

April to June 2026 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
Thurs 2 nd April	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10.00am	Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk.
Thurs 2 nd April	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. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thurs 2 nd April	Wellbeing on Wheels at Ickworth Estate	1	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.
Thurs 2 nd April	Walk around Haverhill Newt Pond and surrounding areas	3	60-90	10:30am	Meet in front of the Sainsburys Supermarket store on Haycock Road, Haverhill, CB9 7YL.
Thurs 2 nd April	Newmarket mid length walk – Rowley Drive/ Queen’s Statue	3	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 4 th April	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 6 th April	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 April	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Tues 7 th April	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 7 th April	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Tues 7 th April	Woolpit Village Walk	4	60-90	11:30am	Meet at The Bull Inn, Woolpit, from 11:15am for an 11:30am start. Free parking in the village car park, opposite the church, or at The Bull Inn. Dogs welcome on a short lead. IP30 9SA.

Wed 8 th April	Ickworth Park, near Bury St Edmunds – short and long walks	1-2/ 3-4	45/90	10:15am	Meet at 10:00am in the Ickworth House car park – near the bike hire. Free parking for Wellbeing Walkers. IP29 5QE. Dogs welcome on short leads.
Thurs 9 th April	Wickhambrook Walk	4	60-90	10:30am	Meet at the Wickhambrook Village Hall, CB8 8XP. Dogs welcome on a short lead.
Thurs 9 th April	Newmarket longer walk – Rowley Drive/ Newmarket Heath	4	90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 11 th April	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 13 th April	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 April	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 13 th April	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 14 th April	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 14 th April	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Thurs 16 th April	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10.00am	Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk.
Thurs 16 th April	Walk around the Haverhill Flood Park	3	60-90	10:30am	Meet in front of the Sainsburys store in Haverhill, Haycocks Road, CB9 7YL. Dogs welcome on a short lead.
Thurs 16 th April	Newmarket short walk – Severalls, town or Yellow Brick Road	2	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 18 th April	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 20 th April	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 April	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 20 th April	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 21 st April	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.

Tues 21 st April	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Tues 21 st April	Woolpit Village Walk	4	60-90	11:30am	Meet at The Bull Inn, Woolpit, from 11:15am for an 11:30am start. Free parking in the village car park, opposite the church, or at The Bull Inn. Dogs welcome on a short lead. IP30 9SA.
Thurs 23 rd April	Walk around Clare	3	60-90	10:30am	Meet at the Clare Football Ground, Harp Lane, Clare, CO10 8PH. Parking available at the football ground. Dogs welcome on a short lead.
Thurs 23 rd April	Newmarket Houldsworth Valley (with or without steps)	3	90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 25 th April	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 27 th April	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 April	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 27 th April	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 28 th April	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 28 th April	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Thurs 30 th April	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk.
Thurs 30 th April	Devils Dyke, Newmarket (Pasque Flower Walk)	4	90	10:15am	Meet at 10:00am for a 10:15am start. Meet at the National Stud, Newmarket, CB8 0TQ. Parking available. Assistance dogs only.
Thurs 30 th April	Haverhill Meadowlands town walk	3	60-90	10:30am	Meet at 10:15am for a 10:30am start. Meet at Sainsbury's store, Haycocks Road, Haverhill, CB9 7YL.. Dogs welcome on a short lead.
Thurs 30 th April	Newmarket longer walk – Rowley Drive/ Newmarket Heath	4	90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 2 nd May	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 4 th May	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 4 th May	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 4 th May	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 5 th May	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 5 th May	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Tues 5 th May	Woolpit Village Walk	4	60-90	11:30am	Meet at The Bull Inn, Woolpit, from 11:15am for an 11:30am start. Free parking in the village car park, opposite the church, or at The Bull Inn. Dogs welcome on a short lead. IP30 9SA.
Thurs 7 th May	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. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thurs 7 th May	Wellbeing on Wheels at Ickworth Estate	1	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.
Thurs 7 th May	Helions Bumpstead near Haverhill	3	60-90	10:30am	Meet at Helions Bumpstead Village Hall, Mill Road, Helion Bumpstead, CB9 7AH. Parking available. Dogs welcome on a short lead.
Thurs 7 th May	Newmarket short walk – Severalls, town or Yellow Brick Road	2	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 9 th May	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 11 th May	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 11 th May	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 11 th May	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 12 th May	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 12 th May	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Wed 13 th May	Ickworth Park, near Bury St Edmunds – short and long walks	1-2/ 3-4	45/90	10:15am	Meet at 10:00am in the Ickworth House car park – near the bike hire. Free parking for Wellbeing Walkers. IP29 5QE. Dogs welcome on short leads.

Thurs 14 th May	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10.00am	Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk.
Thurs 14 th May	Walk around Hidden Haverhill	3	60-90	10:30am	Meet at Haverhill Leisure Centre in front of reception on Lordscroft Lane, Haverhill, CB9 0ER. Parking available at the leisure centre. Dogs welcome on a short lead.
Thurs 14 th May	Newmarket mid length walk – Rowley Drive/ Queen’s Statue	3	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 16 th May	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 18 th May	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 18 th May	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 18 th May	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 19 th May	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 19 th May	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Tues 19 th May	Woolpit Village Walk	4	60-90	11:30am	Meet at The Bull Inn, Woolpit, from 11:15am for an 11:30am start. Free parking in the village car park, opposite the church, or at The Bull Inn. Dogs welcome on a short lead. IP30 9SA.
Wed 20 th May	Walking through Foxgloves at West Stow	3	90	10:15am	Meet at 10:00am for 10:15am start in the car park at West Stow Country Park, IP28 6HG. Parking charges apply.
Thurs 21 st May	Great Bradley Walk	4	60-90	10:30am	Meet at the Hall Farm Forecourt, CB8 9LT. Dogs welcome on a short lead.
Thurs 21 st May	Newmarket Houldsworth Valley (with or without steps)	3	90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 23 rd May	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 25 th May	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 25 th May	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.

Mon 25 th May	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 26 th May	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 26 th May	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Thurs 28 th May	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk.
Thues 28 th May	Castlefields, Haverhill town walk	3	60-90	10:30am	Meet at the Haverhill Castlefields School Lane car park, Haverhill CB9 9DE. Dogs welcome on a short lead.
Thurs 28 th May	Newmarket short walk – Severalls, town or Yellow Brick Road	2	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 30 th May	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 1 st June	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 June	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 1 st June	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 2 nd June	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 2 nd June	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Tues 2 nd June	Woolpit Village Walk	4	60-90	11:30am	Meet at The Bull Inn, Woolpit, from 11:15am for an 11:30am start. Free parking in the village car park, opposite the church, or at The Bull Inn. Dogs welcome on a short lead. IP30 9SA.
Thurs 4 th June	Wellbeing on Wheels at Ickworth Estate	1	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.
Thurs 4 th June	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. Not suitable for wheelchair users. Dogs welcome on a short lead.
Thurs 4 th June	Deniston Walk, Haverhill	3	60-90	10:30am	Meet at Deniston Hall CB8 8PW. Dogs welcome on a short lead.

Thurs 4 th June	Newmarket mid length walk – Rowley Drive/ Queen’s Statue	3	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 6 th June	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 8 th June	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 June	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 8 th June	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 9 th June	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 9 th June	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Wed 10 th June	Ickworth Park, near Bury St Edmunds – short and long walks	1-2/ 3-4	45/90	10:15am	Meet at 10:00am in the Ickworth House car park – near the bike hire. Free parking for Wellbeing Walkers. IP29 5QE. Dogs welcome on short leads.
Thurs 11 th June	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk.
Thurs 11 th June	Haverhill Sturmer Arches Walk	3	60-90	10:30am	Meet at the front of the Leisure Centre on Enhringshausen Way, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Thurs 11 th June	Newmarket longer walk – Rowley Drive/ Newmarket Heath	4	90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 13 th June	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Mon 15 th June	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 June	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 15 th June	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 16 th June	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 16 th June	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local

					parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Tues 16 th June	Woolpit Village Walk	4	60-90	11:30am	Meet at The Bull Inn, Woolpit, from 11:15am for an 11:30am start. Free parking in the village car park, opposite the church, or at The Bull Inn. Dogs welcome on a short lead. IP30 9SA.
Thurs 18 th June	Great Yeldham Walk, Haverhill	3	60-90	10:30am	Meet at the recreation ground, Great Yeldham, CO9 4HD. Dogs welcome on a short lead.
Thurs 18 th June	Newmarket short walk – Severalls, town or Yellow Brick Road	2	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Sat 20 th June	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.
Sun 21 st June	Summer Solstice Evening Walk – Take a summer evening walk to Nowton Church and return	5	90	7:00pm	Meet for 6:45pm on the grass close the cafe, near the car park machine at Nowton Park to start for 7:00pm. IP29 5LU.
Mon 22 nd June	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 June	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 22 nd June	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 23 rd June	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 23 rd June	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Wed 24 th June	Lackford Lakes (options of 2 walks)	2-3/ 3-4	60/90	10:15am	Meet at 10:00am for a 10:15am start for either walk in the car park at Lackford Lakes, Bury St Edmunds, IP28 6HX. Suggested donation of £3 for the Reserve.
Thurs 25 th June	Stanton Wellbeing Walk, near Bury (fortnightly)	1-3	Up to 60	10:00am	Meet at the Stanton Church Rooms, Old Bury Rd, Stanton – IP31 2DA. Parking available on local roads or at the village hall car park. Dogs welcome on a short lead. Refreshments available after the walk.
Thurs 25 th June	New Croft to Fox Walk – Haverhill	3	60-90	10:30am	Meet on the road outside New Croft, Haverhill, CB9 0BW. Dogs welcome on a short lead.
Thurs 25 th June	Newmarket mid length walk – Rowley Drive/ Queen’s Statue	3	60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT.
Fri 26 th June	Early Summer Walk at Blackthorpe Barn	2/3	Up to 90	10:15am	Meet at the car park by Blackthorpe Barn, IP30 9LZ. Not suitable for wheelchair users. Dogs welcome on a short lead.
Sat 27 th June	Walk and Talk with Geoffrey at Nowton Park, Bury St Edmunds	2/3	Up to 80	10:00am	Meet on the grass area near the car park pay machine in Nowton Park. Parking fees apply – IP29 5LU.

Mon 29 th June	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 June	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:00am	Short/ Longer walk options available. Meet on the grass opposite the cafe and the toilet area in the park. Parking fees apply – IP29 5LU. The shorter walk is suitable for wheelchair users.
Mon 29 th June	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Leisure Centre, free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs welcome on a short lead.
Tues 30 th June	Mildenhall Walk	2/3	Up to 60	10:00am	Meet in the cafe at Mildenhall Hub, Sheldrake Way, Mildenhall, IP28 7JX. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 30 th June	Clare Tuesday Walk	3	90	10:30am	Meet at the Old Goods Shed, Clare Castle Country Park from 10:15am for a 10:30am start. Local parking charges apply. Dogs welcome on a short lead. CO10 8NW.
Tues 30 th June	Woolpit Village Walk	4	60-90	11:30am	Meet at The Bull Inn, Woolpit, from 11:15am for an 11:30am start. Free parking in the village car park, opposite the church, or at The Bull Inn. Dogs welcome on a short lead. IP30 9SA.



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 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, 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.