

July to September 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 July	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
Wed 1 st July	Ipswich Town Foundation Wellbeing Walk – Waterfront	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs are welcome on a short lead. Pay and display parking nearby.
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.
Fri 3 rd July	Woodbridge and Surrounding Area (Playford)	5	75	10:30am	Meet in the car park at Playford Village Hall on Butts Road, Playford, IP6 9DU. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Fri 3 rd July	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 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.
Mon 6 th July	Felixstowe Prom South 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 6 th July	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 are welcome on a short lead.
Mon 6 th July	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 welcome only.
Tues 7 th July	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 welcome only.
Wed 8 th July	Shotley with views of two rivers – grade 5	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.

Wed 8 th July	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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.
Fri 10 th July	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 July	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 welcome only.
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	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 welcome only.
Wed 15 th July	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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	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.
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. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Fri 17 th July	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.
Fri 17 th July	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 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.
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	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 are welcome on a short lead.
Mon 20 th July	Walk along Old Norwich Road from Whitton Football	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs welcome only.

	Club towards Claydon and back				
Tues 21 st July	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 welcome only.
Wed 22 nd July	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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.
Fri 24 th July	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 July	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 welcome only.
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	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 welcome only.
Wed 29 th July	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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	Sea front and cliff top walk to Felixstowe Ferry, back via Tomline Wall	5	90	10:45am	Meet in the Golf 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.
Fri 31 st July	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 3 rd 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.
Mon 3 rd Aug	Felixstowe Prom South 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 3 rd Aug	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 are welcome on a short lead.
Mon 3 rd Aug	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 welcome only.

Tues 4 th Aug	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 welcome only.
Wed 5 th Aug	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
Wed 5 th Aug	Ipswich Town Foundation Wellbeing Walk – Waterfront	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs are welcome on a short lead. Pay and display parking nearby.
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.
Fri 7 th Aug	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 10 th Aug	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 welcome only.
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	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 welcome only.
Wed 12 th Aug	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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.
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.
Fri 14 th Aug	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 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.
Mon 17 th Aug	Felixstowe Prom North & 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	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 are welcome on a short lead.

Mon 17 th Aug	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 welcome only.
Tues 18 th Aug	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 welcome only.
Wed 19 th Aug	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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.
Fri 21 st Aug	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 24 th Aug	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 welcome only.
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 are welcome on a short lead.
Tues 25 th Aug	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 welcome only.
Tues 25 th Aug	Evening walk along river bank 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	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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.
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. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Fri 28 th Aug	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 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.
Mon 31 st Aug	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 are welcome on a short lead.
Mon 31 st Aug	Walk along Old Norwich Road from Whitton Football	1	45	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, Ipswich, IP1 6LE. Suitable for wheelchair users. Assistant Dogs welcome only.

	Club towards Claydon and back				
Tues 1 st Sept	Searson's Farm across to Grimston Hall area, all good paths off road	4	80	10:45am	Meet at Searson's Farm on Cordy's Lane, Station Road, Trimley St Mary, IP11 0UD. Free parking available at Searson's Farm. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 1 st Sept	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 welcome only.
Wed 2 nd Sept	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
Wed 2 nd Sept	Ipswich Town Foundation Wellbeing Walk – Waterfront	2	45	1:00pm	Meet at the Sir Bobby Robson Statue at Portman Road, Ipswich, IP1 2DT. Suitable for wheelchair users. Dogs are welcome on a short lead. Pay and display parking nearby.
Wed 2 nd 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.
Fri 4 th Sept	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 7 th Sept	Felixstowe Prom South 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 7 th Sept	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 welcome only.
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	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 welcome only.
Wed 9 th Sept	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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.
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.
Fri 11 th Sept	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 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.
Mon 14 th Sept	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 are welcome on a short lead.
Mon 14 th Sept	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 welcome only.
Tues 15 th Sept	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 welcome only.
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	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
Wed 16 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 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.
Fri 18 th Sept	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 21 st Sept	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 21 st Sept	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 welcome only.
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	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 welcome only.
Wed 23 rd Sept	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
Wed 23 rd 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.

Fri 25 th Sept	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 are welcome on a short lead.
Fri 25 th Sept	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 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.
Mon 28 th Sept	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 are welcome on a short lead.
Mon 28 th Sept	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 welcome only.
Tues 29 th Sept	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 welcome only.
Wed 30 th Sept	Whitton Fields along footpaths, fields & bridleways towards Akenham and back	4	75	11:00am	Meet and park at Whitton United Football Club, Old Norwich Road, IP1 6LE. Not suitable for wheelchair users. Assistance Dogs welcome only.
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.

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.