car park (please park in the overflow car park opposite the pub) - IP12 4NY
Tue 22 <sup>nd</sup> July	<b>TUESDAY WALK</b> Walk along Felixstowe Prom and return through 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.
Tue 22 <sup>nd</sup> July	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 23 <sup>rd</sup> 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 <sup>rd</sup> July	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 23 <sup>rd</sup> July	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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
Fri 25 <sup>th</sup> July	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 28 <sup>th</sup> 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 <sup>th</sup> July	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 29 <sup>th</sup> July	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 30 <sup>th</sup> July	Walk on paths and tracks all around the edge of Trimley St. Mary, near Felixstowe	5	90	10.45am	Meet from 10.35am. Parking is at the Searsons Farm, Cordy's Lane, Station Road, Trimley St Mary, IP11 0UD. Dogs are welcome on a short lead.
Wed 30 <sup>th</sup> July	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 30 <sup>th</sup> July	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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
Fri 1st Aug	Woodbridge and Surrounding Areas (Sutton Heath)	3	75	10.30am	The Sutton Heath car park is on the B1083. From Woodbridge pass Melton Station. Go over Wilford Bridge and go right at the mini roundabout and pass Sutton Hoo on the right. Keep STRAIGHT ON and do not take the road on the left. Large car park on the left.

Fri 1 <sup>st</sup> Aug	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 4 <sup>th</sup> Aug	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 5 <sup>th</sup> Aug	Walk from Clopton Corner and Debach Airfield, Woodbridge	4	90	10.30am	Meet at the First Coffee Shop at Debach Airfield – IP13 6QT. There is parking available her. Dogs are welcome on a short lead.
Tue 5 <sup>th</sup> Aug	<b>TUESDAY WALK</b> 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
Tue 5 <sup>th</sup> Aug	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 6 <sup>th</sup> Aug	Westleton Heath and Dunwich Forest	4	90	11.00am	Meet just before 11.00am at the Westleton Heath National Nature Reserve car park, Dunwich Road, Westleton, IP17 3DE. A donation for parking would be appreciated. Dogs permitted on a short lead
Wed 6 <sup>th</sup> Aug	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 6 <sup>th</sup> Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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 <sup>th</sup> Aug	Sutton Hoo Strollers – Booking advised, not essential	3	60	10.30am	Meet to the left of the of the visitor centre entrance in partnership with the National Trust – IP12 3DJ
Fri 8 <sup>th</sup> Aug	Walk around the lanes and footpaths to north-east side of Abbey Grove	4	80	10.45am	Parking in the Eastlands free car park, Meet on the grass bank at the far end of the car park near Abbey Grove, IP11 9GA. Dogs are welcome on a short lead.
Fri 8 <sup>th</sup> Aug	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 11 <sup>th</sup> 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 <sup>th</sup> Aug	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 12 <sup>th</sup> Aug	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Tue 12 <sup>th</sup> Aug	<b>EVENING WALK</b> around Waldringfield and surrounding area from the Maybush	5	90	<b>6.30pm</b>	Free parking after 6.00pm in the main Waldringfield car park, by the Maybush, IP12 4QL. Dogs are welcome on a short lead
Wed 13 <sup>th</sup> Aug	Walk with Helen and Cynthia around Whatfield	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>

	and Semer Overgang (near Hadleigh)				
Wed 13 <sup>th</sup> 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).
Wed 13 <sup>th</sup> Aug	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 13 <sup>th</sup> Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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
Fri 15 <sup>th</sup> 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. on street parking available nearby and also car parks close by at Kingston Playing Fields.
Fri 15 <sup>th</sup> Aug	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 18 <sup>th</sup> Aug	Walk along Felixstowe Prom and return through Maybush Lane	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 18 <sup>th</sup> Aug	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 19 <sup>th</sup> Aug	Walk around Framlingham and surrounding countryside	4	90	10.45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply.
Tue 19 <sup>th</sup> Aug	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 20 <sup>th</sup> Aug	Walk from Leiston to 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.
Wed 20 <sup>th</sup> Aug	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 20 <sup>th</sup> Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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 <sup>st</sup> Aug	Walk from Ipswich Airport to Orwell Country Park Bridge Wood	4	90	10.30am	Meet at the end of Braziers Wood Road, IP3 OSP, past the leisure centre on the left-hand side. Meet from 10.20am to start the walk at 10.30am. Dogs are welcome on a short lead.
Fri 22 <sup>nd</sup> Aug	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 25 <sup>th</sup> 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 25 <sup>th</sup> Aug	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE

Tue 26 <sup>th</sup> Aug	Walk along the 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. Dogs welcome on short leads.
Tue 26 <sup>th</sup> Aug	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 27 <sup>th</sup> 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 <sup>th</sup> Aug	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 27 <sup>th</sup> Aug	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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
Fri 29 <sup>th</sup> 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
Fri 29 <sup>th</sup> Aug	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 1 <sup>st</sup> 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 <sup>st</sup> Sept	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 2 <sup>nd</sup> Sept	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 3 <sup>rd</sup> Sept	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
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Thu 4 <sup>th</sup> Sept	Sutton Hoo Strollers – Booking advised, not essential	3	60	10.30am	Meet to the left of the of the visitor centre entrance in partnership with the National Trust – IP12 3DJ
Fri 5 <sup>th</sup> Sept	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 8 <sup>th</sup> 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 <sup>th</sup> Sept	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 9 <sup>th</sup> 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 <sup>th</sup> 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.
Tue 9 <sup>th</sup> Sept	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 10 <sup>th</sup> 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 <sup>th</sup> 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. <b>No dogs welcome on this walk.</b>
Wed 10 <sup>th</sup> Sept	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 10 <sup>th</sup> 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.
Fri 12 <sup>th</sup> 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. on street parking available nearby and also car parks close by at Kingston Playing Fields.
Fri 12 <sup>th</sup> Sept	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 15 <sup>th</sup> Sept	Walk along Felixstowe Prom and return through Maybush Lane	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 15 <sup>th</sup> Sept	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 16 <sup>th</sup> Sept	Walk around Framlingham and surrounding countryside	4	90	10.45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply.
Tue 16 <sup>th</sup> Sept	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 17 <sup>th</sup> Sept	Walk around Leiston and the surrounding area	2	60	11.00am	Meet in the car park opposite 81 Abbey Road, IP16 4TA. There is now a sign at the entrance to the car park. Dogs are welcome on a short lead.
Wed 17 <sup>th</sup> Sept	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 17 <sup>th</sup> Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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 <sup>th</sup> Sept	Walk from Suffolk Food Hall to Freston Wood	5 <b>(STILE)</b>	90	10.30am	Meet from 10.20am in the Suffolk Food Hall Car Park, Wherstead Hall Peppers Lane, Stutton, IP9 2AB. Parking & refreshments available to purchase in the Food Hall after the walk.
Fri 19 <sup>th</sup> Sept	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 22 <sup>nd</sup> 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 <sup>nd</sup> Sept	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 23 <sup>rd</sup> 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.
Tue 23 <sup>rd</sup> Sept	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE
Wed 24 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> Sept	Whitton Fields Footpaths, fields & bridleways towards Akenham	4	60/75	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Wed 24 <sup>th</sup> Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short & 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
Fri 26 <sup>th</sup> Sept	Woodbridge and Surrounding Areas. (Martlesham) <b>Steps and inclines on this walk. Can be muddy so please bring appropriate footwear.</b>	5	75/90	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.
Fri 26 <sup>th</sup> Sept	Whitton to Akenham Wellbeing Walk	5	90	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE
Mon 29 <sup>th</sup> 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 <sup>th</sup> Sept	Old Norwich Road Walk, Ipswich	1	30/45	11.00am	Meet and park at Whitton United Football Club, Old Norwich Road. IP1 6LE
Tue 30 <sup>th</sup> Sept	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11.00am	Meet and park at Whitton United Football Club, IP1 6LE





## 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.

## Wellbeing Walks Notes

If this is your first Wellbeing Walk, then welcome! Please note at your first Wellbeing Walk, the walk leader 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 any of the walks please do not hesitate to check via the website - <https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/> , contact our Feel Good Suffolk Advisors - **0345 603 4060**, or email [alex.bond@ipswich.gov.uk](mailto:alex.bond@ipswich.gov.uk) for more information. Programmes available for East Suffolk District Council, Mid Suffolk and Babergh District Councils, Ipswich Borough Council and West Suffolk District Council.