

July to September 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 July	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 are welcome on a short lead.
Thurs 2 nd July	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 are welcome to attend. Dogs are welcome on a short lead.
Thurs 2 nd July	Wickhambrook Walk	4	60-90	10:30am	Meet at the Memorial Hall, CB8 8XP. Parking is available in the car park opposite the Parish Church – CB8 8XH. Dogs are welcome on a short lead.
Thurs 2 nd July	Newmarket mid-length walk: Rowley Drive/ Queen's Statue	3	60-90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way, Newmarket, CB8 8NT. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Fri 3 rd July	Bus Walk from Horringer	4	90	10:15am	Meet at 10:00am at Bury Bus Station, IP33 1TZ to get the bus to Haverhill (Stand 8) then walking back to Bury – buses back to the bus station from Hardwick Heath. Not suitable for wheelchair users. Dogs ARE NOT allowed on this walk.
Fri 3 rd July	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs welcome on a short lead. Not suitable for wheelchair users.
Sat 4 th July	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 July	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 are welcome on a short lead.
Mon 6 th July	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 6 th July	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 are welcome on a short lead.
Tues 7 th July	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 are welcome on a short lead.
Tues 7 th July	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 are welcome on a short lead. CO10 8NW.
Wed 8 th July	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 are welcome on short leads.
Wed 8 th July	Ladies Evening Town Walk to Natterer's Wood, Bury St Edmunds	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thurs 9 th July	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 are welcome on a short lead. Refreshments available after the walk.
Thurs 9 th July	Walk along the Haverhill Parkway Via Cambridge Way	3	60-90	10:30am	Meet in front of the Sainsburys store in Haverhill, Haycocks Road, CB9 7YL. Dogs are welcome on a short lead.
Thurs 9 th July	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, Newmarket, CB8 8NT. Dogs are welcome on a short lead.
Fri 10 th July	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 11 th July	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 July	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 are welcome on a short lead.
Mon 13 th July	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 July	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 are welcome on a short lead.
Tues 14 th July	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 are welcome on a short lead.
Tues 14 th July	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 are welcome on a short lead. CO10 8NW.
Thurs 16 th July	Summer Wellbeing on Wheels at Nowton Park	-	90	10:15am	Meet at 10:00am outside the cafe in Nowton Park, IP29 5LU for 10:15am start. Carers/ Companions are welcome to attend. Dogs are welcome on a short lead.
Thurs 16 th July	Walk the Stansfield Circuit with the Bury Walk Walkers	4	90	10:15am	Meet at 10:00am at the Stansfield Village Hall, Hall Lane, Lower Street, Stansfield, Clare, CO10 8LW. Parking is available at the village hall – donations for parking are welcome. Not suitable for wheelchair users. Assistant Dogs are welcome.
Thurs 16 th July	Dalham Walk Near Newmarket	3	60-90	10:30am	Park and meet on the road opposite the Affleck Arms, CB8 8TG. Assistant Dogs welcome only.
Fri 17 th July	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 18 th July	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 July	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 are welcome on a short lead.
Mon 20 th July	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 July	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 are welcome on a short lead.
Tues 21 st July	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 are welcome on a short lead.
Tues 21 st July	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 are welcome on a short lead. CO10 8NW.
Thurs 23 rd July	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 are welcome on a short lead. Refreshments available after the walk.
Thurs 23 rd July	Haverhill East Town Park to New Croft	3	60-90	10:30am	Meet at East Town Park Memorial Gardens. Parking available at East Town Park. Haverhill, CB9 7UW.
Thurs 23 rd July	Newmarket Houldsworth Valley (with or without steps)	3	60-90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. Suitable for wheelchair users. Dogs are welcome on a short lead.
Fri 24 th July	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure

					centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 25 th July	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 July	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 are welcome on a short lead.
Mon 27 th July	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 July	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 are welcome on a short lead.
Tues 28 th July	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 are welcome on a short lead.
Tues 28 th July	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 are welcome on a short lead. CO10 8NW.
Thurs 30 th July	Haverhill, West Wrattling to West Colville	4	60-90	10:30am	Meet at the Chestnut Public House, CB21 5LT. Dogs are welcome on a short lead.
Thurs 30 th July	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, Newmarket, CB8 8NT. Dogs are welcome on a short lead.
Fri 31 st July	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Fri 31 st July	Walk around Moreton Hall Natterer's Wood - Evening Walk	3	90	7:00pm	Meet at 6:45pm at Moreton Hall Community Centre to start at 7:00pm. IP32 7EW. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Sat 1 st Aug	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 3 rd Aug	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 are welcome on a short lead.
Mon 3 rd Aug	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 3 rd Aug	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 are welcome on a short lead.
Tues 4 th Aug	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 are welcome on a short lead.

Tues 4 th Aug	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 are welcome on a short lead. CO10 8NW.
Wed 5 th Aug	Ladies Evening Town Walk – Words of Wit, Wonder and Wisdom	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thurs 6 th Aug	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 are welcome on a short lead. Refreshments available after the walk.
Thurs 6 th Aug	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 are welcome on a short lead.
Thurs 6 th Aug	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 are welcome to attend. Dogs are welcome on a short lead.
Thurs 6 th Aug	Haverhill Sturmer Arches Walk	3	60-90	10:30am	Meet at the front of the Leisure Centre on Enhringshausen Way, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Thurs 6 th Aug	Newmarket short walk – Severalls, Town or Yellow Brick Road	1-3	30-60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Fri 7 th Aug	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 8 th Aug	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 10 th Aug	Brandon Town Street Wellbeing and History Joint Walk		120	9:30am	Meet at the Brandon Leisure and Health Hub, Church Road, IP27 0JB. Ample free parking available. Free tea and coffee available. Dogs are welcome on a short lead.
Mon 10 th Aug	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 10 th Aug	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 are welcome on a short lead.
Tues 11 th Aug	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 are welcome on a short lead.
Tues 11 th Aug	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 are welcome on a short lead. CO10 8NW.
Wed 12 th Aug	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 are welcome on short leads.
Thurs 13 th Aug	Walk around Finchingfield, Braintree	3	60-90	10:30am	Meet at the playing fields on Stephen Marshall Avenue at 10:15am for a 10:30am start. Finchingfield, CM7 4LZ. Dogs are welcome on a short lead.
Thurs 13 th Aug	Newmarket mid-length walk: Rowley Drive/ Queen's Statue	3	60-90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way, Newmarket, CB8 8NT. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Fri 14 th Aug	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 15 th Aug	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 17 th Aug	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 are welcome on a short lead.
Mon 17 th Aug	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 17 th Aug	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 are welcome on a short lead.
Tues 18 th Aug	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 are welcome on a short lead.
Tues 18 th Aug	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 are welcome on a short lead. CO10 8NW.
Wed 19 th Aug	Walk around the Denston Hall Circuit with the Bury Walk Leaders	4	90	10:30am	Meet at Denston Village Hall, Lower Green, Denston, Newmarket, CB8 8PW. Parking is available at the village hall – donations are appreciated. Dogs are welcome on a short lead.
Thurs 20 th Aug	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 are welcome on a short lead. Refreshments available after the walk.
Thurs 20 th Aug	Summer Wellbeing on Wheels at Nowton Park	-	90	10:15am	Meet at 10:00am outside the cafe in Nowton Park, IP29 5LU for 10:15am start. Carers/ Companions are welcome to attend. Dogs are welcome on a short lead.
Thurs 20 th Aug	New Croft to Wilsey Farm, Haverhill	3	60-90	10:30am	Meet on the road outside New Croft, CB9 0BW. Dogs are welcome on a short lead.

Fri 21 st Aug	Cavenham Heath Nature Reserve, near Mildenhall	4	90	10:30am	Park in the Cavenham Heath car park adjacent to the Reserve, IP28 6TB or park along the access road - a quarter mile past the postcode reference and past Longwood Farm. Assistant Dogs welcome only. Please also bring binoculars if you have them.
Fri 21 st Aug	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 22 nd Aug	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 24 th Aug	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 are welcome on a short lead.
Mon 24 th Aug	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.
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Tues 25 th Aug	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 are welcome on a short lead.
Tues 25 th Aug	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 are welcome on a short lead. CO10 8NW.
Thurs 27 th Aug	Walk around Linton, near Cambridge	2	60	10:30am	Meet at Linton Village Hall, Coles Lane, Linton, CB21 4JS. Parking is available there. Dogs are welcome on a short lead.
Fri 28 th Aug	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 29 th Aug	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 31 st Aug	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 are welcome on a short lead.
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Tues 1 st Sept	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 are welcome on a short lead.

Tues 1 st Sept	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 are welcome on a short lead. CO10 8NW.
Thurs 3 rd Sept	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 are welcome on a short lead. Refreshments available after the walk.
Thurs 3 rd Sept	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 welcome to attend and dogs are welcome on a short lead.
Thurs 3 rd Sept	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 are welcome on a short lead.
Thurs 3 rd Sept	Walk around the Strawberry Fields area of Haverhill	3	60-90	10:30am	Meet at School Lane, Haverhill CB9 9DE. Parking is available at Sainsburys store on Haycock Road, CB9 7YL. Dogs are welcome on a short lead.
Thurs 3 rd Sept	Newmarket mid-length walk: Rowley Drive/ Queen's Statue	3	60-90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way, Newmarket, CB8 8NT. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Fri 4 th Sept	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs welcome on a short lead. Not suitable for wheelchair users.
Sat 5 th Sept	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 7 th Sept	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 are welcome on a short lead.
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Tues 8 th Sept	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 are welcome on a short lead.
Tues 8 th Sept	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 are welcome on a short lead. CO10 8NW.
Wed 9 th Sept	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 are welcome on short leads.

Weds 9 th Sept	Ladies Evening Town Walk in Bury St Edmunds	3	90	6:30pm	Meet at 6:15pm for a 6:30pm start. Meeting point is the Pillar of Salt on Angel Hill opposite The Abbeygate, Angel Hill, IP33 1LW. Parking is available on Ram Meadow Cotton Lane, IP33 1XP Monday to Saturday 8am to 8pm - cost is up to 3 hours £2.50, all day £3. There is also Angel Hill & Abbeygate Street which is free after 6.00pm. Dogs are welcome on a short lead.
Thurs 10 th Sept	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 10 th Sept	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, Newmarket, CB8 8NT. Dogs are welcome on a short lead.
Fri 11 th Sept	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 12 th Sept	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 14 th Sept	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 are welcome on a short lead.
Mon 14 th Sept	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 14 th Sept	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 are welcome on a short lead.
Tues 15 th Sept	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 are welcome on a short lead.
Tues 15 th Sept	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 are welcome on a short lead. CO10 8NW.
Wed 16 th Sept	West Stow Country Park – Forest Lodge Circuit	2-4	60-75	10:15am	Meet at 10:00am in the car par at West Stow Country Park, IP28 6HG. Parking charges apply. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thurs 17 th Sept	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 17 th Sept	Summer Wellbeing on Wheels at Nowton Park	-	90	10:15am	Meet at 10:00am outside the cafe in Nowton Park, IP29 5LU for 10:15am start. Carers/ Companions are welcome to attend. Dogs are welcome on a short lead.
Thurs 17 th Sept	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 17 th Sept	Newmarket short walk – Severalls, Town or Yellow Brick Road	1-3	30-60	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way. CB8 8NT. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Fri 18 th Sept	Walk to Great Barton Church return	3	90	10:15am	Meet in the car park adjacent to Sainsbury's Local, IP32 7FS at 10:00am for 10:15am start. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Fri 18 th Sept	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 19 th Sept	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 21 st Sept	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 are welcome on a short lead.
Mon 21 st Sept	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 21 st Sept	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 are welcome on a short lead.
Tues 22 nd Sept	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 are welcome on a short lead.
Tues 22 nd Sept	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 are welcome on a short lead. CO10 8NW.
Thurs 24 th Sept	Kedington Footpaths near Haverhill	3	60-90	10:30am	Meet at Kedington Community Centre. Parking available. Great Meadow, Arms Lane, Kedington, CB9 7QQ. Dogs are welcome on a short lead.
Thurs 24 th Sept	Newmarket mid-lenght walk: Rowley Drive/ Queen's Statue	3	60-90	1:30pm	Park in the Guineas car park (pay and display). Meet in the Orangery Café, Newmarket Day Centre, Fred Archer Way, Newmarket, CB8 8NT. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Fri 25 th Sept	Walk from Blackthorpe Barn around Rougham	2/3	90	10:15am	Meet at 10:00am in the car park by Backthorpe Barn (Junction 46 on the A14 – signpost to Rougham IP30 9LZ for a 10:15am start. Dogs are welcome on a short lead.
Fri 25 th Sept	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, CO10 2SU. Free parking available in the car park - Please register your vehicle upon arrival at the leisure centre. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Sat 26 th Sept	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 28 th Sept	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 are welcome on a short lead.
Mon 28 th Sept	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 28 th Sept	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 are welcome on a short lead.
Tues 29 th Sept	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 are welcome on a short lead.
Tues 29 th Sept	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 are welcome on a short lead. CO10 8NW.



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.