

April to June 2026 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 April	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 April	Walk around Portman Road and Surrounding Areas (Ipswich)	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs welcome on a short lead. Pay and display parking nearby.
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.
Fri 3 rd April	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 6 th April	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. Dogs welcome on a short lead.
Mon 6 th April	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 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.
Tues 7 th April	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 8 th April	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 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	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.
Fri 10 th April	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 13 th April	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 14 th April	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 15 th April	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 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	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.
Fri 17 th April	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 20 th 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.
Mon 20 th April	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. Dogs welcome on a short lead.
Mon 20 th April	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 21 st April	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 22 nd April	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 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.
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.
Fri 24 th April	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
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	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 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	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 29 th April	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 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.
Fri 1 st May	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 4 th May	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. Dogs welcome on a short lead.
Mon 4 th May	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 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.
Tues 5 th May	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 6 th May	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 6 th May	Walk around Portman Road and Surrounding Areas (Ipswich)	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs welcome on a short lead. Pay and display parking nearby.

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.
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.
Fri 8 th May	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
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	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 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.
Tues 12 th May	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 13 th May	Cynthia and Helen's Walk from Tattingstone to Bentley Manor	5	90	10:30am	Meet outside Tattingstone 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.
Wed 13 th May	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 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.
Fri 15 th May	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 18 th May	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 19 th May	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 20 th May	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 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	Braziers Wood & Pipers Vale – A Hidden Gem of Orwell Country Park	4/5	90	10:30am	Meet at Braizers Wood Road opposite Ipswich Academy car park, Ipswich, IP3 OSP. Parking available. 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.
Fri 22 nd May	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
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.
Mon 25 th May	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 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.
Tues 26 th May	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 27 th May	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 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.
Fri 29 th May	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 1 st 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.
Mon 1 st June	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 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	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.

Wed 3 rd June	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 June	Walk around Portman Road and Surrounding Areas (Ipswich)	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs welcome on a short lead. Pay and display parking nearby.
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.
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.
Fri 5 th June	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
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	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 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.
Tues 9 th June	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 10 th June	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 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.
Fri 12 th June	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 15 th 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.
Mon 15 th June	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 15 th June	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. Dogs welcome on a short lead.
Tues 16 th June	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.

Wed 17 th June	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 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	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.
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.
Fri 19 th June	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
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	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 23 rd June	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
Wed 24 th June	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 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.
Fri 26 th June	Whitton to Akenham	5	90	11:00am	Meet and park at the Whitton Football Club, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant dogs welcome only.
Mon 29 th 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.
Mon 29 th June	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. Dogs welcome on a short lead.
Mon 29 th June	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 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	Whitton Wellbeing Walk. From Whitton Football Club through footpaths and fields towards Akenham	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Not suitable for wheelchair users. Assistant Dogs only.
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 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.

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 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 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.