

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.

You can also visit

<http://www.suffolkcoastal.gov.uk/yourfreetime/steppingout/> to download further information and copies of the latest walks programme.

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

Health Walks Team
Suffolk Coastal District Council
Melton Hill
Woodbridge
Suffolk
IP12 1AU

01394 444501

e-mail: walks@suffolkcoastal.gov.uk



Stepping out in Suffolk

Health Walks January – March 2009

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, covering approximately 2 miles unless otherwise specified. Health walks are informal and sociable. You walk with trained leaders and at your own pace. Sensible footwear is recommended.

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

Tuesday 6th January

Nowton Park, Bury St Edmunds

Meet 10.45am at Nowton Park for a brisk walk around the park. Toilets available. Grade 2
Led by Christine Lock

Wednesday 7th January

Leiston

Meet 2.30pm at Leiston Leisure Centre. 2-3 mile walk. Grade 2
Led by Marion Walker

Thursday 8th January

**Dower House, Sizewell
OS 474616**

Meet 10.30am at the Dower House car park and walk towards Thorpeness and back along the coastal path. 2.5 miles Grade 2
Led by John Gadsby

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. Grade 1 Led by Isabel Smith

Wednesday 14th January

Bury St Edmunds

Meet 10.45am at Abbey Gate, Bury St Edmunds for a 60 to 75 minute walk on the eastern edge of Bury. All hard surfaces, includes uphill sections. Grade 3. Led by Allan Hayman

Wednesday 14th January

Quinton's Lane, Felixstowe

Walk along green paths into open countryside near Felixstowe.
Meet at 10.30am at Brackenbury Leisure Centre
Distance 2.5 miles Grade 2 Led by Felixstowe Walk Leaders

Thursday 15th January

Bourne Park, 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 Lindsay Wharam

Thursday 15th January

Forest Lodge site, West Stow

Head north of the village of West Stow and take the forest track on the right (numbered 205) and find car park at end. Meet 10.45am for a flat, sheltered, mixed woodland walk of about 60 minutes. No stiles.
Led by Roger Medley

Thursday 15th January

**Foxhall Woods,
Rushmere St Andrew**

Meet 10.30am at Bixley Farm Centre, Broadlands Way, Rushmere St Andrew, IP4 5SU. (First Eastern Counties bus no. 62 from Tower Ramparts, Ipswich). A meander through Foxhall Woods and Rushmere Heath, skirting Foxhall Stadium. 90 minute walk.
Grade 3/4. Led by John Adams.

Saturday 17th January

**Saxmundham
TM 387647**

Meet 10am outside the Old Post Office, near the bus station on the B1121.
A family walk of approx. 75 minutes. Grade 2 - 3
Led by Isabel Smith

Monday 19th January

Woodbridge

Meet 10am at Sutton Church for a walk overlooking the River Deben. Follow B1083, on the left as enter the village. Approx. 70 minute walk.
Grade 3
Led by Isabel Smith

Tuesday 20th January

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 21st January

**East Bridge, near Leiston
OS 452663**

Meet 10.30am along the road over the bridge at East Bridge. A 2.5 mile walk through the forest Grade 2
Led by John Hayward

Thursday 22nd January

River Deben, Woodbridge

Walk along the river banks in Winter.
Meet at 10.30am outside Deben Pool in Woodbridge.
Distance 2 miles Grade 2 Led by Felixstowe Walk Leaders

Thursday 22nd January

Martlesham

Meet 10.30am at Tesco Martlesham (main shop entrance) for a 3 mile (approx) walk through countryside. Grade 2/3. Coffees and toilets available at Tesco's
Led by Colin Simmons

Tuesday 27th January

Chantry Park, Ipswich

Walk around the largest park in Ipswich, there are some slopes.
Meet 10.30am at the first car park on the right of the Sue Ryder Home. Enter via the Hadleigh Road entrance. Grade 3 Led by Barbara Tottle

Friday 30th January

Spa Gardens, Felixstowe

The sea front and Spa gardens in Winter. Meet at 2.15pm outside the Spa Pavilion. Distance 2 miles Grade 1 Led by Felixstowe Walk Leaders

Saturday 31st January **Foxburrow Farm, Woodbridge**
Meet 2pm in the car park. Take the A12 from Woodbridge to Lowestoft and take the right turn signed for Suffolk Wildlife Trust (brown sign). Left turn about a mile along takes you into Foxburrow Farm. A 2 mile walk, which may be muddy. Grade 2. Led by Sharon Jarrett

Tuesday 3rd February **Bury St Edmunds**
Meet at 10.45am at the Abbey Gate for a town and footpath walk. Grade 2. Led by Christine Lock

Tuesday 3rd February **Charsfield, Woodbridge**
Meet 2pm at Charsfield village hall to walk through the beautiful orchards. Can be muddy. Grade 3. Led by John Aldam

Thursday 5th February **Snape**
 OS 393573
Meet 11am in the Snape Maltings overflow car park. A walk towards Gromford, coming back through Snape towards the Sailor's path and returning to Snape via the river. A 2.5 mile walk.
Led by Maggie Jennings

Monday 9th February **Felixstowe Ferry**
Catch the bus from the Ferry and walk back.
Meet at 10.50am outside St Nicholas Church at the Ferry.
Distance 2.5miles Grade 2 Led by Felixstowe Walk Leaders

Wednesday 11th February **Pin Mill, Mid Suffolk**
Meet 10.45am at Pin Mill car park (charge) which is on the left of the Chelmondiston to Pin Mill road. A 60 to 75 minute walk. Grade 4
Led by Allan Hayman

Wednesday 11th February **Leiston**
Meet 2.30pm at Leiston Leisure Centre. 2-3 mile walk. Grade 2
Led by Marion Walker

Thursday 12th February **Christchurch Park, Ipswich**
Experience Christchurch Park in Winter.
Meet at Soane Street Main gates at 10.30am.
Grade 1 Led by Julie Stokes

Thursday 12th February **Rendlesham, Woodbridge**
Meet 10am at the Rendlesham Childrens Centre for a buggy walk.
Grade 1. Led by Lindsay Wharam

Saturday 14th February **Kyson Point & Broom Heath**
Meet at 2pm on the green, at the back of the car park behind Deben Swimming Pool. Walk along the river to Kyson along to Broom Heath and back into Woodbridge via the town. 2.5 – 3 miles. One very steep incline, otherwise grade 3.
Led by Sharon Jarrett

Tuesday 17th February **New Bridge, Felixstowe**
Walk over the new bridge across the A14 to open countryside.
Meet at 10.30am outside Morrison's Supermarket.
Distance 2.5 miles Grade 2 Led by Felixstowe Walk Leaders

Wednesday 18th February **Leiston**
 OS 454638
Meet 10.30am at the Kenton Woods car park. A 2.5 mile walk through the woods and glades.
Led by John Hayward

Thursday 19th February **Rushmere Common,**
 Rushmere St Andrew
Meet 10.30am at Bixley Farm Centre, Broadlands Way, Rushmere St Andrew, IP4 5SU. (First Eastern Counties bus no. 62 from Tower Ramparts, Ipswich). An easy walk along woodland and heath land paths. Good views. 60 minute walk. Grade 2/3. Led by John Adams

Monday 23rd February **Fair Trade Walk, Felixstowe**
Enjoy Old Felixstowe and then finish with a cup of Fair Trade Coffee in the Methodist Church.
Meet at 10.30am outside Trinity Methodist Church, Hamilton Road
Distance 2 miles Grade 3 Led by Felixstowe Walk Leaders

Tuesday 24th February **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 24th February **Holywells Park, Ipswich**
Meet 10am at Holywells car park off Cliff lane for a walk around the park. There are some moderate slopes and it can be muddy in places.
Grade 3-4 Led by Stephanie Cullen

Wednesday 25th February **Wickham Market**
Meet 11am at the hill (town square by the café) to walk the west loop. A 60 minute walk. Grade 2.
Led by Isabel Smith

Thursday 26th February**Lackford Lakes**

Meet 10.45am in car park off Bury to Mildenhall road just after Flempton. Short flat 45 minute walk around the reserve, and an opportunity to pop into the bird hide. Toilets & coffees available. £1 donation for car park. Led by Roger Medley

Thursday 26th February**Martlesham**

Meet 10.30am at Recreation Ground car park (behind Spencers Garage, sign post on main road just past Red Lion public house) for a 3 mile walk through countryside. Grade 2-3
Led by Colin Simmons

Sunday 1st March**Sizewell**

Meet 11am at Sizewell beach car park for a 60 / 90 minute family walk. Grade 3
Led by Isabel Smith

Thursday 5th March**Tunstall
OS 380546**

Meet 10.30am in the second car park from Tunstall towards Orford. A 2.5 mile walk through the forest and heath.
Led by Wendy Robinson

Thursday 5th March**Cliff and Dip, Felixstowe**

Explore the cliffs and paths around Old Felixstowe.
Meet at 10.30am at Brackenbury Leisure Centre.
Distance 2.5 miles Grade 2 Led by Felixstowe Walk Leaders

Friday 6th March**Sudbourne**

Meet 10.30am at Sudbourne Church (1 mile before Orford) and enjoy a walk (75 mins) overlooking the Alde and Orfordness. B1084 take 2nd left at the five crossways at White Lodge. Grade 3.
Led by Isabel Smith

Sunday 8th March**Melton, Woodbridge**

Meet 2pm at the riverside car park, on the right just before the Wilford Bridge Pub, heading out of Woodbridge towards Bromeswell. A 2 mile walk; uneven ground and may be muddy. Grade 3. Led by Sharon Jarrett

Tuesday 10th March**Easton and Parham**

Meet 2pm at the car park opposite the White Horse pub at Easton to walk north east towards Parham. Grade 2/3
Led by John Aldam

Wednesday 11th March**Martlesham**

Meet 10.30am at Tesco Martlesham (main shop entrance) for a 3 mile (approx) walk through countryside. Grade 2/3. Coffees and toilets available at Tesco's
Led by Colin Simmons

Thursday 12th March**Bourne Park, Ipswich**

Meet 10.30am at Maidenhall Community Allotment for a walk along the public footpaths to and around Bourne Park. There is parking in Halifax Road. Grade 2 Led by Julie Stokes

Thursday 12th March**Rendlesham, Woodbridge**

Meet 10am at the Rendlesham Childrens Centre for a buggy walk. Grade 1 Led by Lindsay Wharam

Friday 13th March**Trimley St Mary, Nr Felixstowe**

Enjoy a country walk with views over the Docks.
Meet at 2.00pm outside Trimley St Mary Church.
Distance 2.5 miles Grade 2. Led by Felixstowe Walk Leaders

Wednesday 18th March**Santon Downham**

Meet 10.45am at St Helen's Picnic site, Santon Downham for a 60 to 70 minute walk – heath, forest and riverside. Grade 3.
Santon Downham is reached from the Thetford to Brandon road then go downhill by the church and follow to a signed right turn to St Helen's
Led by Allan Hayman

Wednesday 18th March**Dunwich
OS 460696**

Meet 2.30pm in the car park along the Westleton – Dunwich road, this is the car park past Sandy Lane. A 2.5 mile walk through the woods and over the heath.
Led by John Gadsby.

Thursday 19th March**Foxhall Woods,
Rushmere St Andrew**

Meet 10.30am at Bixley Farm Centre, Broadlands Way, Rushmere St Andrew, IP4 5SU. (First Eastern Counties bus no. 62 from Tower Ramparts, Ipswich). A walk through the woods on the Nuffield Hospital side of Foxhall Road following good paths and boardwalks. Usually muddy. 90 minute walk. Four stiles. Grade 5. Led by John Adams.

Friday 20th March**Wickham Market**

Meet 10.30am at the playing field to walk the east Wickham loop 3, a 3 – 4 mile walk. Sturdy footwear recommended.
Led by Isabel Smith

Monday 23rd March **The Promenade (Reunion)**
All walkers past and present are invited to join us for walks along the promenade (distance to suit all abilities) or just coffee in the Fludyers. Meet at 10.30am outside the Fludyers. Distance up to 2.5 miles Grade 1 Led by Felixstowe Walk Leaders

Tuesday 24th March **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 24th March **Orwell Country Park, Ipswich**
Meet 10.30am at Bridge Wood car park entrance off Nacton Road opposite the Swallow pub. Walk along the river Orwell for about 2 miles, there are some steep slopes. Grade 3-4 led by Barbara Tottle

Wednesday 25th March **Leiston**
Meet 2.30pm at Leiston Leisure Centre. 2-3 mile walk. Grade 2 Led by Marion Walker

Thursday 26th March **Kirtling**
Meet 10.45am in the village hall car park. 75 minute walk around Lucy Wood and the grounds of Kirtling Towers. No stiles, reasonably level. Toilets available (may require a donation) Led by Roger Medley

Sunday 29th March **Thorpeness**
Meet 2pm at the Mere for a family walk, lasting nearly 2 hours. Grade 4. Led by Isabel Smith

Tuesday 31st March **Waldringfield**
An early Spring walk along the Deben and hinterland. Meet at 11am in the car park behind the Maybush Inn. Distance 2.5 miles Grade 3 Led by Felixstowe Walk Leaders

Thursday 2nd April **Aldeburgh**
OS 443582
Meet 2.30pm at Sailors Path car park opposite Aldeburgh golf club. Roughly a 3 mile walk along Sailors Path and back; an easy walk. Led by John Hayward

Wednesday 8th April **Landguard point, Felixstowe**
See the nature reserve at the Southern end of the peninsula. Meet at 2.15pm on the Prom opposite beach Station Road Distance 2.5 miles Grade 3 Led by Felixstowe Walk Leaders

Thursday 9th April **Pin Mill, Ipswich**
Circular walk for about 3 miles through woods, meadows, fields and on riverside path. Some stiles. Stunning views over the River Orwell. Refreshments and toilets available at the Butt and Oyster pub. Meet at Pin Mill public car park (chargeable) at 10.30am. Walk should last 2 hours. Grade 5 Led by John Adams

Wednesday 15th April **Sizewell**
OS 474617
Meet at 2.30pm at the Sizewell Dower House. A 2.5 – 3 mile walk inland and down to Thorpeness and return to the Dower House. Led by John Gadsby

Sunday 19th April **Martlesham Heath**
Meet 2pm for a walk on Martlesham Heath, grade 1/2, followed by RAF museum (2.30-4.30pm free entry; donations welcome) Meet at the car park of the RAF Control Tower museum run by Martlesham Heath Aviation Society. Turn off the A12 opposite Tesco into Eagle Way, third right into Parkers Place, first left into roadway that leads to the Museum car park. The museum is located in an area off Deben Avenue. Led by John Aldam

Thursday 30th April **Orford**
Meet 11am at Orford Castle. A 2.5 mile walk towards Butley Creek, then heading towards the river and returning. Led by Maggie Jennings

Thursday 30th April **Culford, Mid Suffolk**
Meet 10.45am in car park of village hall. 75 minute walk through the grounds of Culford school and along the lake. Toilets available. Two stiles but level walking Led Roger Medley