

## Local Health Walks in November

Walking can make you feel good, give you more energy, reduce stress and help you sleep better, keep your heart 'strong' and reduce blood pressure and help manage your weight. Join us on any of the free walks below. Bring clothing that is suitable for the conditions. For more details contact the Health Walks Team on 01394 444501

**Mon. 1<sup>st</sup> Nov.**

**Newmarket**

Post Code CB8 9AP Meet at 1.00pm outside the White Lion pub for a walk around the town and the racecourse on pavements and grassy surfaces, some slightly uneven. Could be slippery in places. Refreshments and toilets at the finish point. NO DOGS. Free parking. Grade 2. 2 miles.

Led by Mick Smith and Linda Longman

**Thurs. 4<sup>th</sup> Nov.**

**Kedington**

Post Code CB9 7QQ Meet for 10.00am start at Kedington Community Centre. For more details go to [http://www.totem-tek.co.uk/hhwg\\_1.htm](http://www.totem-tek.co.uk/hhwg_1.htm). Grade 3. 1 hour

Led by Sheila Lawless and Hatty Maisey.

**Weds. 9<sup>th</sup> Nov.**

**Nowton Park, Bury St Edmunds**

Post Code IP29 5LU/OS map ref: 864622. Meet at 10.15am for 10.30 start at Nowton Park car park. A walk around part of Nowton Park, across surrounding farmland and along quiet lanes. No parking charge. Toilets available. Not wheelchair/buggy friendly. Bring own refreshments for end of walk. Grade 3-4. 60 – 75 mins.

Led by Christine Lock and Pat Field

**Thurs. 11<sup>th</sup> Nov.**

**Abbey Gateway, Bury St Edmunds**

Post Code IP31 1SX. Meet at 11.00am at Abbey Gateway for 60/70 min. walk on mainly hard surfaces with some slopes. A figure of '8' walk. May be suitable for buggies and wheelchairs. Toilets and refreshments near the start. Grade 2.

Led by Allan Hayman

**Thurs. 17<sup>th</sup> Nov.**

**Ashley/Cheveley**

Post Code CB8 9DR. Meet at 11.00am at Ashley 'Crown' car park. A walk around Ashley & Cheveley. A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy and slippery in places. Refreshments and toilets at finish point. NO DOGS. Grade 3. 2 miles.

Led by Mick Smith and David Young

**Thurs. 18<sup>th</sup> Nov.**

**Great Wrating**

Post Code CB9 7UR. Meet at 10.00am at the Red Lion pub at Great Wrating. For more details go to [http://www.totem-tek.co.uk/hhwg\\_1.htm](http://www.totem-tek.co.uk/hhwg_1.htm). Grade 2. 1 hour.

Led by Bob and Mavis Coleman

**Thurs. 25<sup>th</sup> Nov.**

**Clare**

Post Code:CO10 8NJ/Map ref: TL770452. Meet at 10.45 for 11.00am start at Clare Country Park. Walk goes through the park, around the outskirts of the town, across Clare common and returns via Clare Priory. One hill. Museum open in the afternoon. Parking fee £1.50. Accessible by bus. Refreshments and toilets available nearby. Grade 4. 2.5 mile walk taking 90 mins.

Led by Roger and Jackie Medley.

**Mon. 29<sup>th</sup> Nov.**

**Newmarket**

Post Code CB8 9AP. Meet at 1.00pm outside White Lion pub for walk around town and racecourse. Other details are the same as 1<sup>st</sup> Nov. walk.

Led by Alan Eaton and Linda Longman