

April to June 2026 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 April	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. Dogs welcome on a short lead.
Thurs 2 nd April	Sutton Hoo Strollers Booking advised –not essential	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thurs 2 nd April	Reydon Smear	3	60-75	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 7 th April	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.
Tues 7 th April	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 8 th April	Lowestoft – Waterlane Leisure Centre to Sparrow's nest	2/3	From 30 up to 90	9:30am	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking 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. Suitable for wheelchair users. Dogs welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 8 th April	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. Dogs welcome on a short lead.
Thurs 9 th April	Reydon – Mount Pleasant/ Recreation Ground	2	Up to 60	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Not suitable for wheelchair users. Dogs not welcome on this walk.
Thurs 9 th April	Walk around paths in Peewit Hill and Grange Farm area (Felixstowe)	4	75	10:45am	Meet in the Garrison Lane car park. Parking charges apply. Felixstowe, IP11 7SH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 10 th April	Woodbridge and Surrounding area (Playford)	5	75	10:30am	Meet in the car park at Playford Village Hall on Butta Rod, Playford. IP6 9DU.

Mon 13 th April	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 55	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 13 th April	Halesworth Millennium Green Explorer Walk	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours for £2.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 15 th April	Walk around Leiston and the surrounding area	2	60	11:00am	Meet next to the car park entrance on Abbey Road, Leiston, IP16 4TA. Entrance is opposite no. 81 Abbey Road. Free parking available. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 15 th April	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. Dogs welcome on a short lead.
Thurs 16 th April	Reydon, Gorse Road/ Hill Road	2	Up to 60	10:30am	Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Suitable for wheelchair users. Dogs welcome on a short lead.
Thurs 16 th April	Lowestoft – Carlton Marshes Nature Reserve	1	30/60	2:00pm	Suffolk Wildlife Trust, Carlton Marshes Nature Reserve, Burnt Hill Lane, Lowestoft, NR33 8HU. 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.
Mon 20 th April	Circular walk around Millennium Green and Halesowrth Cemetry	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.
Tues 21 st April	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street, Framlingham - IP13 9BP. Parking charges apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 22 nd April	East Point Pavilion to Kensington Gardens	1	Up to 120	10:00am	Meet at the East Point Pavilion. Parking nearby – pay and display car park available. Cafe stop on route. Suitable for wheelchair users. Dogs welcome on a short lead.
Wed 22 nd April	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 22 nd April	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. Dogs welcome on a short lead.
Thurs 23 rd April	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Meet at 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 24 th April	Walk around Woodbridge and the Surrounding areas	3	60-75	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 27 th April	Felixstowe Prom North and return via Martello Lane	3	65	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 April	Circular walk around the edge of Halesworth Town	3	75-90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £2.00 - IP19 8AH. Not suitable for wheelchair users.
Tues 28 th April	Walk from the Martlesham Community Centre to the Church and back	4	90	10:30am	Meet in the car park at Martlesham Community Centre. Not suitable for wheelchair users. Dogs welcome on a short lead. Martlesham, IP12 4SE.
Tues 28 th April	South Pier to Pakefield Cliffs and back (Lowestoft)	5	75	10:45am	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.
Tues 28 th April	Earl Soham Windwhistle Walk	5	90	11.00am	There is free car parking behind Earl Soham Community Primary School, The Street, Earl Soham, IP13 7SA. Dogs are welcome on short leads. Not suitable for wheelchair users. Refreshments & toilets are available nearby at the pub.
Wed 29 th April	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. Dogs welcome on a short lead.
Thurs 30 th April	Reydon St Felix walk	3	Up to 90	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 5 th May	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.
Tues 5 th May	Walk from Capel Hall Lane to Falkenham Church and back	5	90	10:45am	Meet at the Capel Hall Lane picnic area, just off A14 at Junction 59., IP11 0UX. Parking available on site. Dogs welcome on a short lead. Not suitable for wheelchair users.
Wed 6 th May	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. Dogs welcome on a short lead.
Thurs 7 th May	Sutton Hoo Strollers Booking advised –not essential	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thurs 7 th May	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. Not suitable for wheelchair users.
Thurs 7 th May	Captain's Wood Sudbourne (Suffolk Wildlife Nature Reserve)	4	90	11:00am	Meet on the grassy area opposite All Saints Church (not Baptist Church), Sudbourne, IP12 2BP. Free parking on the verge. No dogs allowed to attend.
Fri 8 th May	Walk around Woodbridge and Surrounding Areas (Martlesham)	5	90	10:30am	Meet in the car park at Martlesham Church, Church Lane, Martlesham, IP12 4PQ. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 11 th May	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 55	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 11 th May	Halesworth Millennium Green Explorer Walk	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours for £2.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.

Tues 12 th May	Walk from Kesgrave Scout Hall to Foxhall	4	90	10:30am	Meet at the Kesgrave Scout Hall for 10:30am start. Kesgrave, IP5 1JF. Dogs welcome on a short lead. Not suitable for wheelchair users.
Wed 13 th May	Lowestoft – Waterlane Leisure Centre to Sparrow’s nest	2/3	From 30 up to 90	9:30am	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking 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. Suitable for wheelchair users. Dogs welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 13 th May	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. IP17 3BX.
Wed 13 th May	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. Dogs welcome on a short lead.
Thurs 14 th May	Reydon Smear	3	60-75	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Mon 18 th May	Halesworth Countryside and Town Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £2.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 19 th May	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street, Framlingham - IP13 9BP. Parking charges apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 20 th May	Leiston towards Sizewell	2	60	11:00am	Meet at Leiston Leisure Centre, Red House Lane, Leiston, IP16 4LS. Parking available at the leisure centre or on the road. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 20 th May	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. Dogs welcome on a short lead.
Thurs 21 st May	Lowestoft – Carlton Marshes Nature Reserve	1	30/60	2:00pm	Suffolk Wildlife Trust, Carlton Marshes Nature Reserve, Burnt Hill Lane, Lowestoft, NR33 8HU. 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.
Thurs 21 st May	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Meet at 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 22 nd May	Walk around Woodbridge and the Surrounding areas	3	60-75	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 25 th May	Felixstowe Prom North and return via Martello Lane	3	65	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.

Tues 26 th May	South Pier to Pakefield Cliffs and back (Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 OAP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 26 th May	Walk from the Martlesham Community Centre to the Creek through Martlesham Wilds	4	90	10:30am	Meet in the car park at the Martlesham Community Centre, Martlesham, IP12 4PB. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 27 th May	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 27 th May	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. Dogs welcome on a short lead.
Mon 1 st June	Halesworth Orchard Walk	3	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.
Tues 2 nd June	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.
Tues 2 nd June	Searson's Farm area, Fagbury Cliff and lookout point	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.
Tues 2 nd June	Wickham Market and Surrounding Area	5	90	11:00am	Meet in the Market Square on the High Street in Wickham Market, IP13 0SZ. Parking charges apply across car parks in the town. Dogs welcome on a short lead.
Wed 3 rd June	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. Dogs welcome on a short lead.
Thurs 4 th June	Sutton Hoo Strollers Booking advised –not essential	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thurs 4 th June	Reydon St Felix walk	3	Up to 90	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Fri 5 th June	Woodbridge and Surrounding Areas (Melton)	3/4	60/90	10:30am	Meet at the car park at Melton Playing Field, Melton Road, Woodbridge. Parking also available on the road adjacent to the playing field. Melton, IP12 1NX.
Mon 8 th June	Gentle walk along Felixstowe Prom and return through Langer Park	1	Up to 55	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 June	Circular walk around the edge of Halesworth Town	3	75-90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £2.00 - IP19 8AH. Not suitable for wheelchair users.
Tues 9 th June	Walk from The Newbourne Fox to Hemley Church and back	4	90	10:30am	The meet point is the Newbourne Fox pub car park, IP12 4NY. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 10 th June	Lowestoft – Waterlane Leisure Centre to Sparrow's nest	2/3		9:30am	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking 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

			From 30 up to 90		Road, Lowestoft. NR32 1XG. Suitable for wheelchair users. Dogs welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 10 th June	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. IP17 3BX.
Wed 10 th June	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. Dogs welcome on a short lead.
Thurs 11 th June	Reydon, Gorse Road/ Hill Road	2	Up to 60	10:30am	Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Suitable for wheelchair users. Dogs welcome on a short lead.
Mon 15 th June	Halesworth Town Farm Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £2.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 16 th June	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street, Framlingham - IP13 9BP. Parking charges apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 17 th June	Leiston short walk	2	60	11:00am	Meet outside Leiston Cinema. Car park opposite – parking charges apply. High Street, Leiston, IP16 4BZ. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 17 th June	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. Dogs welcome on a short lead.
Thurs 18 th June	Reydon Smear	3	60-75	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Thurs 18 th June	Lowestoft – Carlton Marshes Nature Reserve	1	30/60	2:00pm	Suffolk Wildlife Trust, Carlton Marshes Nature Reserve, Burnt Hill Lane, Lowestoft, NR33 8HU. 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 June	Walk around Woodbridge and the Surrounding areas	3	60-75	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 22 nd June	Felixstowe Prom North and return via Martello Lane	3	65	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 June	Halesworth Millennium Green Explorer Walk	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours for £2.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.

Wed 24 th June	East Point Pavilion to Kensington Gardens	1	Up to 120	10:00am	Meet at the East Point Pavilion. Parking nearby – pay and display car park available. Cafe stop on route. Suitable for wheelchair users. Dogs welcome on a short lead.
Wed 24 th June	RSPB Minmere 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 Minmere, Sheepwash Lane, Saxmundham, IP17 3BY.
Wed 24 th June	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. Dogs welcome on a short lead.
Thurs 25 th June	Reydon – Fishing Lakes Walk	2/3	Up to 75	10:30am	Meet at 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 29 th June	Halesworth Countryside and Town Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £2.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 30 th June	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.
Tues 30 th June	Walk from Kesgrave Scout Hall to Foxhall	4	90	10:30am	Meet at the Kesgrave Scout Hall for 10:30am start. Kesgrave, IP5 1JF. Dogs welcome on a short lead. Not suitable for wheelchair users.
Tues 30 th June	Evening Walk around Newbourne nature reserve and local paths	5	90	6:30pm	Meet at the Newbourne Fox overflow car park opposite The Street, Newbourne, IP11 4NY. Not suitable for wheelchair users. Dogs are welcome on a short lead.

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 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 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

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.