

## April to June 2026 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
Tues 7 <sup>th</sup> April	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 7 <sup>th</sup> April	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Wed 8 <sup>th</sup> April	Helen and Cythnia's walk from Stutton to path along River Stour	5	90	10:30am	Meet at the Stutton community shop. Park on the grass to the right of the hall. IP9 2TA. Not suitable for wheelchair users.
Mon 13 <sup>th</sup> April	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.
Tues 14 <sup>th</sup> April	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Thurs 16 <sup>th</sup> April	Freston Circular	4/5	Up to 90	10:30am	Meet at the Suffolk Food Hall, IP9 2AB for 10:30am start. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 20 <sup>th</sup> April	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.
Tues 21 <sup>st</sup> April	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 21 <sup>st</sup> April	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Mon 27 <sup>th</sup> April	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.
Tues 28 <sup>th</sup> April	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 5 <sup>th</sup> May	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 5 <sup>th</sup> May	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.

Mon 11 <sup>th</sup> May	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.
Tues 12 <sup>th</sup> May	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Wed 13 <sup>th</sup> May	Cynthia and Helen's Walk from Tattlingstone to Bentley Manor	5	90	10:30am	Meet outside Tattlingstone Village Hall, IP9 2ND. Free parking available on road in The Close or pay at Anglia Water Lemon's Hill South. Not suitable for wheelchair users.
Tues 19 <sup>th</sup> May	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 19 <sup>th</sup> May	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Tues 26 <sup>th</sup> May	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Mon 1 <sup>st</sup> June	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.
Tues 2 <sup>nd</sup> June	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 2 <sup>nd</sup> June	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Mon 8 <sup>th</sup> June	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.
Tues 9 <sup>th</sup> June	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Wed 10 <sup>th</sup> June	Helen and Cythnia's Walk through Kersey via the water splash	5	90	10:30am	Meet in the Kersey Mill car park, Kersey IP7 6DP. Not suitable for wheelchair users.
Mon 15 <sup>th</sup> June	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.
Tues 16 <sup>th</sup> June	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 16 <sup>th</sup> June	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. Meet and park at The Bull Inn, The Street, Woolpit. Additional parking opposite the Church - IP30 9SA. Dogs welcome on short leads.
Thurs 18 <sup>th</sup> June	Shotley Circular – Views of Orwell Estuary	4/5	Up to 90	10:30am	Meet at the Shotley Village Hall car park, IP9 1LX. Parking available. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 22 <sup>nd</sup> June	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.
Tues 23 <sup>rd</sup> June	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.

Mon 29 <sup>th</sup> June	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.
Tues 30 <sup>th</sup> June	Botesdale Village Walk	2	Up to 60	10:00am	Meet in the Park View Chapel from 9:45am for 10:00am start. Chapel Lane, Botesdale - IP22 1BU. Assistant dogs welcome.
Tues 30 <sup>th</sup> June	Woolpit Village Walk (near Stowmarket)	4	60-90	11:30am	Meet at 11:15am for 11:30am start. 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](mailto:wellbeingwalks@suffolk.gov.uk) for more information.

Please refer to the website for the most up-to-date programme as scheduled walks are subject to change - [www.ramblers.org.uk/go-walking/wellbeing-walks](http://www.ramblers.org.uk/go-walking/wellbeing-walks)

Programmes are available for East Suffolk District Council, Mid Suffolk and Babergh District Councils, Ipswich Borough Council and West Suffolk District Council.



### 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.**