

# Bury St Edmunds Park&Stride

www.suffolkearofwalking.co.uk #WalkSuffolk

STEPS  
TO TOWN  
CENTRE



**A GOAL OF 10,000**  
STEPS A DAY OR 150  
MINUTES OF EXERCISE  
PER WEEK ARE  
RECOMMENDED

**YOU BURN 100**  
CALORIES EVERY 15  
MINUTES OF BRISK  
WALKING

**WALKING 30**  
MINUTES A DAY CAN  
REDUCE SYMPTOMS  
OF DEPRESSION  
BY 36%

**YOU USE 200**  
MUSCLES WITH  
EVERY STEP  
YOU TAKE



- ### Short stay car parks
- Angel Hill Car Park**  
Angel Hill, IP33 1UZ **800**
  - Cattle Market Car Park**  
14 Prospect Row, IP33 3DG **500**
  - Chequer Square Car Park**  
Chequer Square, IP33 1QZ **800**
  - Cornhill Buttermarket Car Park**  
Cornhill/Buttermarket, IP33 1DA **500**
  - Lower Baxter Street Car Park**  
Lower Baxter Street, IP33 1ET **650**
  - Parkway Surface Car Park**  
West of Parkway, IP33 3BA **1,000**
  - Robert Boby Way Car Park**  
East of Parkway South, IP33 3DH **800**
  - School Yard East Car Park**  
School Yard East, IP33 3AA **500**
  - School Yard West Car Park**  
School Yard West, IP33 3AA **500**
  - St Andrews Short Stay Car Park**  
Between Parkway and St Andrews Street North, IP33 1TZ **500**

- ### Long stay car parks
- Bury St Edmunds Station**  
Station Hill, Bury St Edmunds, IP32 6AD **1,300**
  - Olding Road Car Park**  
Olding Road, IP33 3TA **3,700**
  - Parkway Multi Storey Car Park\***  
Parkway, IP33 3BA **950**
  - Ram Meadow Car Park**  
Cotton Lane, IP33 1XT **1,100**
  - Shire Hall Weekend Car Park**  
Raingate Street, IP33 2AR **1,750**
  - St Andrews Long Stay Car Park**  
Between Parkway and St Andrews Street North, IP33 1TZ **500**

\* Short stay at weekends  
Note the step distance is an approximate measurement from the car park's pedestrian exit nearest to the town centre.