

## July to September 2025 Wellbeing Walks 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
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	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 1 <sup>st</sup> July	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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
Tue 1 <sup>st</sup> July	Woolpit Easy Walk, nr Stowmarket	3/4	60/90 mins	11.30am	The Bull Inn, Woolpit. Additional parking opposite the Church - IP30 9SA
Wed 2 <sup>nd</sup> July	Ladies Evening Town Walk Water Meadows Walk	3	90 mins	6.30pm	Meet at 6.15pm at the Pillar of Salt opposite Abbeygate on Angel Hill, IP33 1LT. Free parking after 6pm at Ram Meadow on Cotton Lane or Angel Hill Car park.
Thu 3 <sup>rd</sup> July	Explore Bury St Edmunds – monthly town walk- <b>NEW TIME</b>	2/3	75/90 mins	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
Thu 3 <sup>rd</sup> July	Walk West of Kedington along the Footpaths (nr Haverhill)	3	60/90	11.00am	Meet at Kedington Community Centre, CB9 7QQ from 10.45am for an 11.00 start. Dogs welcome on short leads. Parking available.
Thu 3 <sup>rd</sup> July	Newmarket mid-length walk: Rowley Drive / Queen's Statue	3	90-120 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Sat 5 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 7 <sup>th</sup> July	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 7 <sup>th</sup> July	Bury Get Walking Mondays! – Long and Short Walks (Weekly)	2 or 3	30/60 mins	10.15am	Meet 10.00am in Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

Mon 7 <sup>th</sup> July	Haverhill Beginners Walk from Abbeycroft Leisure Centre (Weekly)	1-2	30-60 mins	2.00pm	Meet at the Leisure Centre, free parking for walkers – CB9 0ER.
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	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 8 <sup>th</sup> July	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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 9 <sup>th</sup> July	Ickworth Park, nr Bury St Edmunds. NEW short & longer walks	1/2 or 3-4	45-90 mins	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 mins	10.00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
Thu 10 <sup>th</sup> July	Walk from Haverhill Golf Course	4	90	11.00am	Meet and park at East Town Park Car Park, CB9 0NF, for an 11.00 start.
Thu 10 <sup>th</sup> July	Newmarket Longer Walk: Rowley Drive / Newmarket Heath	5	90-120 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Fri 11 <sup>th</sup> July	<b>EVENING WALK</b> – Walk around Natterer's Wood	3	90	7.00pm	Meet and park at 6.45pm at Moreton Hall Community Centre on Symonds Road, IP33 7EE. Dogs welcome on a short lead.
Sat 12 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 14 <sup>th</sup> July	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 14 <sup>th</sup> July	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 14 <sup>th</sup> July	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
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	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 15 <sup>th</sup> July	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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
Tue 15 <sup>th</sup> July	Woolpit Easy Walk, nr Stowmarket	3/4	60/90 mins	11.30am	The Bull Inn, Woolpit. Additional parking opposite the Church - IP30 9SA
Thu 17 <sup>th</sup> July	Stansfield Circuit with the Bury Leaders	4	90 mins	10.15am	Meet at 10.00am at the Stansfield Village Hall, Hall Lane, Lower Street, Stansfield, Clare, CO10 8LW. Parking at the village hall, donation welcome.

Thu 17 <sup>th</sup> July	Walk around Abington, near Haverhill	4	Up to 90 mins	11.00am	Meet from 10.45am near The Institute on Abington High Street, CB21 6AE. Parking available. Dogs welcome on short leads.
Thu 17 <sup>th</sup> July	Newmarket Short Walk: town or Yellow Brick Road	2	60 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Sat 19 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 21 <sup>st</sup> July	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 21 <sup>st</sup> July	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 21 <sup>st</sup> July	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
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	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 22 <sup>nd</sup> July	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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 23 <sup>rd</sup> July	Walk around Long Melford with William & Monique	5 <b>(STILES)</b>	90 mins	10.15am	Meet and park at 10.00am on Church Walk, Long Melford, CO10 9DL, on the grass area by the cemetery. <b>Please note there are two stiles on this walk. NO DOGS ALLOWED</b>
Thu 24 <sup>th</sup> July	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60 mins	10.00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
Thu 24 <sup>th</sup> July	Walk around the Haverhill Research Park and Surrounding area	3	Up to 90 mins	11.00am	The meet point and car parking is in the Sainsburys car park, Haycocks Road, Haverhill, CB9 7YL. Dogs welcome on a short lead.
Thu 24 <sup>th</sup> July	Newmarket Houldsworth Valley (with or without steps)	4	90 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 26 <sup>th</sup> July	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 28 <sup>th</sup> July	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 28 <sup>th</sup> July	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 28 <sup>th</sup> July	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 29 <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 29 <sup>th</sup> July	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 29 <sup>th</sup> July	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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
Tue 29 <sup>th</sup> July	Woolpit Easy Walk, nr Stowmarket	3/4	60/90 mins	11.30am	The Bull Inn, Woolpit. Additional parking opposite the Church - IP30 9SA
Thu 31 <sup>st</sup> July	Walk around the Village of Castle Camps nr Haverhill	3	Up to 70 mins	11.00am	Meet from 10.45am outside Castle Camps Church of England Primary School on Church Lane, CB21 4TH, dogs welcome on short lead.
Sat 2 <sup>nd</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 4 <sup>th</sup> Aug	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 4 <sup>th</sup> Aug	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 4 <sup>th</sup> Aug	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
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	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	. Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 5 <sup>th</sup> Aug	Up & Down Rattlesden with William & Monique	4	90 mins	10.15am	Park and meet at 10.00am at the Rattlesden Community Pavilion, IP30 0RT. <b>NO DOGS ON THIS WALK</b>
Tue 5 <sup>th</sup> Aug	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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	<b>Ladies Evening Town Walk,</b> Bury St Edmunds – Women of Wit, Wisdom & Wonder	3	90 mins	6.30pm	Meet at 6.15pm at The Pillar of Salt opposite the Abbeygate, Angel Hill. Dogs welcome on a short lead. Free parking after 6pm at Ram Meadow or on the Angel Hill Car park.
Thu 7 <sup>th</sup> Aug	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60 mins	10.00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
Thu 7 <sup>th</sup> Aug	Explore Bury St Edmunds – monthly town walk- <b>NEW TIME</b>	2/3	75/90 mins	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
Thu 7 <sup>th</sup> Aug	Walk around Puddlebrook, Haverhill	3	Up to 90 mins	11.00am	Meet from 10.45am at School Lane Car Park (CB9 9DE). Dogs welcome on a short lead.
Sat 9 <sup>th</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

Mon 11 <sup>th</sup> Aug	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 11 <sup>th</sup> Aug	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 11 <sup>th</sup> Aug	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 12 <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 12 <sup>th</sup> Aug	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 12 <sup>th</sup> Aug	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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
Tue 12 <sup>th</sup> Aug	Woolpit Easy Walk, nr Stowmarket	3/4	60/90 mins	11.30am	Meet & park at The Bull Inn, Woolpit. Additional parking opp. the Church - IP30 9SA
Wed 13 <sup>th</sup> Aug	Ickworth Park, nr Bury St Edmunds. NEW short & longer walks	1/2 or 3-4	45-90 mins	10.15am	Meet at 10.00am in the Ickworth House car park (admission is free for Wellbeing Walks)
Thu 14 <sup>th</sup> Aug	Walk around the village of Great Bradley (Suffolk/Cambs. border)	4	Up to 90 mins	11.00am	Park at Great Bradley Hall Farm, Great Bradley, CB9 9LT, and meet outside Hall Farm from 10.45am. Dogs welcome on a short lead.
Fri 15 <sup>th</sup> Aug	Cavendish Heath Nature Reserve, nr Mildenhall	4	90 mins	10.15am	Meet at 10.00am. Park at Cavenham Heath car park adjacent to the Reserve, IP28 6TB, or along the access road - a quarter mile past the postcode reference and past Longwood Farm. <b>No dogs welcome on this walk.</b>
Sat 16 <sup>th</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 18 <sup>th</sup> Aug	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walk	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 18 <sup>th</sup> Aug	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 18 <sup>th</sup> Aug	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 19 <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 19 <sup>th</sup> Aug	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 19 <sup>th</sup> Aug	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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 20 <sup>th</sup> Aug	Walk around the Denston Hall Circuit with the Bury Leaders	4	90 mins	10.15am	The meet point is Denston Village Hall, Lower Green, Denston, Newmarket CB8 8PN at 10.00am. <b>ASSITANCE DOGS ONLY</b>
Thu 21 <sup>st</sup> Aug	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60 mins	10.00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA
Thu 21 <sup>st</sup> Aug	Walk around the Haverhill Flood Park	4	Up to 90 mins	11.00am	Meeting point is in front of the Sainsburys in Haverhill on Haycocks Road, CB9 7YL from 10.45am. Dogs welcome on a short lead. Parking available at Sainsburys.
Thu 21 <sup>st</sup> Aug	Newmarket Houldsworth Valley (with or without steps)	4	90 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Sat 23 <sup>rd</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 25 <sup>th</sup> Aug	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 25 <sup>th</sup> Aug	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 25 <sup>th</sup> Aug	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 26 <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 26 <sup>th</sup> Aug	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
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Tue 26 <sup>th</sup> Aug	Woolpit Easy Walk, nr Stowmarket	3/4	60/90 mins	11.30am	Meet & park at The Bull Inn, Woolpit. Additional parking opp. the Church - IP30 9SA
Thu 28 <sup>th</sup> Aug	Walk around the village of Ashdon, Saffron Walden	4	Up to 90 mins	11.00am	Meet from 10.45am at the All Saints Church car park, on Church Hill, Ashdon, CB10 2HG. Dogs welcome on a short lead.
Thu 28 <sup>th</sup> Aug	Newmarket Short Walk: town or Yellow Brick Road	2	60 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Sat 30 <sup>th</sup> Aug	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 1 <sup>st</sup> Sept	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 1 <sup>st</sup> Sept	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 1 <sup>st</sup> Sept	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 2 <sup>nd</sup> Sept	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 2 <sup>nd</sup> Sept	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
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Wed 3 <sup>rd</sup> Sept	<b>Ladies Evening Town Walk,</b> Bury St Edmunds – Natterer’s Wood	3	90 mins	<b>6.30pm</b>	Meet at 6.15pm at the Pillar of Salt on Angel Hill opposite the The Abbeygate, Angel Hill, IP33 1LW. Dogs are welcome on a short lead. Parking available, charges may apply.
Thu 4 <sup>th</sup> Sept	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60 mins	10.00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA
Thu 4 <sup>th</sup> Sept	Explore Bury St Edmunds – monthly town walk- <b>NEW TIME</b>	2/3	75/90 mins	10.15am	Meet 10.00am outside Bury Library (opposite Bus Station), IP33 1TZ
Thu 4 <sup>th</sup> Sept	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
Thu 4 <sup>th</sup> Sept	Walk around the Haverhill Persimmon Estate	3	70 mins	11.00am	Meet from 10.45am at the Farrant Road Playground car park, CB9 7JX. Well behaved dogs are welcome short lead.
Thu 4 <sup>th</sup> Sept	Newmarket mid-length walk: Rowley Drive / Queen’s Statue	3	90-120 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Sat 6 <sup>th</sup> Sept	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 8 <sup>th</sup> Sept	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 8 <sup>th</sup> Sept	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 8 <sup>th</sup> Sept	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 9 <sup>th</sup> Sept	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 9 <sup>th</sup> Sept	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 9 <sup>th</sup> Sept	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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
Tue 9 <sup>th</sup> Sept	Woolpit Easy Walk, nr Stowmarket	3/4	60/90 mins	11.30am	Meet & park at The Bull Inn, Woolpit. Additional parking opp. the Church - IP30 9SA
Wed 10 <sup>th</sup> Sept	Ickworth Park, nr Bury St Edmunds. NEW short & longer walks	1/2 or 3-4	45-90 mins	10.15am	Meet at 10.00am in the Ickworth House car park (admission is free for Wellbeing Walks)

Thu 11 <sup>th</sup> Sept	Walk around the village of Horseheath (between Linton & Haverhill)	3	60/70 mins	11.00am	Meet from 10.45am at the village sign (there is a bench and signboard opposite the village sign) on Linton Road, CB21 4QF. Parking is roadside on West Wickham Road.
Thu 11 <sup>th</sup> Sept	Newmarket Longer Walk: Rowley Drive / Newmarket Heath	5	90-120 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Sat 13 <sup>th</sup> Sept	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 15 <sup>th</sup> Sept	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 15 <sup>th</sup> Sept	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 15 <sup>th</sup> Sept	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 16 <sup>th</sup> Sept	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 16 <sup>th</sup> Sept	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 16 <sup>th</sup> Sept	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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 17 <sup>th</sup> Sept	Explore the village of Drinkstone with William and Monique	3/4	90 mins	10.15am	The meet point is in the Drinkstone village hall car park on Gedding Road, IP30 9SZ at 10.00am. <b>NO DOGS WELCOME ON THIS WALK</b>
Thu 18 <sup>th</sup> Sept	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60 mins	10.00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA
Thu 18 <sup>th</sup> Sept	Walk around Haverhill Sturmer Arches	3	60/70 mins	11.00am	The meeting point is at the front of the Leisure Centre, Ehringshausen Way, Haverhill. CB9 0ER from 10.45am. Parking is available at the leisure centre.
Thu 18 <sup>th</sup> Sept	Newmarket Short Walk: town or Yellow Brick Road	2	60 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Sat 20 <sup>th</sup> Sept	Walk n Talk with Geoffrey	2/3	Up to 80 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 22 <sup>nd</sup> Sept	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 22 <sup>nd</sup> Sept	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 22 <sup>nd</sup> Sept	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 23 <sup>rd</sup> Sept	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 23 <sup>rd</sup> Sept	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 23 <sup>rd</sup> Sept	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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
Tue 23 <sup>rd</sup> Sept	Woolpit Easy Walk, nr Stowmarket	3/4	60/90 mins	11.30am	Meet & park at The Bull Inn, Woolpit. Additional parking opp. the Church - IP30 9SA
Wed 24 <sup>th</sup> Sept	Walk through the Foxgloves at West Stow Country Park	2-4	60/75 mins	10.15am	Meet point is the car park at West Stow Country Park, IP28 6HG. Please parking charges apply. Please meet at 10.00am.
Thu 25 <sup>th</sup> Sept	Thurlow Walk, nr Haverhill	5 <b>(STILE)</b>	90 mins	11.00am	Meet from 10.45am at Thurlow Recreation Ground (CB9 7LJ) off the B1061 at 10.45am. Dogs are welcome on a short lead. <b>Donation requested for using the car park please.</b>
Thu 25 <sup>th</sup> Sept	Newmarket Houldsworth Valley (with or without steps)	4	90 mins	1.30pm	Park in the Guineas car park (paying). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT
Fri 26 <sup>th</sup> Sept	Blackthorpe Barn and Rougham (opportunity to visit 'Artworks' exhibition after, free).	3	75 mins	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 mins	10.15am	Meet 10.00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 29 <sup>th</sup> Sept	Brandon Abbeycroft Leisure Centre wellbeing walk – short & longer walks	2 & 3/4	60/75 mins	9.30 am	Meet and park at the Brandon Abbeycroft Leisure Centre reception on Church Road, IP27 0JB. Dogs welcome on a short lead.
Mon 29 <sup>th</sup> Sept	Bury Get Walking Monday – Long and Short Walks	2 or 3	30/60 mins	10.15am	Meet 10.00 Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 29 <sup>th</sup> Sept	Haverhill Beginners Walk from Abbeycroft Leisure Centre	1-2	30-60 mins	2.00pm	Meet at the Haverhill Leisure Centre, free parking for walkers – CB9 0ER
Tue 30 <sup>th</sup> Sept	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 30 <sup>th</sup> Sept	<b>NEW WALK</b> Mildenhall Hub Weekly Walk - Town Walk or West Row Path	2/3	Up to 60 mins	10.00am	Meet and park in the Mildenhall Hub Leisure Centre from 9.50am. Parking available. Dogs welcome on a short lead. Café available after to the walk. Accessible for wheelchair users.
Tue 30 <sup>th</sup> Sept	The Clare Tuesday Walks - around Clare and the Upper Stour Valley	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



## Wellbeing Walk Notes

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 [alex.bond@ipswich.gov.uk](mailto:alex.bond@ipswich.gov.uk) for more information. Please contact us for a copy.

Programmes also 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.