



Ipswich

2026 Schedule

Christchurch Park

Meet outside the Reg Driver Visitor & Education Centre located by the Bolton Lane entrance IP4 2BX



JOIN US FOR WALK WITH A DOC!

You'll take a few minutes to learn about a current health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to be active, learn about health, and meet new friends. The events are free, open to everyone and are led by local GP, Dr Vasandhara Thoroughgood

2nd or 3rd Tuesday of every month 10-11am

20th January

10th February

17th March

21st April

19th May

16th June

16th July (Thursday)

No August walk

15th September

20th October

17th November

15th December



<https://walkwithadoc.org/join-a-walk/locations/ipswich-uk/>



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search 'Walk with a Doc Ipswich'

