

October to December 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
Fri 2 nd Oct	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 5 th Oct	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 6 th Oct	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. Assistant Dogs are welcome only.
Tues 6 th Oct	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye, IP23 7NH. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 6 th Oct	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.
Fri 9 th Oct	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 12 th Oct	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 13 th Oct	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. Assistant Dogs are welcome only.
Wed 14 th Oct	Walk around Coddensham on fields and meadows NW of the village with Helen and Cynthia	5	90	10:30am	Meet from 10:20am at Coddensham Community Centre in the car park, Coddensham, IP6 9PS. Not suitable for wheelchair users. Assistant dogs are welcome only.
Fri 16 th Oct	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 19 th Oct	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 20 th Oct	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. Assistant dogs are welcome only.
Tues 20 th Oct	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.
Fri 23 rd Oct	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 26 th Oct	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 27 th Oct	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. Assistant Dogs are welcome only.
Fri 30 th Oct	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 2 nd Nov	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 3 rd Nov	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. Assistant dogs are welcome only.
Tues 3 rd Nov	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye, IP23 7NH. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 3 rd Nov	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.
Fri 6 th Nov	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 9 th Nov	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 10 th Nov	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. Assistant Dogs are welcome only.
Fri 13 th Nov	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 16 th Nov	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 17 th Nov	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. Assistant dogs are welcome only.
Tues 17 th Nov	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.
Thur 19 th Nov	Suffolk Food Hall Circular (Stile on walk)	4	90	10:30am	Meet from 10:20am to start at 10:30am in the Suffolk Food Hall car park, Wherstead Hall, Peppers Lane, Stutton, IP9 2AB. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Fri 20 th Nov	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 23 rd Nov	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 24 th Nov	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. Assistant dogs are welcome only.
Fri 27 th Nov	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 30 th Nov	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 1 st Dec	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. Assistant dogs are welcome only.
Tues 1 st Dec	Eye Circular	4	Up to 90	10:30am	Meet at 10:20am at Pennings Nature Reserve Car Park, Ludgate Causeway, Eye, IP23 7NH. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 1 st Dec	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.
Fri 4 th Dec	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.
Mon 7 th Dec	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 8 th Dec	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. Assistant dogs are welcome only.
Fri 11 th Dec	Sudbury Wellbeing Walk through Valley Meadows and Belle Vue Park	2	45	2:00pm	Meet at Kingfisher Leisure Centre, Sudbury, C010 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.

Mon 14 th Dec	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 15 th Dec	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. Assistant dogs are welcome only.
Tues 15 th Dec	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.
Fri 18 th Dec	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.
Tues 22 nd Dec	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. Assistant dogs are welcome only.
Tues 29 th Dec	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. Assistant dogs are welcome only.
Tues 29 th Dec	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.



Wellbeing Walks 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 any of the walks please visit the website - <https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/>, or email our Wellbeing Walks Coordinator sonny.baldry@ipswich.gov.uk for more information.

Please refer to the Ramblers 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 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.