

July to September 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
Mon 6 th July	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 are welcome on a short lead.
Tues 7 th July	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.
Tues 7 th July	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 8 th July	Shotley with views of two rivers	5	90	10:30am	Meet at the Shotley Village Hall car park next to The Rose Pub, The Street, IP9 1NL. Not suitable for wheelchair users. Not suitable for dogs to attend.
Mon 13 th July	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 are welcome on a short lead.
Tues 14 th July	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.
Tues 14 th July	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 are welcome on short leads.
Thurs 16 th July	Circular walk via Pin Mill and Woolverstone Marina, taking in the Orwell	5	90	10:30am	Meet at St Michaels Church, Woolverstone, IP9 1AY. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 20 th July	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 are welcome on a short lead.
Tues 21 st July	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.
Mon 27 th July	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 are welcome on a short lead.
Tues 28 th July	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.
Tues 28 th July	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 are welcome on short leads.
Mon 3 rd August	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 are welcome on a short lead.
Tues 4 th Aug	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.
Tues 4 th Aug	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 10 th Aug	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 are welcome on a short lead.
Tues 11 th Aug	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.
Tues 11 th Aug	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 are welcome on short leads.
Mon 17 th Aug	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 are welcome on a short lead.
Tues 18 th Aug	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.
Mon 24 th Aug	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 25 th Aug	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.
Tues 25 th Aug	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 are welcome on a short lead.
Mon 31 st Aug	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 are welcome on a short lead.
Tues 1 st Sept	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.
Tues 1 st Sept	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye. Free parking. IP23 7NH. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 7 th Sept	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 are welcome on a short lead.
Tues 8 th Sept	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.

Tues 8 th Sept	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 are welcome on a short lead.
Wed 9 th Sept	East Bergholt to Flatford	5	90	10:30am	Meet at the car park next to the Red Lion Pub, Gaston Street, East Bergholt, CO7 6TB. Not suitable for wheelchair users. Dogs are NOT welcome on this walk.
Mon 14 th Sept	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 are welcome on a short lead.
Tues 15 th Sept	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.
Thurs 17 th Sept	Circular walk taking in the Royal Hospital School and the River Stour	5	Up to 90	10:30am	Meet at St Peter's Church, Stutton Green, Stutton, IP9 2SD. Free parking is available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 21 st Sept	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 are welcome on a short lead.
Tues 22 nd Sept	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.
Tues 22 nd Sept	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 are welcome on a short lead.
Mon 28 th Sept	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 are welcome on a short lead.
Tues 29 th Sept	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.

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 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 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.