

October to December 2025 Programme

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
Sat 4 th Oct	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 6 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 7 th Oct	Botesdale Wellbeing Walk	2	Up to 60	10.00am	Meet at the Chapel, Park View Chapel, Chapel Lane, Botesdale - IP22 1BU
Tue 7 th Oct	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 7 th Oct	The Clare Tuesday Walks	2-3	90	10.30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW
Tue 7 th Oct	Woolpit Village Walk, (near Stowmarket)	4	60/90	11:30am	Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Wed 8 th Oct	Ickworth Park – near Bury St Edmunds, short and long walks	1/2 or 3-4	45-90 mins	10.15am	Meet at 10.00am in the Ickworth House car park – near the bike hire.(admission is free for Wellbeing Walks), IP29 5QE. Dogs welcome on short leads.
Sat 11 th Oct	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 13 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 14 th Oct	Botesdale Wellbeing Walk	2	Up to 60	10.00am	Meet at the Chapel, Park View Chapel, Chapel Lane, Botesdale - IP22 1BU
Tue 14 th Oct	Clare Tuesday Walks	2-3	90	10.30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW
Thu 16 th Oct	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10.00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
Sat 18 th Oct	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

Mon 20 th Oct	Walk and Talk at Needham Lake	2	Up to 60	10:00am	Meet at 9:50am at the entry point to Needham Lake, Needham, IP6 8NU, just through the car park. Dogs welcome on a short lead.
Mon 20 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 21 st Oct	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 21 st Oct	Felsham to Bradfield Woods and return	3	90	10:15am	Meet at 10:00am at Felsham Playing Field car park, Lower Green, Felsham, IP30 OPP.
Tue 21 st Oct	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Tue 21 st Oct	Woolpit Village Walk, (near Stowmarket)	4	60/90	11:30am	Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Wed 22 nd Oct	Culford School Grounds (near Bury St Edmunds)	5	90	10:15am	Meet at 10:00am at West Stow Church, 1P28 6ET. Donation requested for the church car park. Assistant Dogs only.
Thu 23 rd Oct	Walk around Nowton Park, Bury St Edmunds	3	60/90	10:30am	Meet at 10:15am in the car park at Nowton Park, Bury St Edmunds, IP29 5BD. Parking charges apply. Dogs welcome on a short lead.
Sat 25 th Oct	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 27 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 27 th Oct	Walk and Talk in Stowmarket	2	Up to 60	10:00am	Meet at 9:50am at the Stowmarket Rugby Club, Club house on Chiltern Way, Stowmarket, IP14 1SZ. Dogs welcome on a short lead.
Tue 28 th Oct	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 28 th Oct	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Thu 30 th Oct	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
Sat 1 st Nov	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 3 rd Nov	Walk and Talk at Needham Lake	2	Up to 60	10:00am	Meet at 9:50am at the entry point to Needham Lake, Needham, IP6 8NU, just through the car park. Dogs welcome on a short lead.
Mon 3 rd Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

Tue 4 th Nov	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 4 th Nov	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 4 th Nov	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Tue 4 th Nov	Woolpit Village Walk, (near Stowmarket)	4	60/90	11:30am	Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Thu 6 th Nov	Wellbeing on Wheels at Ickworth Estate	/	90	10.15am	Meet at Porters Lodge from 10.00am. This walk is for people in manual or electric wheelchairs, and scooters – IP29 5QE. Carers/ Companions and dogs welcome on a short lead.
Thu 6 th Nov	Explore Bury St Edmunds – monthly town walk	2/3	Up to 90	10.15am	Meet 10.00am outside Bury Library (opposite Bus Station), St Andrew's Street North, Bury St Edmunds, IP33 1TZ. Dogs welcome on a short lead.
Thu 6 th Nov	Walk around Ashen including the Airfield	2	60/90	10:30am	Meet at the Village Hall in Ashen, The Street, Ashen, CO10 8JN. Dogs welcome on a short lead.
Sat 8 th Nov	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 10 th Nov	Walk and Talk in Stowmarket	2	Up to 60	10:00am	Meet at 9:50am at the Stowmarket Rugby Club, Club house on Chiltern Way, Stowmarket, IP14 1SZ. Dogs welcome on a short lead.
Mon 10 th Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 11 th Nov	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 11 th Nov	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Wed 12 th Nov	Ickworth Park – near Bury St Edmunds, short and long walks	1/2 or 3-4	45-90 mins	10.15am	Meet at 10.00am in the Ickworth House car park – near the bike hire. (admission is free for Wellbeing Walks), IP29 5QE. Dogs welcome on short leads.
Wed 12 th Nov	Walk around Capel St Mary and Little Wenham with Cynthia and Helen	5	90	10:30am	Parking area near Zaynab restaurant and Bypass Nurseries Garden Centre, on Old London Road, Capel St Mary, IP9 2XS. Not suitable for wheelchair users or dogs.
Thu 13 th Nov	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
Sat 15 th Nov	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

Mon 17 th Nov	Walk and Talk at Needham Lake	2	Up to 60	10:00am	Meet at 9:50am at the entry point to Needham Lake, Needham, IP6 8NU, just through the car park. Dogs welcome on a short lead.
Mon 17 th Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 18 th Nov	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 18 th Nov	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Tue 18 th Nov	Woolpit Village Walk, (near Stowmarket)	4	60/90	11:30am	Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Wed 19 th Nov	Lackford Lakes (2 options available)	2-3 3-4	Up to 60 90	10:15am	Meet at 10:00am at the car park at Lackford Lakes, Bury St Edmunds, IP28 6HX. Suggested £3 donation towards the reserve.
Thu 20 th Nov	Suffolk Food Hall Wherstead Circular	4	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. Dogs welcome on a short lead.
Thu 20 th Nov	Walk to Brinkley from Burrough Green – Haverhill	2	60-90	10:30am	Meet at The Bull pub, Burrough Green, CB8 9NH. Parking is available on the road. Dogs welcome on a short lead.
Sat 22 nd Nov	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 24 th Nov	Walk and Talk in Stowmarket	2	Up to 60	10:00am	Meet at 9:50am at the Stowmarket Rugby Club, Club house on Chiltern Way, Stowmarket, IP14 1SZ. Dogs welcome on a short lead.
Mon 24 th Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 25 th Nov	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 25 th Nov	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Thu 27 th Nov	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
Sat 29 th Nov	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Mon 1 st Dec	Walk and Talk at Needham Lake	2	Up to 60	10:00am	Meet at 9:50am at the entry point to Needham Lake, Needham, IP6 8NU, just through the car park. Dogs welcome on a short lead.
Mon 1 st Dec	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU

Tue 2 nd Dec	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 2 nd Dec	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Tue 2 nd Dec	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 2 nd Dec	Woolpit Village Walk, (near Stowmarket)	4	60/90	11:30am	Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Thu 4 th Dec	Explore Bury St Edmunds – monthly town walk	2/3	Up to 90	10.15am	Meet 10.00am outside Bury Library (opposite Bus Station), St Andrew's Street North, Bury St Edmunds, IP33 1TZ. Dogs welcome on a short lead.
Thu 4 th Dec	Wellbeing on Wheels at Ickworth Estate	/	90	10.15am	Meet at Porters Lodge from 10.00am. This walk is for people in manual or electric wheelchairs, and scooters – IP29 5QE. Carers/ Companions and dogs welcome on a short lead.
Mon 8 th Dec	Walk and Talk in Stowmarket	2	Up to 60	10:00am	Meet at 9:50am at the Stowmarket Rugby Club, Club house on Chiltern Way, Stowmarket, IP14 1SZ. Dogs welcome on a short lead.
Mon 8 th Dec	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Meet at 10:00am Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Tue 9 th Dec	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 9 th Dec	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Wed 10 th Dec	Ickworth Park – near Bury St Edmunds, short and long walks	1/2 or 3-4	45-90 mins	10.15am	Meet at 10.00am in the Ickworth House car park – near the bike hire.(admission is free for Wellbeing Walks), IP29 5QE. Dogs welcome on short leads.
Wed 10 th Dec	Bramford walk with Cynthia and Helen	5	90	10:30am	Meet at The Loraine Victory Hall on Ship Lane, Bramford, IP8 4AN. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thu 11 th Dec	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at The Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Dogs welcome on a short lead, refreshments available after the walk
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Tue 16 th Dec	Botesdale Village Walk	2	Up to 60	10.00am	Meet at the Chapel from 9:45am. Park View Chapel, Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tue 16 th Dec	Clare Tuesday Walks	3	90	10:30am	Meet at 10.15am. Walks go from Clare Castle Country Park, Old Goods Shed. Parking fees apply – CO10 8NW. Dogs welcome on a short lead.
Tue 16 th Dec	Woolpit Village Walk, (near Stowmarket)	4	60/90	11:30am	Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Thu 18 th Dec	West Stow Country Park – near Bury St Edmunds	3	Up to 90	10:15am	Meet in the car park of West Stow Country Park, IP28 6HG, for 10am. Parking fees apply. Suitable for wheelchair users. Dogs welcome on a short lead.
Sat 20 th Dec	Walk and Talk with Geoffrey	2/3	Up to 80	10:00am	Meet at Nowton Park Car Park, Outside Café, parking fees apply – IP29 5LU
Sun 21 st Dec	Bury Winter Solstice Walk to Nowton Church	/	90	2:00pm	Meet at 1:45pm at Nowton Park cafe, IP29 5LU.
Mon 22 nd Dec	Walk and Talk in Stowmarket	2	Up to 60	10:00am	Meet at 9:50am at the Stowmarket Rugby Club, Club house on Chiltern Way, Stowmarket, IP14 1SZ. Dogs welcome on a short lead.
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Tue 30 th Dec	Woolpit Village Walk, (near Stowmarket)	4	60/90	11:30am	Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.

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 wellbeingwalks@suffolk.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.