



Stepping out in Suffolk

Health Walks October – December 2008

Improve your health by joining us on our walks. Health walks are free and for everyone but especially those who may be recovering from illness or need to improve their exercise levels.

Walks last for around an hour, are sociable and informal. You walk with trained leaders and at your own pace. Sensible footwear recommended.

Thursday 2nd October

Promenade, Felixstowe

Meet 2.30pm on the Prom opposite the Fludyers for an Autumn walk along the promenade. 2 miles. Grade 1
Led by Felixstowe walk leaders.

Thursday 2nd October

Kesgrave

Meet 10.30am at the Kesgrave Community Centre for a 2 mile walk around Kesgrave and surrounding areas. Grade 2/3
Led by John Adams

Friday 3rd October

Mid Suffolk

Bradfield Woods. Meet 10.45am in the car park on left of Felsham to Bury Road (brown sign) for 60-75 minute walk.
Led by Allan Hayman

Friday 3rd October

Kyson, Woodbridge

Meet 9.30am at the Kyson Playgroup, Newnham Avenue, for a buggy walk.
Led by Isabel Smith

Monday 6th October

Fynn Valley

Meet 2pm at Playford Village Hall car park for a walk along the Fynn Valley footpath. Grade 3/4
Led by John Aldam

Wednesday 8th October

Mid Suffolk

Meet at 10.45am for a scenic walk across the fields from Kersey – a perfect Suffolk village! Kersey lies to the west of the A1141 Bury to Hadleigh Road. Park in the main street near The Bell PH. About 3 mile walk with some hills. Grade 2.
Led by Jennifer Nott

Thursday 9th October

Aldeburgh

Meet 2.30pm at Slaughden Quay car park. 2 mile walk. Grade 2
Led by John Gadsby

Thursday 9th October

Kesgrave

Meet 10am at the Martlesham Tesco for a gentle walk returning for 12noon.
Led by Andrew Down

Friday 10th October

Trimley St Martin

Meet 2.30pm at Trimley village hall for a pleasant stroll through the farmland. About 2.5 miles. Grade 3
Led by Felixstowe Walk Leaders

Saturday 11th October **Melton Playing Fields and Riverside**
Meet 2.30pm in car park in Melton Playing Fields (Melton Road, opposite the Coach & Horse pub) for a walk through the park and along the riverside. Grade 2
Led by Sharon Jarrett

Monday 13th October **Wickham Market**
Meet 1pm at the church in Wickham Market for a 30 minute walk.
Led by Isabel Smith

Tuesday 14th October **Ipswich**
Meet 10.30am at Bridge Wood Car Park, Orwell Country Park Grade 4
Some very steep slopes.
Led by Richard Sharp, Park Ranger at Ipswich Borough Council

Wednesday 15th October **Rendlesham**
Meet 2pm at the Rendlesham Childrens Centre for a buggy walk.
Led by Lindsay Wharam

Wednesday 15th October **Kesgrave**
Meet 10.30am at the Kesgrave Community Centre for a 2 mile walk around Kesgrave and surrounding areas. Grade 2/3
Led by John Adams

Wednesday 15th October **Norton, Mid Suffolk**
Take A14, leave at junction 47, follow signs for A1088 Ixworth, which passes through Norton.
Meet/park 10.45am at village hall (next to Dog PH). A flat circular walk of 2.5 miles, part village/countryside.
Led by Gary Cullimore

Thursday 16th October **Wickhambrook, Mid Suffolk**
Wickhambrook (longer - 2 hours). Meet 10.30am for 10.45am start at the Memorial Social Centre to be found near Wickhambrook village stores on Stradishall to Newmarket road. Circular walk using green lanes in the area. 3 stiles. Toilets available. Grade 5.
Led by Roger Medley

Sunday 19th October **Butley**
Meet 11am at Butley Village Hall in Mill Lane. Mill Lane is a left hand turning for Butley Pottery on the B1084 just past Butley Oyster. (Map ref: TM369511). It is an easy walk that will take 1.5 hours. Wet weather footwear recommended if rained previous week. Grade 3/4
Led by Isabel Smith

Monday 20th October **Felixstowe**
Meet 10.30am at the Methodist Church in Hamilton Road for a walk through some central streets. 2.5 Miles. Grade 3
Led by Felixstowe Walk Leaders

Tuesday 21st October **Framlingham**
Meet 10.30am at the Framlingham Castle car park for a 2 mile walk around the town and surrounding countryside. Grade 2/3
Led by Rayleen Finn

Wednesday 22nd October **Benhall**
Meet 10.30am at Benhall Church, Deadmans Lane for a walk through the countryside.
Led by John Hayward

Thursday 23rd October **Wickhambrook, Mid Suffolk**
Wickhambrook (shorter – 45 mins). Meet 10.45am at the Memorial Social Centre to be found near Wickhambrook village stores on Stradishall to Newmarket road. Circular walk using green lanes in the area. Toilets available. Grade 2.
Led by Roger Medley

Tuesday 28th October**Old Felixstowe**

Meet 2.30pm at Brackenbury Leisure Centre to visit some of Old Felixstowe's highways and byways. 2.5 Miles. Grade 2
Led by Felixstowe Walk Leaders

Wednesday 29th October**Ipswich**

Meet 12.30 at play area on Alderman Road for a walk along the canal path, the only central Ipswich local nature reserve. Maybe able to spot Water Vole and Otters. Walk in conjunction with Ipswich Borough Council Grade 1
Led by Barbara Tottle

Monday 3rd November**Kyson, Woodbridge**

Meet 10am at the Kyson Playgroup, Newnham Avenue, for a buggy walk.
Led by Isabel Smith

Wednesday 5th November**Felixstowe Ferry**

Meet at the bus stop outside the Fludyers Hotel at 10.15am. Catch a bus to Felixstowe Ferry and walk back to the Fludyers. 2.5 Miles. Grade 2
Led by Felixstowe Walk Leaders

Wednesday 5th November**Leiston**

Meet 2.30pm at Leiston Leisure Centre car park, Red House Lane, for a 2-3 mile walk along footpaths in the surrounding area. Grade 2
Led by Marion Walker

Thursday 6th November**Great Thurlow, Mid Suffolk**

Meet 10.45am at the village hall for a 90 min walk. Thurlow can be found off to the right when travelling from Bury to Haverhill. This walk visits Great and Little Thurlow and Little Bradley. Return along the River Stour. Toilets available. Grade 4.
Led by Roger Medley

Friday 7th November**Martlesham**

Meet 2pm in the car park of Martlesham Community Hall (near Tesco rear deliveries entrance). A walk to follow the Sandlings path through and beyond the woods. Grade 2/3
Led by John Aldam

Saturday 8th November**Bredfield**

Meet 2pm at Bredfield Village Hall Car Park. Grade 3
Led by Sharon Jarrett

Tuesday 11th November**Kesgrave**

Meet 10.30am at the Kesgrave Community Centre for a 2 mile walk around Kesgrave and surrounding areas. Grade 2/3
Led by John Adams

Wednesday 12th November**Thornham, Mid Suffolk**

Meet 10.45am at Thornham Walks car park by the Forge Café (£1 fee payable). A 3 mile walk through the Thornham Estate to the unique thatched church at Thornham Parva. Toilets available.
Led by Gary Cullimore

Thursday 13th November**Felixstowe**

Meet at 2.30pm on the Sea Front opposite Beach Station Road. 2 Miles. Grade 1
Led by Felixstowe Walk Leaders

Thursday 13th November**Wickham Market**

Meet 1.30pm at the playing field in Wickham Market for a 30 minute walk.
Led by Isabel Smith

Thursday 13th November**Ipswich**

Meet 10.30am at Soane Street main gates for a walk around Christchurch Park. Grade 1
Led by Julie Stokes

Thursday 13th November**Rendlesham**

Meet 10am at the Rendlesham Childrens Centre for a buggy walk.
Led by Lindsay Wharam

Friday 14th November**Mid Suffolk**

Meet 10.45am at Brandon Country Park (on left of Bury to Brandon road). Walk to High Lodge for a lunch stop then return to the car park. Approx. 4 mile walk.
Led by Allan Hayman

Saturday 15th November**Friday Street, Rendlesham Forest**

Meet 2pm at the car park. Take the Tunstall & Snape Road out of Woodbridge. Turn right immediately you reach the end of Eyke village. Turn left at T junction, the lane to Friday Street is then a little way along on the right. Grade 2
Led by Sharon Jarrett

Wednesday 19th November**Aldringham**

Meet at 11am Map ref: Os Explorer 212 458 609. Take the B1353 from Aldringham crossroads towards Thorpeness, car park is on the left, just past right hand turn to the Church Circular walk from Aldringham Common, walking on farm tracks, disused railway line and boarded fens. Some uneven ground, tree roots and small hills. Might be able to spot Marsh and Hen Harrier...though no promises!!! Walk for about 3 miles. Grade 3/4
Led by Maggie Jennings

Thursday 20th November**Needham Lake**

Meet 10.45am by Needham Lake for a walk through the Wild Wood and along the Gipping riverside. Ample parking. May be muddy. Toilets available. Grade 2.
Led by Jennifer Nott

Friday 21st November**Felixstowe**

Meet 10.30am at the Grove car park for a walk through woodland and fields
2.5 Miles Grade 3
Led by Felixstowe Walk Leaders

Sunday 23rd November**Boyton**

Meet 1pm at Boyton Almshouses. Map ref:TM372470 . Take the Hollesley Rd past the Woodbridge/Sutton base, drive for about 3 miles, take the left turn for Boyton and the next left, straight over the crossroads and the Almshouses are about 1 mile on the left hand side. Grade 3/4.
Led by Isabel Smith

Tuesday 25th November**Framlingham**

Meet 10.30am at the Framlingham Castle car park for a 2 mile walk around the town and surrounding countryside. Grade 2/3
Led by Rayleen Finn

Tuesday 25th November**Ipswich**

Meet 11am at Pipers Vale Car Park, Sandy Hill Lane. Some steep hills. Grade 4
Led by Richard Sharp, Park Ranger from Ipswich Borough Council

Thursday 27th November**Mid Suffolk**

Great Thurlow (short – 45 mins) Meet 10.45am at the village hall. Thurlow can be found off to the right when travelling from Bury to Haverhill. A walk around Great Thurlow. Toilets available. Grade 2
Led by Roger Medley

Monday 1st December**Felixstowe**

Meet at 2.30pm outside the Spa Pavillion for a walk along the prom and Old Felixstowe.
2 Miles Grade 2.
Led by Felixstowe Walk Leaders

Tuesday 2nd December**Mid Suffolk**

Meet 10.45am at West Stow Anglo Saxon Village car park for river, lakeside and heath walk of 60-70 minutes.
Led by Allan Hayman

Wednesday 3rd December**Kyson, Woodbridge**

Meet 10.30am at the Kyson Playgroup, Newnham Avenue, for a buggy walk.
Led by Isabel Smith

Thursday 4th December**Aldeburgh Common**

Meet 10.30am at car park on north side of B1353 Aldringham – Thorpeness road. 2 ½ miles.
Grade 2.
Led by John Gadsby

Friday 5th December**Waldringfield**

Meet 2pm at the public car park behind the Maybush pub at Waldringfield. A walk overlooking the river then in a loop via the church and playing field. Grade 3/4
Led by John Aldam

Saturday 6th December**Chillesford**

Meet at Chillesford Froize Inn at 11am (Map ref: TM385524), park any where in the village.
To get to Chillesford follow the B1084. Grade4 has many stiles
Led by Isabel Smith

Monday 8th December**Rendlesham**

Meet 10am at Rendlesham Childrens Centre for a buggy walk.
Led by Lindsay Wharam

Tuesday 9th December**Woodbridge**

Meet at 10.30am at Deben Pool for a walk along the River Deben in Winter.
2.5 Miles. Grade 2

Tuesday 9th December**Needham Market**

From Alder Carr Farm to Creeting St Mary. Park at the farm, Needham Market to Creeting St Mary road. Toilets available. Meet at 10.45am for this Grade 3 walk.
Led by Jennifer Nott

Tuesday 9th December**Ipswich**

Meet 11am at the Car Park in Landseer Road for a walk around the park. Grade 2
Led by Barbara Tottle

Wednesday 10th December**Hasketon**

Meet 2pm at Hasketon Village Hall. Grade 3 walk.
Led by Marion Weeks

Friday 12th December**Wickham Market**

Meet 12 noon at the school in Wickham Market for a 30 minute walk.
Led by Isabel Smith

Monday 15th December**Kesgrave**

Meet 10.30am at the Kesgrave Community Centre for a 2 mile walk around Kesgrave and surrounding areas. Grade 2/3
Led by Zeta Wright

Tuesday 16th December**Framlingham**

Meet 10.30am at the Framlingham Castle car park for a 2 mile walk around the town and surrounding countryside. Grade 2/3

Led by Rayleen Finn

Wednesday 17th December**Sizewell**

Meet 10.30am at the higher car park at Sizewell for the Greenwood Walk.

Led by John Hayward

Wednesday 17th December**Felixstowe Christmas Lunch**

Meet at 11am outside the Fludyers to walk the sea front and follow up with Christmas Lunch (booking is essential for lunch). 2 Miles Grade 1

Led by Felixstowe Walk Leaders

Thursday 18th December**Mid Suffolk**

Meet 10.45am at Rodbridge picnic site, which is south of Long Melford on the Sudbury Road. A 90 min walk skirting the Sudbury water meadows and returning via the disused railway line.

Allow extra time for Long Melford if not familiar with this attractive village. Toilets available.

Grade 3

Led by Roger Medley

Saturday 20th December**Woodbridge back streets**

Meet 2pm at the top of Elmhurst Park for a walk around Woodbridge. We'll finish in a café for a hot drink & cake/mince pie for those whose want to! Hills & steps to negotiate but we'll go

slow when needed! Grade 3

Led by Sharon Jarrett.

Monday 29th December – Walk Off Christmas**Felixstowe**

Meet 10.30am outside the Alex Restaurant for a brisk walk along the sea front.

2.5 Miles. Grade 1

Led by Felixstowe Walk Leaders

Friday 2nd January - New Year walk**Woodbridge**

Meet 2pm at car park on the right, one fifth of a mile down from the top of Broom Heath (off Sandy Lane) in Woodbridge. A walk over the railway bridge and along the Deben. Grade 3

Led by John Aldam

Tuesday 6th January - New Year Resolution**Felixstowe**

Meet 2.30pm outside the Leisure Centre. Resolve to start the New Year by walking with us.

2 Miles. Grade 2

Led by Felixstowe Walk Leaders

Saturday 10th January**Sutton Heath**

Meet 2pm at the main car park at Sutton Heath for a walk through the wood & heath. Grade 2

Led by Sharon Jarrett

Monday 12th January**Kyson, Woodbridge**

Meet 10.30am at the Kyson Playgroup, Newnham Avenue, for a buggy walk.

Led by Isabel Smith

Thursday 15th January**Ipswich**

Meet 10.30am at Bourne Park gates off Wherstead Road for a walk under the Orwell Bridge to Bourne Nurseries for a refreshments and walk back again. Some slopes. Grade 2/3

Led by Julie Stokes

Thursday 15th January**Rendlesham, Woodbridge**

Meet 10am at the Rendlesham Childrens Centre for a buggy walk. Grade 1

Led by Isabel Smith

Grading system:

1. On easy flat good surfaces
2. Mostly on the level but can be muddy in places
3. Some moderate slopes but good surfaces
4. More challenging –may include steeper slopes, rough ground and mud in wet weather
5. As for grade 4 but may include one or two stiles

If you wish to be added to the **mailing list** in order to receive future copies of the Stepping Out walks programme please contact the Walks Team.

Free training and insurance is provided for those wishing to become a walk leader.

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