

July to September 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 July	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 are welcome on a short lead.
Thurs 2 nd July	Sutton Hoo Strollers	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thurs 2 nd July	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 are welcome on a short lead.
Fri 3 rd July	Woodbridge and Surrounding Areas (Playford)	5	75	10:30am	Meet in the car park at Playford Village Hall on Butts Road, Playford, IP6 9DU.
Mon 6 th July	Felixstowe Prom South & return through Langer Park	2	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 6 th July	Halesworth Millennium Green Explorer Walk	3	75-90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking for 2 hours £2.00 - IP19 8AH. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 7 th July	Mindful Gunton Woods 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.
Wed 8 th July	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 July	Walking Westleton Woods	4	45	10:30am	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 8 th July	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 are welcome on a short lead.
Thurs 9 th July	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.
Mon 13 th July	Circular walk around Millennium Green and Halesworth Cemetery – grade 3	3	75	2:30pm	Meet in the Thoroughfare car park, Halesworth behind the White Hart. Parking for 2 hours is £2 - IP19 8AH. This walk is not wheelchair accessible. Dogs permitted on a short lead.
Wed 15 th July	Leiston short walk – grade 2	2	60	11:00am	Meet outside Leiston Library. There is car parking outside the library or in Valley Road - charges may apply. IP16 4ER. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 15 th July	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 are welcome on a short lead.
Thurs 16 th July	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 July	Felixstowe, Footpaths and lanes NE of The Grove	4	75	10:45am	Meet at The Grove, Eastlands free car park, Felixstowe, IP11 9GA. Meet on the grass bank at the far end. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thurs 16 th July	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 are welcome on a short lead.
Fri 17 th July	Woodbridge and Surrounding Areas	3	Up to 90	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 are welcome on a short lead.
Mon 20 th July	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 20 th July	Circular walk around the edge of Halesworth Town	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 are welcome on a short lead.
Tues 21 st July	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 are welcome on a short lead.
Wed 22 nd July	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 22 nd July	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 are welcome on a short lead.	
Thurs 23 rd July	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 are welcome on a short lead.
Fri 24 th July	Woodbridge and Surrounding Areas (Sutton Heath)	3		75	10:30am	Sutton Heath car park is on the B1083. From Woodbridge, go passed Melton Station. Go over Wilford Bridge. Take the right at the mini roundabout, passed Sutton Hoo on the right. Keep STRAIGHT ON and do not take the road to the left. There is a large car park on the left about a mile from the Sutton Hoo turning. IP12 3TG.
Mon 27 th July	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 are welcome on a short lead.
Tues 28 th July	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 July	A walk in the Deben Valley on footpaths circling Easton Park and skirting Easton Farm Park.	3		90	11:00am	Meet from 10:45am in the car park opposite the White House, The Street, Easton, IP13 0ED. Dogs are welcome on a short lead.
Wed 29 th July	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 are welcome on a short lead.
Thurs 30 th July	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 are welcome on a short lead.
Thurs 30 th July	Sea front and cliff to walk to Felixstowe Ferry, back via Tomline Wall	5		90	10:45am	Meet in the Gold Road car park in Old Felixstowe., IP11 7NB. Free parking available for walkers. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 3 rd Aug	Felixstowe Prom South & return through Langer Park	2		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 3 rd Aug	Halesworth Orchard Walk	3-4		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 are welcome on a short lead.
Tues 4 th Aug	Mindful Gunton Woods 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 4 th Aug	Westleton, Common Heath and Dunwich Forest	4		90	11:00am	Meet in the parking area between Mill Street and Baker's Lane - IP17 3BD. Not suitable for wheelchair users. Dogs are welcome on a short lead.

Wed 5 th Aug	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 are welcome on a short lead.
Thurs 6 th Aug	Sutton Hoo Strollers	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thurs 6 th Aug	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 are welcome on a short lead. Not suitable for wheelchair users.
Mon 10 th Aug	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.
Wed 12 th Aug	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 are welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 12 th Aug	Walking Westleton Woods	4	45	10:30am	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 12 th Aug	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 are welcome on a short lead.
Thurs 13 th Aug	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 are welcome on a short lead.
Fri 14 th Aug	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 are welcome on a short lead.
Mon 17 th Aug	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 17 th Aug	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 are welcome on a short lead.
Tues 18 th Aug	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 are welcome on a short lead.
Wed 19 th Aug	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 are welcome on a short lead.
Wed 19 th Aug	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 are welcome on a short lead.
Thurs 20 th Aug	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 are welcome on a short lead.
Thurs 20 th Aug	Reydon - Fishing Lakes Walk	3	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. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 24 th Aug	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 are welcome on a short lead.
Tues 25 th Aug	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 25 th Aug	Evening Walk along riverbank to Nacton Shore, return inland	5	90	6:30pm	Meet at the Levington Ship, bottom end of the car park, IP10 0LQ. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 26 th Aug	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 26 th Aug	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 are welcome on a short lead.
Thurs 27 th Aug	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 are welcome on a short lead.
Fri 28 th Aug	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.
Tues 1 st Sept	Mindful Gunton Woods 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 1 st Sept	Searson's Farm across to Grimston Hall area, all good paths off road	4	80	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 are welcome on a short lead.
Wed 2 nd Sept	Weekly Haven Health Wellbeing Walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from

	(Felixstowe) short and long walk				12.50pm. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thurs 3 rd Sept	Sutton Hoo Strollers	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thurs 3 rd Sept	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 are welcome on a short lead.
Mon 7 th Sept	Felixstowe Prom South & return through Langer Park	2	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 7 th Sept	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 are welcome on a short lead.
Wed 9 th Sept	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 are welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 9 th Sept	Walking Westleton Woods	4	45	10:30am	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 9 th Sept	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 are welcome on a short lead.
Thurs 10 th Sept	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 are welcome on a short lead.
Fri 11 th Sept	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 are welcome on a short lead.
Mon 14 th Sept	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 are welcome on a short lead.
Tues 15 th Sept	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 are welcome on a short lead.
Wed 16 th Sept	Bucklesham and Brightwell area, footpaths off road	4	80	10:45am	Meet at St Marys Church, Bucklesham, IP10 0DX. Roadside parking available in front of the church. Not suitable for wheelchair users. Dogs are welcome on short leads.

Wed 16 th Sept	Leiston short walk – grade 2	2	60	11:00a m	Meet outside Leiston Library. There is car parking outside the library or in Valley Road - charges may apply. IP16 4ER. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 16 th Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/9 0	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thurs 17 th Sept	Reydon – Fishing Lakes Walk	3	Up to 75	10:30a m	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 are welcome on a short lead.
Thurs 17 th Sept	Lowestoft – Carlton Marshes Nature Reserve	1	30/6 0	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 21 st Sept	Felixstowe Prom North and return via Martello Lane	3	65	10:45a m	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 21 st Sept	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 22 nd Sept	Saxmundham	4	90	11:00a m	Meet and park for free by the tennis courts at the sports club off the B1121, IP17 1AT. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 23 rd Sept	RSPB Minsmere Reserve – Woodland Walk	4	60/9 0	11:00a m	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 23 rd Sept	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/9 0	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thurs 24 th Sept	Reydon, a walk to the bridge	3	90	10:30a m	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 are welcome on a short lead.
Fri 25 th Sept	Walk around Woodbridge and Surrounding Areas (Martlesham)	5	90	10:30a m	Meet in the car park at Martlesham Church, Church Lane, Martlesham, IP12 4PQ. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 28 th Sept	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 29 th Sept	South Pier to Pakefield Cliffs and back (Lowestoft)	5	75	10:45a m	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.

Wed 30 th Sept	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 are welcome on a short lead.
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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.