

October to December 2025 Programme

East Suffolk 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
Wed 1 st Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 2 nd Oct	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 2 nd Oct	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1/2	30	2:00pm	Meet at the main entrance near 'Banksy' Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for wheelchair users. Dogs welcome on a short lead. Parking - £1.00 for 2 hours.
Mon 6 th Oct	Halesworth Millennium Green Explorer	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 7 th Oct	Mindful Gunton Wood Walk with Rachel	2	60	9:45am	Meet at the entrance to the woods, at the north end of Gunton Church Lane, NR32 4LF. Not suitable for wheelchair users.
Tue 7 th Oct	Walk from Kesgrave Scout Hall to Martlesham SSSI and back	4	90	10:30am	Meet and park at Kesgrave Scout Hall, IP5 1JF. There is free parking available and dogs are welcome but must be on a short lead at all times.
Wed 8 th Oct	Lowestoft, Waterlane to Sparrows Nest	3/4	90	9:30am	Join at Waterlane Leisure Centre, Lowestoft, at 9.30am for the full walk which includes a coffee stop for approximately 60 mins in Martello Coffee House, Sparrow's Nest, returning to the leisure centre. Please allow 2.5 hours in total. Alternatively, join us outside Martello Coffee House at 10.00am for approx. 30 mins of walking nearby, followed by the coffee stop. The full walk aims to finish about 12 noon.
Wed 8 th Oct	Walk around Levington and Loompit Lake	5	90	10:30am	Meet at the entrance to Levington Marina. From old Felixstowe main road, follow signs to Stratton Hall/marina. There is parking available for walkers on the roadside.

Wed 8 th Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 9 th Oct	Reydon, Mount Pleasant/Recreation Ground	2	60	10:30am	Meet for the walk on Jubilee Green opposite the health centre, IP18 6GY. Free parking in the health centre car park but please avoid parking there if it is busy. There are places to park safely on neighbouring roads.
Fri 10 th Oct	Walk around Woodbridge and the surrounding areas	3	75/90	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 10 th Oct	Walk along the paths and lanes towards Falkenham and back	5	90	10:45am	Parking is available at the meet point - Capel Hall Lane picnic area, Kirton (IP11 0RB) which is just off the A14 at junction 59.
Mon 13 th Oct	Gentle walk along Felixstowe Prom and return via Maybush Lane	2	60	10:45am	The meet point for the walk is in front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE.
Mon 13 th Oct	Aldeburgh Walk	5	90	11:00	Meet at the King's Field Recreation Ground car park (IP15 5HY), behind the Aldeburgh Community and Sports Centre off the roundabout at the junction with the A1094 Saxmundham Road and the B1122 Leiston Road.
Mon 13 th Oct	Circular walk around Millennium Green and Halesworth Cemetery	3	75	2:30pm	Meet in the Thoroughfare car park, Halesworth behind the White Hart, IP19 8AH. This walk is not wheelchair accessible. Dogs permitted on a short lead.
Wed 15 th Oct	Walk around Leiston and the Surrounding Area (short walk)	2	60	11.00am	The meeting point is the car park opposite Leiston Library, Main Street, Leiston, IP16 4ER. Not suitable for wheelchair users.
Wed 15 th Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 16 th Oct	Walk around the Gorse Road/ Hill Road in Reydon	2	Up to 60	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Wheelchair accessible.
Thu 16 th Oct	Rushmere to Tuddenham via the River Fynn.	4	90	10:30am	Meet at Chestnut Pond on The Street, Rushmere, IP5 1DE. Not suitable for wheelchair users. Dogs on short leads welcome.
Thu 16 th Oct	Lowestoft – Carlton Marshes Nature Reserve	1	30/60	2:00pm	Suffolk Wildlife Trust, Carlton Marshes Nature Reserve, Burnt Hill Lane, Lowestoft. Please give a donation towards parking if you can, cash donations taken at post boxes around the reserve, or ask at the visitor centre. Suitable for wheelchair users. Dogs on short leads welcome.
Sun 19 th Oct	Lowestoft Seafront Walk	2	60/75	10:00am	Meet at the Tritan Statue, South Pier, Royal Plain, Lowestoft. NR33 OAE. Parking charges apply on nearby car park, some roadside parking on Marine

					Parade. Suitable for wheelchair users. Dogs welcome on short leads.
Mon 20th Oct	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ
Mon 20th Oct	Circular walk around the edge of Halesworth Town	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 21st Oct	Framlingham walk around the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 22nd Oct	Walk down to Fagbury Cliff lookout point over the docks and return	4	75	10:45am	Meet at Searsons Farm where there is parking available.. Cordy's Lane, Station Rd, Trimley St. Mary, IP11 0UD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 22nd Oct	RSPB Minsmere Reserve – Woodland Walk	4	60/90	11:00am	Meet outside the cafe. Walk through the shop to the outside seating area. Donations welcome for parking. Not suitable for wheelchair users. RSPB Minesmere, Sheepwash Lane, Saxmundham, IP17 3BY.
Wed 22nd Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 23rd Oct	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 24th Oct	Woodbridge and surrounding area (Melton)	3/4	60/80	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 27th Oct	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 60	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking available- charges apply.
Mon 27th Oct	Halesworth Millennium Green Explorer	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 28th Oct	South Pier to Pakefield Cliffs and back (Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 0AP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users. Dogs welcome on a short lead.
Tue 28th Oct	Walk from Bucklesham to Brightwell	5	90	10:30am	Meet in The Shannon Pub, Main Road, Bucklesham, IP10 0DY. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 29th Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 30th Oct	Marshes Explorer Walk around Reydon	3	Up to 90	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the

					health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 3 rd Nov	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 60	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking available- charges apply.
Mon 3 rd Nov	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ
Mon 3 rd Nov	Halesworth Countryside and Town Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 4 th Nov	Mindful Gunton Wood Walk with Rachel	2	60	9:45am	Meet at the entrance to the woods, at the north end of Gunton Church Lane, NR32 4LF. Not suitable for wheelchair users.
Tue 4 th Nov	Aldringham Walk	4	90	11:00am	Common car park on the B1353 to Thorpeness Road. The car park is on the left just after a right hand turning to the church. IP16 4QT. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 5 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 6 th Nov	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 6 th Nov	Reydon – Keens Lane Circular	4	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. Dogs welcome on a short lead.
Thu 6 th Nov	Purdis Heath circular includng board walks	4/5	90	10:30am	Meet at the Purdis Heath layby on Bucklesham Road, opposite Trinity Park. IP3 8UD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thu 6 th Nov	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1/2	30	2:00pm	Meet at the main entrance near ‘Banksy’ Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for wheelchair users. Dogs welcome on a short lead. Parking - £1.00 for 2 hours.
Thu 6 th Nov	Everitt Park Wellbeing Walk	1	30/60	2:00pm	Meet at the bridge just inside Everitt Park. Oulton Broad, NR33 9JTR. Suitable for wheelchair users. Dogs welcome on a short lead. Parking - £1.00 for 2 hours.
Fri 7 th Nov	Walk around Woodbridge and the surrounding areas	3	75/90	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 10 th Nov	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 60	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking available- charges apply.
Mon 10 th Nov	Halesworth Orchard Walk	3/4	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19

					8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 11 th Nov	Walk from The Newbourne Fox to Brightwell Lakes through the Springs and back	4	90	10:30am	The meet point is the Newbourne Fox pub car park (please park in the car park opposite the pub). IP12 4NY. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 12 th Nov	Lowestoft – Waterlane Leisure Centre to Sparrow’s nest	3/4	From 30 up to 90	9:30am Allow 2.5 hours in total (includes coffee stop)	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking agreed in leisure centre car park. NR32 2NH. Or meet outside Martello Coffee House at 10.00am. Free parking in car park opposite Sparrows Nest, Whapload Road, Lowestoft. NR32 1XG.
Wed 12 th Nov	Walking Westleton Woods	4	45	11:30am	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 to finish, turn right and park on the field edge. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 12 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 13 th Nov	Reydon Smear	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. Dogs welcome on a short lead.
Mon 17 th Nov	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ
Mon 17 th Nov	Circular walk around the edge of Halesworth Town	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 18 th Nov	Framlingham walk around the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 19 th Nov	Leiston towards Sizewell	2	60	11:00am	Meet at is Leiston Leisure Centre, Red House Lane, IP16 4WR. Park in the car park or on the road. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 19 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 20 th Nov	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thu 20 th Nov	Walk along paths and lanes to Grimston Hall and back	4	80	10:45am	Please meet at Searsons Farm where there is parking available. Cordy’s Lane, Station Rd, Trimley St. Mary, IP11 0UD. Not suitable for wheelchair users. Dogs welcome on a short lead.

Thu 20 th Nov	Lowestoft – Carlton Marshes Nature Reserve	1	30/60	2:00pm	Suffolk Wildlife Trust, Carlton Marshes Nature Reserve, Burnt Hill Lane, Lowestoft. Please give a donation towards parking if you can, cash donations taken at post boxes around the reserve, or ask at the visitor centre. Suitable for wheelchair users. Dogs on short leads welcome.
Fri 21 st Nov	Woodbridge and Surrounding Area (Playford)	4	75	10:30am	Meet in the car park at Playford Village Hall on Butts Road, Playford, IP6 9DU.
Sun 23 rd Nov	Lowestoft Seafront Walk	2	60/75	10:00am	Meet at the Tritan Statue, South Pier, Royal Plain, Lowestoft. NR33 0AE. Parking charges apply on nearby car park, some roadside parking on Marine Parade. Suitable for wheelchair users. Dogs welcome on short leads.
Mon 24 th Nov	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 60	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking available- charges apply.
Mon 24 th Nov	Halesworth Town Farm Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 25 th Nov	Walk from Martlesham Community Centre to Fynn Valley	4	90	10:30am	The meet point and parking is at the Martlesham Community Centre, Felixstowe Road, IP12 4PB. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 25 th Nov	South Pier to Pakefield Cliffs and back (Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 0AP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users. Dogs welcome on a short lead.
Wed 26 th Nov	RSPB Minsmere Reserve – Woodland Walk	4	60/90	11:00am	Meet outside the cafe. Walk through the shop to the outside seating area. Donations welcome for parking. Not suitable for wheelchair users. RSPB Minsmere, Sheepwash Lane, Saxmundham, IP17 3BY.
Wed 26 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 27 th Nov	Reydon walk to Southwold Pier	3	90	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 1 st Dec	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ
Mon 1 st Dec	Halesworth Millennium Green Explorer	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 2 nd Dec	Mindful Gunton Wood Walk with Rachel	2	60	9:45am	Meet at the entrance to the woods, at the north end of Gunton Church Lane, NR32 4LF. Not suitable for wheelchair users.

Tue 2 nd Dec	Saxmundham	4	90	11:00am	Meet and park for free by the tennis courts at the Sports Club. Saxmundham Sports Club (off the B1121) Carlton Park, Saxmundham, IP17 2QA. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 3 rd Dec	Around lanes and footpaths to north and west of Abbey Grove	4	80	10:45am	Meet on the grass bank at the far end of Eastlands Free car park, by Abbey Grove. IP11 9GA. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 3 rd Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 4 th Dec	Walk around the Gorse Road/ Hill Road in Reydon	2	Up to 60	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Wheelchair accessible.
Thu 4 th Dec	Deben circular, taking in the river and woods	4	90	10:30am	Meet at Melton Recreation Ground car park, Melton, IP12 1PF. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thu 4 th Dec	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 Dec	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1/2	30	2:00pm	Meet at the main entrance near ‘Banksy’ Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for wheelchair users. Dogs welcome on a short lead. Parking - £1.00 for 2 hours.
Thu 4 th Dec	Everitt Park Wellbeing Walk	1	30/60	2:00pm	Meet at the bridge just inside Everitt Park. Oulton Broad, NR33 9JTR. Suitable for wheelchair users. Dogs welcome on a short lead. Parking - £1.00 for 2 hours.
Fri 5 th Dec	Walk around Woodbridge and the surrounding areas	3	75/90	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 8 th Dec	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 60	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking available- charges apply.
Mon 8 th Dec	Halesworth Countryside and Town Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 9 th Dec	Walk from Kesgrave Scout Hall to Longstrops	4	90	10:30am	Meet outside the Kesgrave Scout Hall, Kesgrave, IP5 1JF. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 10 th Dec	Lowestoft – Waterlane Leisure Centre to Sparrow’s nest	3/4	From 30 up to 90	9:30am Allow 2.5 hours in total	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking agreed in leisure centre car park. NR32 2NH. Or meet outside Martello Coffee House at 10.00am. Free parking in car park opposite Sparrows Nest, Whapload Road, Lowestoft. NR32 1XG.

				(includes coffee stop)	
Wed 10 th Dec	Walking Westleton Woods	4	45	11:30am	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 to finish, turn right and park on the field edge. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 10 th Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 11 th Dec	Reydon Smear	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. Dogs welcome on a short lead.
Mon 15 th Dec	Footways and paths around Old Felixstowe and cliff top paths	4	80	10:45am	Meet and park for free at the Brackenbury Leisure Centre on High Road East, Felixstowe, IP11 9JF. Not suitable for wheelchair users and dogs welcome on a short lead.
Mon 15 th Dec	Holywells Park and Waterfront - Ipswich	3	75	11:00am	Meet at the Question Mark Sculpture outside the UCS building on the Waterfront, Ipswich, IP4 1QJ
Mon 15 th Dec	Halesworth Orchard Walk	3/4	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tue 16 th Dec	Framlingham walk around the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 17 th Dec	Walk around Leiston and the surrounding area	2	60	11:00am	Meet at is Leiston Leisure Centre, Red House Lane, IP16 4WR. Park in the car park or on the road. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 17 th Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1.00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 18 th Dec	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thu 18 th Dec	Lowestoft – Carlton Marshes Nature Reserve	1	30/60	2:00pm	Suffolk Wildlife Trust, Carlton Marshes Nature Reserve, Burnt Hill Lane, Lowestoft. Please give a donation towards parking if you can, cash donations taken at post boxes around the reserve, or ask at the visitor centre. Suitable for wheelchair users. Dogs on short leads welcome.
Fri 19 th Dec	Woodbridge and surrounding area (Sutton Heath)	/	75	10:30am	Sutton Heath car park is on the B1083. From Woodbridge, go passed Melton Station. Go over Wilford Bridge. Take the right at the mini roundabout, pass Sutton Hoo on the right. Keep STRAIGHT ON and do not take the road to the left. There is a large car park on the left about a mile from the Sutton Hoo turning.

Mon 22 nd Dec	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 60	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking available- charges apply.
Mon 22 nd Dec	Circular walk around the edge of Halesworth Town	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tue 23 rd Dec	Martlesham Heath and Airfield	4	90	10:30am	Meet at Martlesham Square / Douglas Baber pub, Martlesham, IP5 3SL. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 29 th Dec	Walk to Landguard nature reserve and back (Felixstowe)	5	90	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE. Parking available- charges apply.
Mon 29 th Dec	Post-Christmas walk around Halesworth	3	60	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.

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 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.