

MW=Monday Workout Walk

TW=Tuesday Wellness Walk

WW=Weekend Walk

	DATE	TIME	TYPE	LOCATION
MARCH	Sat 4	9.45 -11.00	WW	Orford
	Mon 6	9.30 - 11.30	MW	Bildeston
	Tues 7	9.45 -11.00	TW	Thornham walks
	Sat 11	9.45 -11.00	WW	Nowton Park
	Mon 13	9.30 - 11.30	MW	Gosbeck Wood
	Tues 14	9.45 -11.00	TW	Helmingham
	Sat 18	9.45 -11.00	WW	Badley (Needham
	Mon 20	9.30 - 11.30	MW	Orford
	Tues 21	9.45 -11.00	TW	Nowton Park
	Sat 25	9.45 -11.00	WW	Chelsworth
	Mon 27	Half Day	MW	Kersey/Lindsey
	Tues 28	9.45 -11.00	TW	Sutton Heath
APRIL	Sat 1	9.45 -11.00	WW	Pin Mill
	Mon 3	Half Day	MW	Boyton marshes
	Tues 4	9.45 -11.00	TW	Melton
	Sat 8	🍵	NO WALK	
	Mon 10	🍵	NO WALK	
	Tues 11	JM AWAY	NO WALK	
	Sat 15	JM AWAY	NO WALK	
	Mon 17	JM AWAY	NO WALK	
	Tues 18	JM AWAY	NO WALK	
	Sat 22	9.45 -11.00	WW	Debenham
	Mon 24	9.30 - 11.30	MW	Levington
	Tues 25	9.45 -11.00	TW	Debenham
	Sat 29		NO WALK	
MAY	Mon 1	JM AWAY	NO WALK	
	Tues 2	JM AWAY	NO WALK	
	Sat 6	JM AWAY	NO WALK	
	Mon 8	JM AWAY	NO WALK	
	Tues 9	JM AWAY	NO WALK	
	Sat 13	12.00 -1.30	WW	Wherstead SFH
	Mon 15	9.30 - 11.00	MW	Framlingham
	Tues 16	9.45 -11.00	TW	Orford
	Sat 20	9.45 -11.00	WW	Kersey
	Mon 22	Half Day	MW	The Sailors path

Tues 23	9.45 -11.00	TW	Coddenham
Sat 27	9.45 -11.00	WW	Sutton Heath
Mon 29		NO WALK	
Tues 30	9.45 -11.00	TW	Needham

🌼 Daffodils

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🌼 Daffodils

NEW! Optional brunch at Kersey Mill

Easter w/end
Bank Holiday

🌷 Fritillaries

🌷 Fritillaries
Bank Holiday W/E

Bank Holiday

Wild garlic 🌱

Optional brunch at Kersey Mill
fish and chips on Aldeburgh beach

Bank Holiday