

October to December 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
Thur 1 st Oct	Bungay Annis Hill Green	1	Up to 60	10:00am	Meet at 9:50am for 10:00am start at Annis Hill Green. Bungay, NR35 1LS. Limited parking is available in the car park on Annis Hall Green though more parking is available on Wherry Road. Suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 1 st Oct	Sutton Hoo Strollers	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thur 1 st Oct	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.
Thur 1 st Oct	Levington Ship Circular – via river to Nacton Shores and back	4/5	Up to 90	10:30am	Meet at 10:15am opposite Levington Church, Levington, IP10 0LQ. Free parking on the road. Dogs are welcome on a short lead.
Thur 1 st Oct	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1-2	60	2:00pm	Meet at the main entrance near 'Banksy' Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking - £1.00 for 2 hours.
Fri 2 nd Oct	Silver Sunday Walk – Woodbridge	3	60-90	10:30am	Meet at 10:15am for 10:30am start. Meet on the grassed area in front of the Framfield Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. Woodbridge, IP12 4FD. Not suitable for wheelchair users. Dogs are welcome on a short lead. Refreshments can be purchased from Notcutts Garden Centre Cafe afterwards with the walk leaders.
Mon 5 th Oct	Westleton Wander – a relaxed wander in and around Westleton	3	90-120	10:30am	Meet at Westleton Village Hall, Westleton, IP17 3AD – ready for 10:30am. Meet at 10:00am for coffee/drink in the Westleton village hall foyer. Soup and pudding available after the walk at 12:30pm - £6.00 per person. Free parking available on the street. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 5 th Oct	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 5 th Oct	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 6 th Oct	Mindful Gunton Woods Walk with Rachel	2	60-90	9:45am	Meet at the Gunton Church Lane entrance, NR32 4LF. Not suitable for wheelchair users.
Tues 6 th Oct	Kesgrave Scout Hall to Martlesham SSSI	4	Up to 90	10:30am	Meet at 10:15am at Kesgrave Scout Hall, Kesgrave, IP5 1JF. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 7 th Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 8 th Oct	Bungay Annis Hill Green	1	Up to 60	10:00am	Meet at 9:50am for 10:00am start at Annis Hill Green. Bungay, NR35 1LS. Limited parking is available in the car park on Annis Hall Green though more parking is available on Wherry Road. Suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 8 th Oct	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 are NOT welcome on this walk.
Fri 9 th Oct	Woodbridge and 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. Woodbridge, IP12 4FD. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 12 th Oct	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 are welcome on a short lead.
Tues 13 th Oct	Felixstowe Pier to Landguard Point cafe (Optional return by bus later)	5	90	10:45am	Meet in front of Felixstowe Leisure Centre, Undecliff Road West, Felixstowe, IP11 2AE. Car park available – charges apply or free parking on roads nearby. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 14 th Oct	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 14 th Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 15 th Oct	Bungay Annis Hill Green	1	Up to 60	10:00am	Meet at 9:50am for 10:00am start at Annis Hill Green. Bungay, NR35 1LS. Limited parking is available in the car park on Annis Hall Green though more parking is available on Wherry Road. Suitable for wheelchair users. Dogs are welcome on a short lead.

Thur 15 th Oct	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.
Thur 15 th Oct	Fynn River Circular – Rushmere to Tuddenham	4	90	10:30am	Meet at the Chestnut Pond on The Street, Rushmere, IP5 1DE. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 15 th Oct	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.
Sun 18 th Oct	Lowestoft Seafront walk – gentle relaxing stroll	2	60-75	10:00am	Meet at the Tritan Statue, South Pier, Royal Plain, Lowestoft, NR33 0AE. Parking charges apply on the nearby car park. There is some roadside parking on Marine Parade. Suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 19 th Oct	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 19 th Oct	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. Dogs are welcome on a short lead.
Tues 20 th Oct	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Meet opposite Castle Inn, Church Street, Framlingham - IP13 9BP. Parking charges apply in car parks round the town. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 21 st Oct	Walk around Leiston and the surrounding area	2	60	11:00am	Meet next to the car park entrance at Aldhurst Farm Nature Reserve on Abbey Road, Leiston, IP16 4TA. Entrance to the car park opposite no. 81 Abbey Road. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 21 st Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 22 nd Oct	Bungay Annis Hill Green	1	Up to 60	10:00am	Meet at 9:50am for 10:00am start at Annis Hill Green. Bungay, NR35 1LS. Limited parking is available in the car park on Annis Hall Green though more parking is available on Wherry Road. Suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 22 nd Oct	Reydon – Fishing Lakes Walk	2/3	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 23 rd Oct	Woodbridge and Surrounding Areas (Playford)	5	75	10:30am	Meet in the car park at Playford Village Hall on Butts Road, Playford, IP6 9DU. Sturdy footwear recommended due to possible muddy terrain. May also involve stiles.
Mon 26 th Oct	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 27 th Oct	South Pier to Pakefield Cliffs and back (Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 0AP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users – please note some narrow paths and slopes/ inclines. Dogs are welcome on a short lead.
Tues 27 th Oct	Bucklesham Circular	5	Up to 90	10:30am	Meet at 10:15am at the Bucklesham Shannon Pub, Bucklesham, IP10 0DR. Free parking available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 27 th Oct	Footpaths and grass areas around the Trimleys	4	80	10:45am	Meet by the side of the shops in Faulkners Way, Trimley St Mary, IP11 0FE. Free parking available behind shops or on road. Not suitable for wheelchair users. Dogs are NOT welcome on this walk.
Tues 27 th Oct	Earl Soham	4	90	11:00am	There is free car parking behind Earl Soham Community Primary School, The Street, Earl Soham, IP13 7SA. Dogs are welcome on a short lead. Not suitable for wheelchair users. Refreshments & toilets are available nearby at the pub.
Wed 28 th Oct	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. RSPB Minsmere, Sheepwash Lane, Saxmundham, IP17 3BY. Not suitable for wheelchair users. Assistant dogs are welcome only.
Wed 28 th Oct	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 29 th Oct	Bungay Annis Hill Green	1	Up to 60	10:00am	Meet at 9:50am for 10:00am start at Annis Hill Green. Bungay, NR35 1LS. Limited parking is available in the car park on Annis Hall Green though more parking is available on Wherry Road. Suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 29 th Oct	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. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 2 nd Nov	Westleton Wander – a relaxed wander in and around Westleton	3	90-120	10:30am	Meet at Westleton Village Hall, Westleton, IP17 3AD – ready for 10:30am. Meet at 10:00am for coffee/drink in the Westleton village hall foyer. Soup and pudding available after the walk at 12:30pm - £6.00 per person. Free parking available on the street. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 2 nd Nov	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 2 nd Nov	Halesworth Orchard Walk	3-4	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. Dogs are welcome on a short lead.
Tues 3 rd Nov	Mindful Gunton Woods Walk with Rachel	2	60-90	9:45am	Meet at the Gunton Church Lane entrance, NR32 4LF. Not suitable for wheelchair users.

Wed 4 th Nov	Walking Westleton Woods	3	60	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 4 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 5 th Nov	Sutton Hoo Strollers	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thur 5 th Nov	Purdis Heath Circular including board walks	4/5	90	10:30am	Meet at the Purdis Heath car layby on Bucklesham Road – opposite Trinity Park, IP10 0AA. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 5 th Nov	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. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 5 th Nov	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1-2	60	2:00pm	Meet at the main entrance near ‘Banksy’ Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for wheelchair users. Dogs are welcome on a short lead. Parking - £1.00 for 2 hours.
Fri 6 th Nov	Woodbridge and 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 9 th Nov	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. Dogs are welcome on a short lead.
Tues 10 th Nov	Walk from The Newbourne Fox to Brightwell Lakes through the Springs and back	4	90	10:30am	Meet in the Newbourne Fox car park. Please park in the car park opposite the pub. Newbourne, IP12 4NY. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 11 th Nov	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 11 th Nov	Nacton Shores to Levington with Helen and Cynthia	5	90	10:30am	Meet at 10:15am in the car park at the bottom end of Shore Lane, IP10 0ES. Parking available on Shore Lane. Not suitable for wheelchair users. Assistant dogs are welcome only.
Wed 11 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 12 th Nov	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.
Thur 12 th Nov	Searson's Farm (Felixstowe) - walk down to Fagbury Cliff lookout point	4	80	10:45am	Meet at Searsons Farm where there is free parking available. Cordy's Lane, Station Rd, Trimley St. Mary, IP11 0UD. Bring a drink for the walk. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 12 th Nov	Westleton Common, Heath and Dunwich Forest	4	90	11:00am	Meet in the Westleton Heath National Nature Reserve car park, Dunwich Road, Westleton, IP17 3DD. Parking is free though a donation is suggested. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 16 th Nov	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 16 th Nov	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 17 th Nov	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Meet opposite Castle Inn, Church Street, Framlingham - IP13 9BP. Parking charges apply in car parks round the town. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 18 th Nov	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 18 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 19 th Nov	Reydon – Fishing Lakes Walk	2/3	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.
Thur 19 th Nov	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 20 th Nov	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.
Sun 22 nd Nov	Lowestoft Seafront walk – gentle relaxing stroll	2	60-75	10:00am	Meet at the Tritan Statue, South Pier, Royal Plain, Lowestoft, NR33 0AE. Parking charges apply on the nearby car park. There is some roadside parking on Marine Parade. Suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 23 rd Nov	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.
Tue 24 th Nov	South Pier to Pakefield Cliffs and back (Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 0AP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users – please note some narrow paths and slopes/ inclines. Dogs are welcome on a short lead.
Tues 24 th Nov	Walk from the Martlesham Community Centre to Fynn Valley	4	90	10:30am	Meet in the car park at Martlesham Community Centre, Martlesham, IP12 4PB. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 24 th Nov	Walk around paths in Peewit Hill and Grange Farm area (Felixstowe)	5	80	10:45am	Meet in the Garrison Lane car park. Parking charges apply. Felixstowe, IP11 7SH. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 25 th Nov	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. RSPB Minsmere, Sheepwash Lane, Saxmundham, IP17 3BY. Not suitable for wheelchair users. Assistant dogs are welcome only.
Wed 25 th Nov	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 26 th Nov	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. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 30 th Nov	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 30 th Nov	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 1 st Dec	Mindful Gunton Woods Walk with Rachel	2	60	9:45am	Meet at the Gunton Church Lane entrance, NR32 4LF. Not suitable for wheelchair users.
Wed 2 nd Dec	Walking Westleton Woods	3	60	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 2 nd Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 3 rd Dec	Sutton Hoo Strollers	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thur 3 rd Dec	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.
Thur 3 rd Dec	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1-2	60	2:00pm	Meet at the main entrance near ‘Banksy’ Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for

					wheelchair users. Dogs are welcome on a short lead. Parking - £1.00 for 2 hours.
Fri 4 th Dec	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 7 th Dec	Westleton Wander – a relaxed wander in and around Westleton	3	90-120	10:30am	Meet at Westleton Village Hall, Westleton, IP17 3AD – ready for 10:30am. Meet at 10:00am for coffee/drink in the Westleton village hall foyer. Soup and pudding available after the walk at 12:30pm - £6.00 per person. Free parking available on the street. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 7 th Dec	Halesworth Orchard Walk	3-4	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. Dogs are welcome on a short lead.
Tues 8 th Dec	Walk from Kesgrave Scout Hall to Longstrops and back	4	90	10:30am	Meet outside the Kesgrave Scout Hall, Kesgrave, IP5 1JF. Parking is available. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Tues 8 th Dec	Walk around Abbey Grove Felixstowe and paths beyond	3	60	10:45am	Meet on the grass bank at the far end of Eastlands Free car park, by Abbey Grove, Felixstowe, IP11 9GA. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 9 th Dec	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 Dec	Henley Gate Country Park to Westerfield with Helen and Cynthia	5	90	10:30am	Meet at 10:15am in the car park at Henley Gate Country Park, Westerfield Road, IP6 9AA. Out of Ipswich and about 300 years north of the level crossing. Not suitable for wheelchair users. Assistant dogs are welcome only.
Wed 9 th Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 10 th Dec	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.
Thur 10 th Dec	Walk around Thorpeness	4	90	11:00am	Meet at 10:50am for a 11:00am start. Meet on the grassy area next to the small pond near the entrance to The Meare (boating lake), Thorpeness, IP16 4NW. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Mon 14 th Dec	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.

Tues 15 th Dec	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Meet 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 Dec	Leiston short walk	2	60	11:00am	Meet outside the cinema on the High Street, Leiston, IP16 4BZ. Car park nearby – charges apply. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 16 th Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Thur 17 th Dec	Reydon – Fishing Lakes Walk	2/3	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.
Thur 17 th Dec	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 18 th Dec	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. After walk, there will be mulled wine (non-alcoholic) and mince pies as a festive treat.
Mon 21 st Dec	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. Dogs are welcome on a short lead.
Wed 23 rd Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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.
Wed 30 th Dec	Weekly Haven Health Wellbeing Walk (Felixstowe) short and longer walks	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 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 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.