

October to December 2025 Programme

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
Wed 1 st Oct	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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.
Fri 3 rd Oct	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Mon 6 th 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 6 th Oct	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tues 7 th Oct	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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.
Fri 10 th Oct	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Mon 13 th Oct	Walk along Old Norwich Road from Whitton	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.

	Football Club towards Claydon and back				
Tues 14 th Oct	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 15 th Oct	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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	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.
Fri 17 th Oct	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Mon 20 th Oct	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Mon 20 th 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
Tues 21 st Oct	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 22 nd 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 22 nd 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.
Fri 24 th 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
Fri 24 th Oct	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Mon 27 th 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 27 th Oct	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tue 28 th 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.
Tues 28 th Oct	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 29 th Oct	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wed 29 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.
Fri 31 st Oct	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
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
Tues 4 th Nov	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 5 th Nov	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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	Purdis Heath circular including 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.
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.
Fri 7 th Nov	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Mon 10 th Nov	Gentle walk along Felixstowe Prom and	1	Up to 60	10:45am	Meet in front of Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE.

	return through Langer Park				Suitable for wheelchair users. Dogs are welcome on a short lead. Parking available- charges apply.
Mon 10 th Nov	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
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.
Tues 11 th Nov	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 12 th Nov	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
Wd 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.
Fri 14 th Nov	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Mon 17 th Nov	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
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
Tues 18 th Nov	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 19 th Nov	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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	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 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.
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.

Fri 21 st Nov	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
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	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 26 th Nov	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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.
Fri 28 th Nov	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tue 2 nd Dec	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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	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.

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.
Fri 5 th Dec	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
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.
Tue 9 th Dec	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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.
Wed 10 th Dec	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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.
Fri 12 th Dec	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Tue 16 th Dec	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 17 th Dec	Whitton Fields along footpaths, fields &	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.

	bridleways towards Akenham and back				
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	Ipswich 3 parks circular	4/5	90	10:30am	Meet at Murray Road Rec IP3 9JL, at the King Edward Road entrance to the park (north end of King Edward Road). Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 19 th Dec	Whitton to Akenham Wellbeing Walk	5	90	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
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.
Tue 23 rd Dec	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 24 th Dec	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	60/75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs only.
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	Walk along Old Norwich Road from Whitton Football Club towards Claydon and back	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs only.
Mon 29 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
Tue 30 th Dec	From Whitton Football Club through footpaths and fields towards Akenham	2	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.



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 wellbeingwalks@suffolk.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.