

October to December 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
Thur 1 st Oct	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.
Thur 1 st Oct	Wellbeing on Wheels at Ickworth Estate	1	90	10:15am	Meet at Porters Lodge at 10.00am for a 10:15am start. 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.
Thur 1 st Oct	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.
Thur 1 st Oct	Farrant Road –Great Wratting Walk (Haverhill)	3	60-90	10:30am	Meet at 10:15am for a 10:30am start at Farrant Road car park., CB9 7JX. Dogs are welcome on a short lead.
Thur 1 st Oct	Newmarket mid-length walk: Rowley Drive/ Queen's Statue	3	60	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 2 nd Oct	Walk around Long Melford	5	90	10:15am	Meet at 10:00am for a 10:15am start at Church Walk, Long Melford, CO10 9DL. Parking is available on the grass by the cemetery. Not suitable for wheelchair users. Dogs are NOT welcome on the walk.
Sat 3 rd Oct	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, IP29 5QU. Parking fees apply.
Mon 5 th Oct	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 5 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.

Mon 5 th Oct	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 6 th Oct	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 6 th Oct	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.
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.
Thur 8 th Oct	Into the Wild Wellbeing Walk – West Stow Country Park	2	30-60	10:00am	Meet at 10:00am at West Stow Country Park, IP28 6HG, outside the reception/cafe area. Parking available - £2 for 2 hours or £3 for all day. Refreshments available at the cafe. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thur 8 th Oct	Dalham walk near Newmarket	3	60-90	10:30am	Park and meet on the road opposite the Affleck Arms, CB8 8TG. Assistant dogs are welcome only.
Thur 8 th Oct	Newmarket mid-length 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. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Sat 10 th Oct	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 12 th Oct	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 12 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 12 th Oct	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 13 th Oct	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 13 th Oct	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 14 th Oct	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 – far end of the main car park. Free parking for Wellbeing Walkers. IP29 5QE. Dogs are welcome on short leads.
Thur 15 th Oct	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.
Thur 15 th Oct	Walk along the Haverhill Parkway via Cambridge Way	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.
Thur 15 th Oct	Newmarket The Avenue/ Tattersalls	3	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.
Sat 17 th Oct	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 19 th Oct	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 19 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 19 th Oct	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 20 th Oct	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 20 th Oct	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.
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.
Thur 22 nd Oct	Into the Wild Wellbeing Walk – West Stow Country Park	2	30-60	10:00am	Meet at 10:00am at West Stow Country Park, IP28 6HG, outside the reception/cafe area. Parking available - £2 for 2 hours or £3 for all day. Refreshments available at the cafe. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thur 22 nd Oct	Walk around the village of Horseheath (between Linton & Haverhill)	3	60-90	10:30am	Meet at 10:15am to start for 10:30am. Meet at the village sign on Linton Road, CB21 4QF. Roadside parking is on West Wickham Road. Dogs are welcome on a short lead.
Thur 22 nd Oct	Newmarket Houldsworth Valley (with or without steps)	3	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 23 rd Oct	Exploring West Bury St Edmunds	3	75-90	10:15am	Meet at 10:00am for 10:15am start at Gainsborough Recreational Ground, Grafton Close, IP33 3QQ. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Sat 24 th Oct	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 26 th Oct	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 26 th Oct	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 26 th Oct	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 27 th Oct	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 27 th Oct	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 28 th Oct	Culford School Grounds near Bury St Edmunds	5	90	10:15am	Meet at 10:00am for 10:15am start at West Stow Church, IP28 6UE. Parking is available and a donation is requested for the car park. Dogs are welcome on a short lead.
Thur 29 th Oct	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.
Thur 29 th Oct	Haverhill East town Park – New Croft	3	60-90	10:30am	Meet at East Town Park Memorial Gardens, Haverhill, CB9 7UR. Dogs are welcome on a short lead.
Thur 29 th Oct	Newmarket mid-length 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. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Sat 31 st Oct	Halloween Themed 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 2 nd Nov	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 2 nd Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 2 nd Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 3 rd Nov	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 3 rd Nov	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.

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.
Thur 5 th Nov	Into the Wild Wellbeing Walk – West Stow Country Park	2	30-60	10:00am	Meet at 10:00am at West Stow Country Park, IP28 6HG, outside the reception/cafe area. Parking available - £2 for 2 hours or £3 for all day. Refreshments available at the cafe. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thur 5 th Nov	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.
Thur 5 th Nov	Wellbeing on Wheels at Ickworth Estate	1	90	10:15am	Meet at Porters Lodge at 10.00am for a 10:15am start. 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.
Thur 5 th Nov	Haverhill Rodbridge Railway Walk	3	60-90	10:30am	Meet at 10:15am for 10:30am start at Melford Country Park, CO10 9HH. Dogs are welcome on a short lead.
Thur 5 th Nov	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.
Sat 7 th Nov	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 9 th Nov	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 9 th Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 9 th Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 10 th Nov	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 10 th Nov	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 11 th Nov	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 – far end of the main car park. Free parking for Wellbeing Walkers. IP29 5QE. Dogs are welcome on short leads.
Thur 12 th Nov	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.

Thur 12 th Nov	Haverhill School Lane – Hancett End Walk	3	60-90	10:30am	Meet at 10:15am for 10:30 start on School Lane. Haverhill, School Lane, CB9 9DE. Dogs are welcome on a short lead.
Thur 12 th Nov	Newmarket mid-length walk: Rowley Drive/ Queen's Statue	3	60	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.
Sat 14 th Nov	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 16 th Nov	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 16 th Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 16 th Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 17 th Nov	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 17 th Nov	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.
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.
Wed 18 th Nov	Lackford Lakes (Option of 2 walks)	2-3/ 3-4	60/90	10:15am	Meet at 10:00 for 10:15 start on either walk option. Meet in the car park at Lackford Lakes, Bury St Edmunds, IP28 6HX. Suggested donation of £3 appreciated to walk on the reserve.
Thur 19 th Nov	Into the Wild Wellbeing Walk – West Stow Country Park	2	30-60	10:00am	Meet at 10:00am at West Stow Country Park, IP28 6HG, outside the reception/cafe area. Parking available - £2 for 2 hours or £3 for all day. Refreshments available at the cafe. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thur 19 th Nov	Walk from Great Wrating to the Water Tower and back	3	60-90	10:30am	Meet at 10:15am for 10:30am start. Meet at the front of Karro Factory car park , Haverhill Road, Great Wrating, CB9 7TD. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 19 th Nov	Newmarket The Avenue/ Tattersalls	3	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 20 th Nov	Bridges of Bury – includes 2 bridges over A14, footpaths & pavements	4	90	10:15am	Meet at 10:00am for 10:15am start in car park in Raingate St adjacent to Police Station, Bury St Edmunds, IP33 2AP. Parking is available on Angel Hill/ Ram Meadow. Not suitable for

					wheelchair users. Dogs are welcome on a short lead.
Sat 21 st Nov	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 23 rd Nov	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 23 rd Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 23 rd Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 24 th Nov	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 24 th Nov	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 25 th Nov	Winter Walk at Blackthorpe Barn	2-3	75/90	10:15am	Meet at 10:00am for 10:15am start in the car park by Blackthorpe Barn, IP30 9LZ. Dogs are welcome on a short lead.
Thur 26 th Nov	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.
Thur 26 th Nov	New Croft to Fox, Haverhill	3	60-90	10:30am	Meet at 10:15am for 10:30am start. Meet on the road outside New Croft, Haverhill, CB9 0BW. Dogs are welcome on a short lead.
Thur 26 th Nov	Newmarket Houldsworth Valley(with or without steps)	3	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.
Sat 28 th Nov	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 30 th Nov	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 30 th Nov	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 30 th Nov	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 1 st Dec	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 Dec	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.
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.
Thur 3 rd Dec	Into the Wild Wellbeing Walk – West Stow Country Park	2	30-60	10:00am	Meet at 10:00am at West Stow Country Park, IP28 6HG, outside the reception/cafe area. Parking available - £2 for 2 hours or £3 for all day. Refreshments available at the cafe. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thur 3 rd Dec	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.
Thur 3 rd Dec	Wellbeing on Wheels at Ickworth Estate	1	90	10:15am	Meet at Porters Lodge at 10.00am for a 10:15am start. 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.
Thur 3 rd Dec	Babraham Walk, Haverhill	3	60-90	10:30am	Meet at 10:15am for 10:30am start on the road outside the George Inn, CB22 3AG. Dogs are welcome on a short lead.
Thur 3 rd Dec	Newmarket mid-length walk: Rowley Drive/ Queen's Statue	3	60	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.
Sat 5 th Dec	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 Dec	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 7 th Dec	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 7 th Dec	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordscroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 8 th Dec	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 Dec	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 Dec	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 – far end of the main car park. Free parking for Wellbeing Walkers. IP29 5QE. Dogs are welcome on short leads.
Thur 10 th Dec	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.
Thur 10 th Dec	Haverhill Golf Course Walk	3	60-90	10:30am	Meet at the East Town Park Memorial Gardens, Coupals Road, Haverhill, CB9 7UR. After the walk, bring and share lunch in East Town Park Rangers Hut.
Thur 10 th Dec	Newmarket mid-length 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. Suitable for wheelchair users to attend. Dogs are welcome on a short lead.
Sat 12 th Dec	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 Dec	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 Dec	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 14 th Dec	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Tues 15 th Dec	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 Dec	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.
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.
Wed 16 th Dec	West Stow Country Park	3	75	10:15am	Meet at 10:00am for 10:15am start in West Stow Country Park's car park. Parking charges apply. IP28 6HG. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Thur 17 th Dec	Into the Wild Wellbeing Walk – West Stow Country Park	2	30-60	10:00am	Meet at 10:00am at West Stow Country Park, IP28 6HG, outside the reception/cafe area. Parking available - £2 for 2 hours or £3 for all day. Refreshments available at the cafe. Dogs are welcome on a short lead. Not suitable for wheelchair users.
Thur 17 th Dec	Birdbrook to Moynes Park, Haverhill	3	60-90	10:30am	Meet outside Birdbrook Church, The Street, CO9 4BJ. Dogs are welcome on a short lead.
Thur 17 th Dec	Newmarket Short walk – Severalls, Town or Yellow Brick Road	2	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.
Sat 19 th Dec	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 Dec	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 Dec	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Mon 21 st Dec	Haverhill Beginners Walk from Abbeycroft Leisure Centre	2	Up to 60	10:30am	Meet at the Abbeycroft Leisure Centre - free parking for walkers. Lordcroft Lane, Haverhill, CB9 0ER. Dogs are welcome on a short lead.
Mon 21 st Dec	Bury Winter Solstice Walk to Nowton Church	5 (Stiles)	90	2:00pm	Meet at 1:45pm in the Nowton Park car park, IP29 5LU. Parking charges apply. Not suitable for wheelchair users. Dogs are welcome on a short lead and can attend if they can manage the stile.
Tues 22 nd Dec	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 Dec	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.
Sat 26 th Dec	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 Dec	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 Dec	Going strong! Get Walking Mondays! Nowton Park, Bury St Edmunds – Christmas Hats Theme	2/3	75	10:15am	Short/ Longer walk options available. Meet by the car park at Nowton Park. Parking fees apply – IP29 5LU. Dogs are welcome on a short lead.
Tues 29 th Dec	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 Dec	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.
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.
Thur 31 st Dec	Into the Wild Wellbeing Walk – West Stow Country Park	2	30-60	10:00am	Meet at 10:00am at West Stow Country Park, IP28 6HG, outside the reception/cafe area. Parking available - £2 for 2 hours or £3 for all day. Refreshments available at the cafe. Dogs are welcome on a short lead. Not suitable for wheelchair users.

Mon 1 st Jan	New Year Day Walk – Nowton Park to Hardwick Heath and Return	4	90	10:15am	Meet at 10:00am for a 10:15am start. Meet and park at the Nowton Park car park, IP29 5LU. Dogs are welcome on short leads.
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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 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.