

October to December 2026 Programme for Ipswich

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	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 are welcome only.
Mon 5 th Oct	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 are welcome only.
Tues 6 th Oct	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 are welcome only.
Wed 7 th Oct	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 are welcome only.
Wed 7 th Oct	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.
Fri 9 th Oct	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 are welcome only.
Mon 12 th Oct	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 are welcome only.
Mon 12 th Oct	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.
Tues 13 th Oct	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 are welcome only.
Wed 14 th Oct	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 are welcome only.
Fri 16 th Oct	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 are welcome only.

Mon 19 th Oct	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 20 th Oct	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 are welcome only.
Wed 21 st Oct	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 are welcome only.
Fri 23 rd Oct	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 are welcome only.
Mon 26 th Oct	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 are welcome only.
Mon 26 th Oct	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.
Tues 27 th Oct	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 are welcome only.
Wed 28 th Oct	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 are welcome only.
Fri 30 th Oct	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 are welcome only.
Mon 2 nd Nov	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 are welcome only.
Tues 3 rd Nov	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 are welcome only.
Wed 4 th Nov	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 are welcome only.
Wed 4 th Nov	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.
Fri 6 th Nov	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 are welcome only.
Mon 9 th Nov	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 are welcome only.

Mon 9 th Nov	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.
Tues 10 th Nov	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 are welcome only.
Wed 11 th Nov	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 are welcome only.
Fri 13 th Nov	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 are welcome only.
Mon 16 th Nov	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 are welcome only.
Tues 17 th Nov	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 are welcome only.
Wed 18 th Nov	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 are welcome only.
Fri 20 th Nov	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 are welcome only.
Mon 23 rd Nov	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 are welcome only.
Mon 23 rd Nov	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.
Tues 24 th Nov	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 are welcome only.
Wed 25 th Nov	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 are welcome only.
Fri 27 th Nov	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 are welcome only.
Mon 30 th Nov	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 are welcome only.
Tues 1 st Dec	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 are welcome only.

Wed 2 nd Dec	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 are welcome only.
Wed 2 nd Dec	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.
Thur 3 rd Dec	Rushmere Heath Circular	4	Up to 90	10:30am	Meet at 10:15am for 10:30am start at Gleneagles Drive, Ipswich, IP4 5SE. Dogs are welcome on a short lead.
Fri 4 th Dec	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 are welcome only.
Mon 7 th Dec	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 are welcome only.
Mon 7 th Dec	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.
Tues 8 th Dec	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 are welcome only.
Wed 9 th Dec	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 are welcome only.
Fri 11 th Dec	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 are welcome only.
Mon 14 th Dec	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 are welcome only.
Tues 15 th Dec	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 are welcome only.
Wed 16 th Dec	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 are welcome only.
Thur 17 th Dec	Ipswich 3 Parks circular	4/5	90	10:30am	Meet at the Murray Road Recreation Ground, Ipswich, IP3 9AN at the King Edward Road entrance to the park (north end). Not suitable for wheelchair users. Dogs are welcome on a short lead.
Fri 18 th Dec	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 are welcome only.
Mon 21 st Dec	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 are welcome only.

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Mon 28 th Dec	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 are welcome only.
Tues 29 th Dec	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 are welcome only.
Wed 30 th Dec	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 are welcome only.



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.