

October to December 2025 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
Thu 2 nd 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
Thu 2 nd Oct	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 2 nd Oct	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.
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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead.
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
Thu 9 th Oct	Walk around Saffron Walden	3	90	10:30am	The meeting point and car parking for this walk is at the Swan Meadow car park CB10 1DA (please note charges apply) . Dogs are welcome to attend but must remain on a short lead at all times.
Mon 13 th Oct	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead.
Mon 13 th Oct	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tue 14 th Oct	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.

Tue 14 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
Wed 15 th Oct	‘Dawn’ Linear Walk to Hengrave and return	3	90	10:15am	Meet 10:00am at the Coffee House, Moseley's Farm, Fornham All Saints, IP28 6JY
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
Thu 16 th Oct	Walk from Haverhill Golf Course	2	60/90	10:30am	Meet and park at East Town Park Car Park, Coupals Rd, Haverhill, CB9 0NF, for an 10:30am start.
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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. 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
Mon 20 th Oct	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 21 st Oct	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
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.
Wed 22 nd Oct	Culford School Grounds (near Bury St Edmunds)	5	90	10:15am	Meet at 10:0am at West Stow Church, IP28 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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead.
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	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tue 28 th Oct	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
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
Thu 30 th Oct	Walk from Haverhill Leisure Centre to East Town Park and back	2	Up to 90	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Sat 1st 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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. 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
Mon 3 rd Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 4 th Nov	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
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.
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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. 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
Mon 10 th Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 11 th Nov	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.

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.
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
Thu 13 th Nov	Walk around the Strawberry Fields area of Haverhill	2	60-90	10:30am	Meet point is School Lane, Haverhill, CB9 9DE. Dogs are welcome on a short lead.
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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. 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
Mon 17 th Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 18 th Nov	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
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.
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	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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. 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
Mon 24 th Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tue 25 th Nov	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.

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.
Wed 26 th Nov	Winter Walk at Blackthorpe Barn	2/3	75-90	10:15am	Meet at 10:00am in the car park at Blackthorpe Barn, IP30 9HZ.
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
Thu 27 th Nov	Working Haverhill	2	60-90	10:30am	Meet in front of the reception at Haverhill Leisure Centre - CB9 0BB. Dogs welcome on a short lead.
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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. 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
Mon 1 st Dec	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tue 2 nd Dec	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
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.
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.
Thu 4 th Dec	Kedington South West	2	60-90	10:30am	Meet at Kedington Community Centre car park, Great Meadow, Arms Ln, Kedington, Haverhill, CB9 7QQ. Dogs welcome on a short lead.
Mon 8 th Dec	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. 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
Mon 8 th Dec	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.

Tue 9 th Dec	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
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.
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
Thu 11 th Dec	Haverhill East Town Park to Strumer and back	2	60-90	10:30am	Meet at East Town Park Memorial Gardens. Parking available at East Town Park car park, Haverhill, England, CB9 7UW. Dogs welcome on a short lead.
Sat 13 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
Mon 15 th Dec	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead.
Mon 15 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
Mon 15 th Dec	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tue 16 th Dec	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
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.
Wed 17 th Dec	Rusbrooke Arms	3-4	90	10:15am	Meet at 10.00am in the car park of the Rushbrooke Arms, Sicklesmere, IP30 0BU. Not suitable for wheelchair users. Dogs welcome on a short lead.
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.
Thu 18 th Dec	Birdbrook to Moynes Park, Haverhill	3	60-90	10:30am	Meet outside Birdbrook Church, The Street, CO9 4BJ.
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	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road,

					Brandon, IP27 0JB. Dogs welcome on a short lead.
Mon 22 nd 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.
Mon 22 nd Dec	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tue 23 rd Dec	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
Tue 23 rd 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.
Sat 27 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
Mon 29 th Dec	Brandon Abbeycroft Leisure Centre wellbeing walks	1 / 3	30-45/60	9:30 am	Meet and park at the Brandon Abbeycroft Leisure Centre at reception on Church Road, Brandon, IP27 0JB. Dogs welcome on a short lead.
Mon 29 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 30 th Dec	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub. Suitable for wheelchair users. Dogs welcome on a short lead. IP28 7JX.
Tue 30 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.



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 wellbeingwalks@suffolk.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.