

MW=Monday Workout Walk

TW=Tuesday Wellness Walk

kilometers

Month	Date	Event	Day	Location	Distance (km)	Notes
SEPTEMBER	Mon 2	JM Holiday	no walk			
	Tues 3	JM Holiday	no walk			
	Mon 9	9.30 - 11.30	MW	Helmingham Hall	9	
	Tues 10	9.45 - 11.00	TW	Kersey	5.8	
	Mon 16	9.30 - 11.30	MW	Codd/Gosbeck Woods	9.3	
	Tues 17	Half Day	TW	Waldringfield	8.6	NEW! Plus coffee break midway
	Mon 23	Half Day	MW	Eye/Braiseworth	11.5	NEW!
	Tues 24	9.45 - 11.00	TW	Badley Hill	6	
	Mon 30	9.30 - 11.30	MW	Orford	8.4	
OCTOBER	Tues 1	9.45 - 11.00	TW	Thornham Walks	5	
	Mon 7	9.30 - 11.30	MW	SBN/Polstead	9	
	Tues 8	9.45 - 11.00	TW	Orford	5.5	
	Mon 14	9.30 - 11.30	MW	Thorpness	8	
	Tues 15	9.45 - 11.00	TW	Eye	6.4	NEW!
	Mon 21	Half Day	MW	Iken/Snape	11	
	Tues 22	9.45 - 11.00	TW	Framlingham	5	
	Mon 28	9.30 - 11.30	MW	Bildeston	9	Half term
	Tues 29	9.45 - 11.00	TW	Coddenham/Lime Kilns		Half term
NOVEMBER	Mon 4	9.30 - 11.30	MW	Levington/Nacton	9.6	
	Tues 5	9.45 - 11.00	TW	Thorpness	6.5	
	Mon 11	9.30 - 11.30	MW	Flatford Mill	8.5	
	Tues 12	9.45 - 11.00	TW	Wherstead/SFH	6.5	
	Mon 18	9.30 - 11.30	MW	Bredfield/Hasketon	8.5	NEW!
	Tues 19	9.45 - 11.00	TW	Woodbridge	5	
	Mon 25	9.30 - 11.30	MW	Sutton Heath	8	
	Tues 26	9.45 - 11.00	TW	Rougham Estate	5	
DECEMBER	Mon 2	Half Day	MW	Felixstowe Ferry	11.6	
	Tues 3	9.45 - 11.00	TW	Sutton Heath	6.2	
	Mon 9	9.30 - 11.30	MW	Coddenham/Shrubland	9.5	
	Tues 10	9.45 - 11.00	TW	Pakenham	5	
	Mon 16	9.30 - 11.30 + lunch	MW	Cretingham	8	Xmas lunch 🌲 ☐ The Cretingham Bell
	Tues 17	9.30 - 11.30 + lunch	TW	Framsden	5	Xmas lunch 🌲 ☐ The Cretingham Bell
	Mon 23	JM Holiday	no walk			
	Tues 24	JM Holiday	no walk			
	Mon 30	JM Holiday	no walk			
	Tues 31	JM Holiday	no walk			