

MW=Monday Workout Walk

TW=Tuesday Wellness Walk

	DATE	TIME	TYPE	LOCATION	DISTANCE in kilometres
JUNE	Mon 3	9.30 - 11.30	MW	Kersey/Lindsey	10.5
	Tues 4	9.45 -11.00	TW	Barking Woods	5.5
	Mon 10	Half Day	MW	Sutton Heath and	12
	Tues 11	9.45 -11.00	TW	Flatford Mill	5
	Mon 17	9.30 - 11.30	MW	Alton Water	8
	Tues 18	9.45 -11.00	TW	Lavenham	5.5
	Mon 24	9.30 - 11.30	MW	Fram/Dennington	10
	Tues 25	9.45 -11.00	TW	Debenham	6.7
JULY	Mon 1	Half Day	MW	Lavenham	12-14
	Tues 2	9.45 -11.00	TW	Iken/Snape	6
	Mon 8	9.30 - 11.30	MW	Pin Mill	8
	Tues 9	9.45 -11.00	TW	Pakenham	5
	Mon 15	9.30 - 11.30	MW	Fynn Valley	9.7
	Tues 16	9.45 -11.00	TW	Staverton Oaks	6
	Mon 22	Half Day	MW	Trimley Marshes	16.5
	Tues 23	9.45 -11.00	TW	Pin Mill	4.8
	Mon 29	9.30 - 11.30	MW	Debenham	9
	Tues 30	9.45 -11.00	TW	Melton	6
AUGUST	Mon 5	9.30 - 11.30	MW	Barking Woods	8
	Tues 6	9.45 -11.00	TW	Stutton	7
	Mon 12	9.30 - 11.30	MW	Waldringfield	about 9
	Tues 13	9.45 -11.00	TW	Nacton shores	9.5
	Mon 19	Half Day	MW	Shotley	14.7
	Tues 20	9.45 -11.00	TW	Fynn Valley	5.5
	Mon 26	Bank Holiday	no walk		
	Tues 27	9.45 -11.00	TW	Chelsworth	5.2

NEW!

NEW!

NEW!

Optional pub lunch or beach picnic

Coffee on the beach

NEW!

Bank Holiday W/E