

FLOWER OF SUFFOLK HUNDRED

Final Route Description

24th -26th May 2025

Please note that all measurements of length and ascent were recorded with various GPX devices which give good estimates only.

Ahd - ahead	FPS - footpath sign	Rd - Road
BL - bear left	FR - fork right	RH-right hand
BR - bear right	FVP - Fynn Valley Path	RHFE- right hand field edge
BsR/BsL - bear slightly R/L	HG - hedge	RHS - right hand side
BW – bridleway	HQ - headquarters	s/sm - small
ByW- byway	Ign – ignore	SCP - Suffolk Coastal Path
CB – compass bearing	Immd-immediately	SLOT- same line of travel
cont - continue	jct - junction	SP - Sailors' Path
CP - Checkpoint	KG - kissing gate	SPW - Shrubland Park Walk
crn – corner	L/Lg - large	st - stile
DPB - dog poo bin	LH - left hand	SW - Sandlings Way/Walk
ESL – East Suffolk Line	LHFE- left hand field edge	Thru - through
enc - enclosed	LHS - left hand side	TL - turn left
FB – footbridge	m - metre	TR - turn right
FC-field corner	MG - metal gate	Trk - track
FL - fork left	mRd - minor road	VH – village hall
Fld – field	MRd- Major Rd	WG - wooden gate
Fllw – follow	n-and	WMP – wooden marker post
FP- footpath	opp - opposite	X - cross

**Event start & HQ: Ipswich school Sports Centre, The Street, Rushmere St Andrew,
Ipswich IP51DE (TM 201 460)**

1. HQ to CP1 Gazebo on Barham Green - 7.2 miles. Ascent 289ft Descent 292ft

1.1 Leave HQ by drive n at Tjct, TL on pavement. In 320m X Chestnut Close. At LH bend, marshals will see you XRd into Holly Lane. (▲Please wait if they ask you to!) Rd between houses becomes enc BW. (TM 2021 4658)

1.2 After 400m, when Trk joins from R, Ahd. In 50m, where Trk bends L, FR on sandy path. Ign grass path to R n in 200m ign LF. Ahd to go under brick bridge. After 20m ign L. Fllw Trk to R & L, ign gate on R. In 100m X concrete bridge over river Fynn. Ign path to L n in 100m, at staggered XTrks, TL n imm FL on initially enc Trk. Hg on L, fence on R. (FVP now fllwd to Witnesham)

1.3 In 80m pass bench on L. In 500m, at end of fld on L, oak trees on R, (TM1962 4775) TL down slight incline, Hg on L, wire fence on R. Just before concrete bridge over river Fynn, TR thru KG. Flw path 20m to R of river. Ahd thru 3 flds, passing further 3KG, to emerge in small car park on lane. TL on lane to jct with MRd, with village sign Ahd.

1.4 TL over bridge n immd TR on BW, (TM1930 4854) with river now on R, DPB n notice board on L. After 10m thru sMG. After 60m thru LMG on enc Trk, paddocks on L& R. Ahd under telegraph wires. Trk becomes oak lined. At clearing, Ahd & thru LMG to SLOT to black LMG. (FVP & ESLW) (keep dogs on leads sign). Ahd on enc path to golf course on L. SLOT along tree lined avenue, past houses to pass under pylons. Trk becomes lane to Rd. (TM1825 4998)

XRd, TR n cont on pavement around LH bend. In 250m, at war memorial n village well, TL into Hall Lane.(leaving FVP)

1.5 After 10m when Rd bends L, Ahd (hidden Mill Lane sign) Barn Cottage on L. At end of houses, lane becomes Trk. When Trk turns R, Ahd on LH fld edge. In 220m ign R (by 3rd telegraph pole) n in 10m TL between flds, to KG in Hg. (TM1803 5055)

Thru n immd TR along fld edge. 3/4 of way across 2nd fld, FL to stream. XFB n cont on enc path for 150m to Rd. TL to X ford n flw Rd as bends R past tennis court, cottages n stables, n becomes gravel then Trk. In 200m, at Trk jct (open fld ahd) TL (TM1753 5109)

1.6 In 600m pass house, The Lodge (Take note of various signs n quirky features). Trk becomes metalled n in 330m, where Rd bends sharp R, TL on BW. In 100m, TR on FP thru sKG. Ahd LHS of meadow thru 2nd sKG n around RHS of pond to go thru WG to farmyard. SLOT thru farm to Tjct, where TR. In 180m, TL on concrete farm drive to Rd. At Rd, TR (take extreme care, busy Rd!)

1.7 Pass 30mph signs n just after Cottages on L, X Rd to TL on enc FP. Ahd on RHS of fld to X wooden FB, n cont to pass wood on L. At end of wood, at Trk jct, BR to flw drive which goes under power lines n then bends sharp R. Just after mushroom n flagpole, n b4 gateway, TR over ditch n imm L to flw fld edge to FB. X n TL on fld edge, past black barn conversion.

1.8 In 60m TR on fld edge. Please do not go on crop. Overtake on inside!! In 400m at fld cnr, TR. After 30m, TL to wooden FB. X & flw fld edge to lane. TR on lane. (Care!) At jnc TL (hidden Mill Lane sign in Hg). Lane becomes Trk to Barham Green n CP1. (By notice board) (TM 144 518)

BARHAM GREEN - Outdoor Checkpoint (Splash & dash & Portaloos!)

TOTAL 7.2 miles, East Yorkshire LDWA

Opens sat 11:15 Closes Sat 15:45

2. Barham green to CP2 Crowfield Village Hall - 8.3 miles.

Ascent 381ft Descent 364ft

2.1 X Rd (⚠ care), Picardy sign on L, n Ahd to gap in HG. X plank FB n cont along LHS of green. Ign HG gap on L n cont to low wooden posts. TL on grassy Trk. In 180m, 10m before cottage, BR n join fence on L to wooden FPS n cont between flds to wood. TL (wood on R) for 550m.

At end of fld, Ahd for 40m, fence n gravel area on L (Millies Meadow) then BL into woods on FP (L of telegraph pole). Fllw path as BL downhill to join Trk. TR on Trk for 210m to Rd.

2.2 X Rd (⚠ care) to FP opp. Thru black MG n X bump in path to BR with path. Ign all side paths n Ahd thru bracken to X sm hillock, SPW sign (Shrubland Park Walk). At FPS n Trk, TL. In 200m, at FPS, BL n R with Trk. Ahd 250m to R of large cedar tree where 30m before gravel access Trk, BR to join Trk. Pass Woodsman Cottage n at FPS (virtual clip) immd TR (leave Trk/do not go thru black gates) on grassy path uphill to X gravel Trk (white chain link fence to hall on L, old stable block on R). Ahd thru parkland, passing FPS on L, n BL to black iron fence n gravel Trk (Old Hall Estate sign) TR to lodge house n Rd. (TM1334 5269)

2.3 X Rd (⚠ care) n thru double LWG (Oakwood Cottage). Immd FL (Clay Wood on L) n, in 80m, FL downhill (SPW). Thru LWG to garden n in 5m FR to X st. Ahd on RHS of meadow to go thru gap (Clay pigeon shooting) n immd TL on LHS of fld. In 60m, FL under wires n TL thru KG. Ahd on enc path (HG on R/electric fence on L) n, in 200m, X st onto Trk with willow cow opp. TR n immd L on Trk (farmhouse on R)

Ign FB on L n, after 150m, join wooden boardwalk n TR to X FB (ign FB on L). Ahd on FP for 100m to X FB, TR on fld edge. In 50m, TL on grassy path n, at 3rd telegraph pole on R, TL on grassy Trk. Cont downhill to X st by dead oak tree. Ahd to X st to Rd.(TM1389 5359)

2.4 XRd (⚠ care). X bridge n Ahd on Trk bearing L n R, passing parking area n compost bins, to cottage gateway. Do not enter cottage grounds, but BL n Ahd on enc FP for 200m. Ahd with HG on L, bank on R, for 550m. At Lg oak tree, BL on lower path, joining wooden fence n KG. TL thru KG to churchyard. BR around church to gate. TR on FP into Coddensham n flw around RH corner for 5m. Opp village sign n jct, X Rd (⚠ extreme care) into RD opp (passing shop on L). In 100m TL (Blacksmiths Lane). (TM1333 5438)

2.5 Where Rd turns sharp R (Valley Farm sign), Ahd on FP, up slight incline. At top of incline meet Trk n TL to pass wood piles. When Trk forks, Ahd. Path becomes enc by tall HG. Pass ruined barn n cont on Trk under telegraph wires, for

300m to Tjct, FPS on L. TL on Trk for 160m, thru HG gap n imm R, HG on R, to wood. TL n, after 20m, TR on wide Trk (wood on R). Ahd thru gap at end of wood (TM 1283 5599) n immd TR on grassy FP thru trees n at FPS SLOT wood on R. At Hg gap BR then L n cont Hg now on L.

In 100m at FPS TL. Hg on R and in 75m at FPS TR thru gap to cont Ahd on wide grassy Tk down hill to steps, FB n Rd. TL. (Care single track Rd!!)

In 0.6miles at wooden post TL on Crowfield hall drive. PRIVATE ON THE DAY ONLY, PLEASE DO NOT USE ON RECCEE. Cont on drive for 650m to FPS. (TM 137 573)

2.7 TR with trk n when Trk BsL to farm, Ahd on wide encl FP, past Hall Cottages n moat on L (caution open well on R). At end of tree line on R, Ahd between flds to church n Ahd thru graveyard. **(Virtual clip!)** Thru sWG n imm TR on driveway to Rd. TR on Rd n, after 320m, ign FP on L. In 200m, at DPB, TL on FP. At MG, Ahd on grassy path alongside motorcycle Trk n thru wide avenue of trees to industrial yard. SLOT to XRd to CP2 (TM 150 570) (Care!!)

Crowfield village Hall - Hot n cold drinks n cold snacks

Thames Valley LDWA

TOTAL 15.5 miles

Opens Sat 13:00 Closes Sat 17:30

3. Crowfield to CP3 Brandeston Village Hall - 9.4miles.

Ascent 295ft Descent 381ft

3.1 Leave CP n 1/2R X car park to flw edge of playing fld (mill on L) under telephone wires to fld crn. BL thru gap, X FB. In 5m, TR on grassy path. In 40m. at fld crn, TL. In 100m, at FPS, BR n SLOT to fld crn, TR. In 80m, at FPS just before metal fence, TL (BEWARE TREE ROOTS!) on enc path to Rd, opp water tower. (TM15515725)

3.2 TR on Rd. (⚠ care). Past Poplar Farm n metal chicken. After 100m, at FPS opp Poplar Farm cottage, TL then immd R along fld edge. In fld crn, TL HG on R. (PLEASE STAY OFF CROP!) In 200m, TR thru gap n immd L X earth bridge then immd TR (permissive section) HG on R, to Tjct with wide green lane. TL

3.3 In 3/4mile path narrows n meets Tjct. (TM 16675771) TR on enc Trk. In 150m TL on concrete drive to Paris Farm. At FPS, 30m b4 buildings, TR. At end of bank, SLOT for 30m n then BL on Trk X grass, towards conifer trees. At fld edge, TL. In 50m, TR thru tall WG to enter parkland. (TM1747 5782)

3.4 Take R FP to pass to L of obelisk. Flw low FPS to fence crn n Ahd X 2 concrete bridges n SLOT, keeping deer fence on L, to tall WG. (Please shut gate!) SLOT to sWG n X Rd to FP to L of bus shelter. Thru MG n BR down fld for 250m, between wooden fences, to sMG. Ahd X fld to wood crn n Ahd, HG n wood on R. In 75m at Trk jct, TL. In 30m TR thru wide HG gap n immd TL along fld edge, HG on L, to fld crn, just before white house.

3.5 TL X FB n BR n along fld edge for 350m. Immd before copse BR onto Rd.(TM1933 5741) Take care! XRD n TL for 100m to TR on FP, cont on grassy Trk

3.6 After 100m, where Trk joins from L, Ahd X concrete bridge n SLOT on sandy trk, HG on L. In 300m, at FPS, where Trk BsL, FR on grassy Trk, HG still on L. In 650m pass wide gap in HG on L. In 150m cont on fld edge.

3.7 100m after going under pylons, at FPS, Ahd past pond on L. Pass another pond/moat on L to Rd n Ahd on metalled lane. Flw lane to Tjct (TM2099 5794), TL (signposted Ipswich/ Debenham). In 700m, when Rd turns sharp R, take FP on L. FR past earth piles on L, n flw fld edge, HG on R. Cont thru edge of wood n, 10m before end of wood, TR to X plank FB n immd TL to flw fld edge, HG now on L. At fld crn, X wooden FB n BL X 2nd FB to Rd, TR.

3.8 In 1.2Km at Tjct, TR. Ahd (⚠ care) for 550m to jct with pub Ahd.(Stop for a pint or) TL n cont 600m downhill thru village, past church on L and X bridge spanning the river Deben. At Tjct, TR (Earl Soham 2 1/2). In 80m, where Rd swings L at 'The Granary' n FPS, Ahd on drive. In 150m, when drive swings L, Ahd thru WG. (The Birches) (TM2296 6080)

3.9 Ahd on gravel Trk, past BT poles 9 n 10, to reach open car park, just beyond FPS. FL (CB45) to FPS. TL past front of building, laurel HG on R. At staggered XTrk, BR. In 20m, at FPS, TR on gravel path, play area soon on R. In 210m, at FPS leave gravel path n BL on grassy FP, which becomes tree lined. In 200m X FB n Ahd into wood. Ign side paths n cont thru sMG. Ahd on sunken path on RHS of 2 flds up slight incline. In 340m, at end of wood on R, cont under telephone wires n, in 20m, X st n TR on Rd (⚠ care). (TM 2424 6089)

3.10 Ign Rd on L (Riggle St) n cont on RHS of Rd. 40m past Brandeston /30 mph signs at Red House barn, TR on FP. Thru sWG on wide enc Trk. Thru mKG n Ahd (20m to L of telephone wires). Path soon becomes enc after further MGs (may be open), n Ahd to st in RH cnr, b4 Rd. X n TL on verge.(TM225 603)

3.11 Past Framlingham College prep school side n main entrances. At entrance to church on R, TL on FP thru KG. (virtual self clip) Ahd X field on faint path. 10m b4 WG, with oak tree in front, TR thru sMG, X plank bridge n imm TL to CP3. (TM 247 606) (Approach building by passing on LHS n then turning sharp R to entrance)

Brandeston Village Hall - Hot meal and hot/cold drinks
BB&N LDWA
TOTAL 24,9 miles
Opens Sat 15:15 closes Sat 22:30

4. Brandeston to CP4 Kettleburgh Village Hall - 8.1 miles.

Ascent 367ft Descent 397ft

4.1 Exit CP by driveway. X Rd n TL on pavement n, in 200m, TR into Mill Lane. (TM 246 607) Fllw lane past houses, becomes grassy BW. TL n R with Trk, under pylons. In 400m, at Trk jcn (FPS) TR, HG on L. Ign FP to L. At end of fld, BL on path on RHS of wood, for 800m to Rd, TL. When Rd bends L, Ahd on BW, HG on L. After 150m X earth bridge on L, n cont on BW, HG now on R. Ign FB to R, n X FB in front. TR n cont for 500m, HG on R, to fld crn, BR thru gap. Cont on BW, with ditch n HG on R, which becomes enc.

4.2 After 1200m TL on Rd. 60m before 30 mph sign, at red DPB, TR on FP, which goes thru trees n housing, to MRd. Using island (on R) to XRd cont into Danforth Drive. Cont on pavement, X cul de sac, to RH bend, where BL X Rd n between no 51 n 53, onto enc FP. (TM279 637)

4.3 At Rd, X 1/2L (⚠ care) to FPS n Ahd on LHS FP. (Community garden/allotments soon on R, Framlingham College on L n castle in front)

At Rd, TR for 75m to TL on FP.(⚠ Caution **DROP!!**). Thru KG n TL, X plank FB. Cont on FP, with mere n castle on R. Ign gate n FP on L. BR with path n X FB to enc path. At Tjct, TR towards Castle.(TM285 641)

4.4 Ahd 350m thru KG n sWG, X FB n up slight incline n steps. BR n cont on bank, with castle on L, mere on R. At end of bank, BL n descend to TR over FB. TL up slight incline to castle entrance, moat on L. **(SELF CLIP 1. TM 286 636)**

TR on castle drive. At jct with Rd, X to pavement opp. SLOT past laudrette on L, church on R, to Market Hill. SLOT past Crown Hotel on L, n Prince of India on R. Enter enc alley, to R of Leo's deli (⚠duck if tall!). BL to Rd.

4.5 TR n R again. TL to X side Rd (Riverside) n use Zebra Xing to X 2nd Rd. (TM 283 633)TL on pavement to pass curry india, X Brook Lane n pass wine shop on R. Just b4 Station Hotel, TR on Victoria Mill Rd. Stay on pavement as Rd bends L n R. In 100m TL thru gap to R of MG.(FP sign in ditch!) TL again to fllw 2 sides of fld to gap in HG n plank bridge. X n immd R along fld edge, for 10m, to TR to Rd.

4.6 TL on Rd. In 100m, at farm entrance on L, TL on drive n BR between farm buildings. At far end of green metal barn, TL n R downhill, with wood on L. At end of wood thru gap n immd TR at Trk jct for 100m(ditch on R) then TL to flw FPS 400m to Rd (Hg on L) opp chicken sheds. TL on Rd for 350m, passing Lampard barn n farm.

4.7 At BW sign just after driveways, (Gatewood farm) TR, fence on R, n flw boundary fence to crn where TR. (TM 275 617) In 30m, TL on grass path X flds. After 400m pass pylon n SLOT 200m, thru wide HG gap n btw flds to join enc path to driveway. Ahd to lane. TR n 1/2 way round RH bend, TL on wide enc FP. When enc FP ends, TR. In 50m, TL on wide path, past telephone pole 224576. In 100m, BR to white gate n churchyard.

4.8 Ahd n, immd after church building, TR thru KG n immd TL to tarmac Trk. BL thru LWG n immd TR on FP, FPS on telegraph pole. At end of bumpy HG on L, at FPS, BL on mowed FP. Thru HG (2steps) where BR on gravel path, bench n playfield on L. Past DPB, down steps on enc FP to Rd. TR for 50m to TL to CP4 (TM 267 603)

Kettleburgh Village Hall. (Hot drinks n snacks)

Surrey LDWA

TOTAL 33 MILES

Opens Sat 17:15 closes Sun 02:30

5. Kettleburgh to CP5 Parham Moat Farm Barn - 5.3 miles

Ascent 233ft Descent 220ft

5.1 Leave CP n TL up concrete Trk. Just after houses on R, at 3 FPS, TR to flw path as bends L, n becomes enc. Thru wooden fence n Ahd, fence on L, copse on R. When fence ends, Ahd n BR thru gap to TL on fld edge. When fld edge BR, TL thru gap, X plank bridge, n BR then L, HG on L. In 600m, X plank bridge. In 125m BR, HG on L. 2m b4 Rd, TL to FPS. (TM 276 291)

5.2 TR down bank, X Rd (⚠ care) n cont, HG on R. In 100m, TR with path n soon down slight hill. At Trk jct, TL with trees n stream on R, to Rd. TL, fences on either side. Past Easton Farm park. At Rd jct, TR (Letheringham 1) n flw Rd to X bridge. At sharp RH bend, (TM 280 582) TL on FP. (Please keep OFF wild flower verge!) Stay close to metal fence on L, n BL with path, becoming enc.(DO NOT ENTER HOUSE GATE/GROUNDS) X 4 bridges, n emerge on Rd.

5.3 TR on pavement. (note wibblywobbly wall on L). In 330m, TL X Rd (⚠care) n up Trk, (TM2842 5860) signpost 'cemetery/ bowls club'. At bowls club entrance, take enc L path. Wobbly wall soon appears again intermittently on L. Cont 0.6miles to end of wood on L. SLOT, wood now on R. In 300m, at hidden FPS, Ahd thru sm bank of trees, X plank bridge n SLOT. In 100m (30m after white posts)

Path bears R n L with edge of wood n, in 120m, at fld crn, (FPS on tree) TR thru gap into trees. In 10m, at XTrk, TL. In 30m BR, (FPS hidden in tree,) n cont on wide path thru woods to Trk jct. TR n, in 15m BL then L again, to TR under wires (Pylon on your R).

5.4 Cont, ditch on R for 380m, At end of wood ign plank bridge n BL with path, after 35m, X earth bridge (Ahd) n TR on fld edge, ditch on R, for 60m to 3 finger FPS, TL. In 100m go under telegraph wires n, in 40m, ditch appears on L. SLOT with ditch on L to end of fld.

At HG, Ahd (BL) on hidden path to meadow, n SLOT to join crn leylandii HG, n SLOT, HG n fence on R, to enc FP. Down steps to Rd (⚠ GREAT CARE). (TM307 606)

5.5 X Rd (CARE!!) n Ahd X Rd bridge. In 140m flw Rd as it swings R n in 115m when Rd bears L, Ahd past cottages n thru gate, past church on L. Cont on LHS of meadow to go thru sWG, to L of LWG. Ahd along bottom of fld, HG on R. Thru sWG, n BL (CB 140?) diagonally X fld, under powerlines. BL uphill to fence crn n Ahd thru LWG. SLOT past moated hall on R. At end of moat, BR thru gateway/LWG to sWG, n TL on concrete Trk to CP5 (TM 314 597)

Moat Farm Barn, Parham – (Hot / cold drinks and light snacks)

Heart of England LDWA

38.3 miles

Opens Sat 18:45 closes sun 05:15

6. Moat farm, Parham to CP6 Stratford St Andrew - 4.9 miles

Ascent 125ft Descent 226ft

6.1 Leave CP, retrace steps to 4way Trk jct. TR on farm drive past weigh bridge, n flw tarmac Trk 500m to Rd. TL n walk along LHS verge (⚠ Care). In 350m, (20m after postbox on L) TR on Rd (Cransford). In 75m, at FPS, FR, HG on L. At crn of wood, SLOT X fld (CB 40), towards farm buildings. At FPS, between buildings n trees, (323 610) BL. At end of trees, join tarmac Trk. In 750m, after (2nd) large straw bale wall, BL (CB55) on FP X fld to FPS. At fld edge TR n, after 60m, TL onto FP, HG on R, to emerge on mRd. TR n, in 170m, at Tjnc, TL. (⚠ care busy Rd) (TM332614)

6.2 In 500m, 60m after 30MPH sign, at FPS, TR on FP. At end of fld, cont on path, thru trees, pond on R, HG on L. Ign 1st gap on L with arrow. At next FPS (hidden in HG) TL thru gap in HG, n immd R, HG on R. In 300m, down steps to lane. TL for 200m, X Rd to wooded lane opp n after 230m, just after cottage on L, TR on FP thru KG. (TM 347 616) Cont on LHS of meadow. At end of meadow, BR to WG. X FB n cont thru trees n flw driveway past house to Rd, TL. (TM 354 614)

6.3 In 30m, TR up steps. n Ahd X fld to wood cnr. SLOT, wood on L. In fld crn, up slope n Ahd on path thru copse. In 30m, emerge n X fld (CB 125), on faint path, to HG crn n Ahd, HG on L, to lane, TR. In 20m, TL down slope/steps. Cont on fld edge for 175m, to FPS, TR, ditch on R, to Rd. TL n, in 30m, immd after house, TR on FP, HG on R. (TM 360 610)

6.4 Do NOT BL with fence but Ahd n BR to sMG. BL (CB205) on faint path X fld to X ditch on log(care-unsteady) n, in 30m, X white railed FB. Immd TL n flw path thru osier beds. On reaching fence, BL n cont on path thru willow plantation. Pass broken wooden posts (maybe hidden by undergrowth) into small meadow. Ahd 20m, TR n immd TL to CP6. (TM 358 601)

Stratford St Andrews VH (Hot food n hot n cold drinks)
Staffordshire LDWA & Sherwood LDWA
Total 43.2 MILES
Opens Sat 20:00 Closes Sun 07:45

7. Stratford st Andrew to CP7 Knodishall Village Hall - 6.4 miles

Ascent 217ft Descent 190ft

7.1 Leave CP by LH crn of carpark, n TL on pavement. After 40m, X MRd (⚠care) using central island, n TL on opp pavement. Pass caravan shop, n Ahd at Dragons (unsuitable for HGVs) to leave MRd. TR on lane uphill, past houses n, 50m after church, TL on private Rd (authorised vehicles only). You flw this for 1Km. After 250m Trk bends R then L, then R thru houses. Cont at 'private access FP only' sign, around L bend to pass Walk Farm on R, ancient woodland on L. At end of wood, ign FP on L, n TR with Trk. In 200m, at bungalow on L, leave Trk n Ahd to FPS, n enter John's Wood. (TM371 595) At end of wood, TL on initially enc path, then fld edge to Rd.

7.2 X Rd n Ahd thru WG, on wide enc path. Ign L n R to reach, n X, railway line. In 40m, TR on restricted byway. At faint Trk, just b4 trees, TL on Trk. Just b4 green 'private land' sign, n 80m before cottage (TM379 588) TL between power lines. In 100m, at FPS, thru MG n BR, under powerlines. Ahd along RHS of fld to go thru sMG n X concrete FB over stream (SLW). Flw enc path to go thru woodland, fence on L, n cont to FPS n Trk. TL n soon join concrete Trk which becomes lane.

7.3 Ahd for 550m to Xrds where TL past post box. In 70m TR on fp (Croft Farm) Pass farm buildings, n TL with Trk. Flw Trk to L of small black barn n further 400m to Rd.

7.4 X Rd (⚠ care) to Trk. In 250m, where Trk BL, Ahd on fld edge to Rd, HG on R. X Rd to Trk opp (Friston Hall farm), n Ahd 720m to staggered XTrks n FPS. (TM401 600) Ahd past reservoir on far L. At end of sandy Trk, SW bird on cottage fence,(Quiet please!) BL n SLOT on tarmac drive, HG on R, to pass Friston Hall on far L. Ign tarmac drive to R. In 100m, at FPS, leave tarmac n FR X grass to gap in HG. SLOT X 2nd fld. Thru HG n B½R X 3rd fld (CB 110) (towards windmill but maybe dark!)to enc path between houses, to lane. (TM411 601)

7.5 TL to XRds.(quiet please). SLOT (⚠care) into Grove Rd. At Mulberry Lodge, cont around LH bend. Just after Lg barn on R, TR on sandy BW. (TM 414605) After 800m, Trk BsR n sm copse appears on R.

7.6 There are diversions here which will be flagged/marked for the event to "where path becomes enclosed (Currently =In further 350m, wooden post with BW signs. (TM426 605) Left path closed.Cont 100m n TL to flw diversion to fld edge.TR along field edge to Hg gap in crn (hidden FPS n bench.TR (Hg on L)

7.7 After 400m Path becomes enclosed. Ign L n, at staggered XTrk. Ahd on grassy path, thru gorse n bracken. Ign all side paths, X gravel Trk n Ahd to X FB (The river Hundred!). Path BL past 2 DPBs, BL on Rd to reach Tjct n TR (School Rd). When Rd BR, X Rd n Ahd past 'dead end' Rd signs to CP7 (TM434 610)

Knodishall Village Hall (Hot drinks n snacks)

Essex & Herts LDWA

TOTAL 49.6 miles

Opens Sat 21:30 closes Sun11:00

8. Knodishall to CP8 Leiston - 3.3miles

Ascent 89ft Descent 72ft

8.1 Leave CP n SLOT thru HG, X grass to gravel carpark n X Rd. TR past front of Butchers Arms on MRd. Cont on pavement for 150m. 30m after Xing Post Office Rd, X bridge by 2 DPBs, n then TL X Rd into Judith Ave. In 90m where road bends L, Ahd on enc FP between houses. (to R of small red post box). In 350m, at Trk jct, TL. (TM 436 606) Ign L at DPB, n Ahd past back of houses. SLOT for 1000m, ign all turnings, enc path becomes stony driveway n SLOT to RD (TM446 604)

8.2 X Rd n TR on pavement. When pavement ends, Ahd on grass verge for 100m n TL on FP which becomes enc. X FB n cont on grassy path for 320m. Path weaves L n R n enters edge of graveyard. BL n pass to RHS of SmMG in crn n immd TR on sunken path. (TM450 602) At FPS n church carpark, TR then L on lane, alms houses on R. When lane BL, Ahd on Trk. At post box/FPS leave Trk n Ahd on FP path, thru trees. In 230m, at FPS, TL 300m to Rd. (TM 455 606)

8.3 X Rd(⚠ care) n FR on signed BW.(maybe parked car/vans) Ign R n Ls. In 420m join Trk n, in 10m TL with Trk. At end of cottages FL on grassy Trk, Golf course on R. In 100m, at FPS, TR for 10m, then TL on BW. Enc path becomes fld edge. X sandy Trk n Ahd under powerlines n after further 400m at Xtrk, TL for 300m on wide trk. Ign private Rd to R n in 5m TR thru gate to school playing field n Ahd with Harris fencing on L. Thru gate n TL in front of building. Keep blue rail on your L n then BR X the playground to building n CP 8 Leiston. Alde Valley School.

Leiston Alde Valley School- Breakfast and baggage stop
East Lancs LDWA / The Irregulars
Opens Sat 22:15 closes Sun12:30
TOTAL 52.9 miles

9. Leiston to CP9 Aldeburgh 5.7 miles.

Ascent 102ft Descent 151ft

9.1. Retrace steps xplaying field to gate in crn. TL on Trk.

9.2 cont for 650m. Ign all turns to pass house on R n, after 30m, TR on sandy trk. In 30m, FR. After 400m under power lines,(TM4609 6184) n Ahd 100m to go thru wide gap, n FL. Immd TR, (WMP), onto raised FP. In 400m, thru MG. In 400m thru 2nd MG, n BL n immd FR on FP. In 200m FP joins BYWAY n Ahd (WMP).

9.3. In 270m, X Rd n Ahd (SW). In 250m, at WG b4 green metal barn, BR with FP. In 30m, at FPS, leave Trk n BR (SW). At SW low post, BL, fence on R. Just after house,(TM4621 5981) TL on narrow path into trees (there is no FPS!) n, after 100m, golf course appears on L, n soon mere (water) on R.

9.4 10m after 'extreme care golfers driving' sign, X Trk n Ahd to join golf club entrance Rd. In 10m, FR then L on gravel Trk, between gorse bushes ('private Rd access only'). Ahd past windmill on R, n 'house in clouds' on L. Filw Trk to Rd. (TM471 597)

9.5 TR (The Haven), n cont on verge. X Lakeside Ave, n past 'pay n display' signpost, mere on R. At small pond, Ahd to village sign, n X into Rd opp. Pass South cottages n The Dunes (yellow door) cottages on L. Where Rd BsL, TR ('no thru Rd') n FL on gravel path, thru low wooden posts, to join boardwalk n beach. (TM473 595)

9.6 TR, sea on L. In 900m past houses n metal fence to BsR at fence crn. In 400m (Do not go as far as Rd!), join faint Trk parallel to Rd, 20m to R. In 100m, pass bench (Marie n Rex). Path becomes much clearer, n tarmac, past wooden bench.

9.7 In 700m, carpark on R, thru metal posts n pass low benches to R. After 2nd bench on L, at notice board, TL to VIRTUAL SELF CLIP on Scallop sculpture.(TM467 574) Go take a look, its on our badge!

Return to tarmac path, n TL. Cont into Aldeburgh passing fishing huts, The Moot Hall n yacht pond. Path becomes Rd n passes lifeboat station. In 70m (10m before RNLI tower) TR, car park n railings on L. (TM465 566) X Rd to go thru wide alley way to X MRd. Ahd up town steps. Church on L at top.

SLOT 40m to X Rd. X 2nd Rd into Park Lane West. Quiet please, private Rd. At 10mph sign, Ahd on gravel, pass house named Grey Walls. Thru posts n, at Rd, TR, water tower opp.(TM461 565)

9.8 30m after grass triangle on L, TL, between brick posts, on tarmac FP past tennis courts on L. At Tjct, n DPB, TR (do not go thru gate to allotments), n flw FP. In 200m, pass rugby club on R. Ahd, past swings, n TR on pavement. Thru low white metal posts, n TR past old generator station n fire station to MRd. TL on pavement. X Mrd using zebra Xing (Care) n TL on opp pavement. In 80m TR on Fairfield Rd to CP9 (TM457 572)

Aldeburgh Fairfield Centre - Hot drinks and snacks
Wiltshire LDWA / Dorset LDWA
Total 58.6 MILES
Opens Sat 23:45 closes Sun15:30

10. Aldeburgh to CP10 Sudbourne 9.2 miles

Ascent 200ft Descent 164ft

10.1 Leave CP, n TL to Tjct. TR n X, when safe to do so, to pavement opp. Ahd for 1.1Km. When pavement ends, BL n join enc FP (Snape Warren 2.5 miles) HG on R, golf course on L. After 160m, cont on grass verge (DO NOT use Rd). Pass 'hidden dips' sign n, in further 400m, 20m b4 40mph sign, at WMP (SCP), FL. (TM 443 581)

10.2 Pass FPS (Snape Warren 2 miles) n cont, past white cottage & Marsh View, n Ahd on enc FP. In 250m, TL on Trk. Ahd at FPS (snape warren 1.6m 'Hazlewood Marsh' sign on L, n Ahd thru MG (Snape Warren 1.5 miles).

In 300m, X FB n cont on boardwalk thru gates n X bridges. When boardwalk ends, Ahd (SCP/SP), wood on L, metal railings on R.

10.3 In 920m X tarmac Trk to cont on SCP/ TLW. Thru sMG (Snape Maltings 2 miles) n when you leave woods Ahd on sandy Trk.

After 500m, Trk joins tarmac n cont past pink house (TM404 583) (Snape Maltings 1.5 miles) Pass small carpark on L n, reaching mRd immd TL on enc FP (Snape Maltings 1.3 miles). Pass Lg FPS (Snape Maltings 1.1 miles) n cont thru woods, following SW WMPs.

10.4 At low wooden trunk bench on L, n FPS (Snape Maltings 0.8 miles), TR.
(TM400575) At brick bridge, Ahd up slope n TL on pavement Xbridge n in 10m TL
into maltings (care traffic) At Rd bump, BL to join riverside path, (buildings on R)

10.5 At Sailors path notice board cont Ahd between wooden fences n over sluice.

TR past concert hall, reedbed on L. On reaching car park BL n just after pine trees
TL thru gap (bench on L) to immd TR on encl Trk for 100m to Tjct with field Ahd. TL

10.6 BsR X fld on Trk. Cont into trees to join boardwalk. (care, trip hazard!) In
100m, Ahd on path, which goes along LHS of fld. Pass thru small copse to join
boardwalk again for 230m, to rejoin mud path by dead tree. Cont 400m to open
space on R (Iken Cliffs carpark). (TM399562)

10.7 Cont on FP at bottom edge of car park n, in crn, at FPS, cont on SCP into
woods. 10m after small shed on R, BL n L again, to FPS. Take R path(SCP), n cont,
soon reeds on L, fence on R. Pass Iken canoe hire, n cont on edge of estuary. Ign
R turn up steps (SCP), n Ahd 85m to TR, up slope. Thru metal KG, n cont on enc
path to KG n Rd. (TM404 559)

10.8 Rejoin SCP n TL. Past Iken Hall bungalow and stable blocks Iken Barns. 200m
past barns, TR into Sandy Lane. (TM 409559) Now follw for 1.1Km. 200m after sharp
L bend, n pink thatched cottage, TR on concrete Trk. In 500m, just past The Boot,
Trk bends sharp L. Pass Wood Farm entrance, n cont R on Trk, thru gap by LMG
Trk becomes sandy (row of oaks soon on L). When Trk BsL, SLOT on grassy Trk,
wood on L, to KG n Rd. (TM410536)

10.9 X Rd (⚠ care), n TL on Rd, n then RH pavement. In 750m, at village sign,
X Rd to CP10 (TM413 529)

Sudbourne Village Hall Hot and cold food and drinks

Sussex LDWA

TOTAL 67.8 miles

Opens Sun 02:00 closes Sun 20:00

11. Sudbourne to CP11 Butley Village Hall - 8.4 miles

Ascent 230ft Descent 266ft

11.1 Leave CP n TL on opp pavement. Pass The Coach House. In 300m, at the
derestriction sign, TL on FP thru trees. In 200m, BR then L. In further 200m, TR. In
40m, FL thru pine trees, to emerge on gravel forest Trk, n TR.

Cont past barrier, X Rd. (TM420519) Pass church on your L, n ign FP on L, to cont
along fld edge. X mRd n cont on BW.

11.2 Along fld edge to end of fld, to join enc BW then HG on L. BW becomes enc n,
after back of houses, joins Rd. TL n immd TL on lane. At staggered XRds TR. In
150m just after house on R n 2m after 30mph sign in Hg,(hidden FPS) FL on FP

across field. (TM 422503) Path becomes enc between fences. Ign R n, at Rd, Ahd on enc FP. Wall then fence on R.

11.3 At Rd, Ahd to graveyard, n immd TR on faint path, around edge of graveyard. At private gateway on R, TL n thru pillars at back of church, down steps to Rd. Ahd past number 49 n terrace cottages on L, to TL on side Rd (unnamed) (TM 422498) lots of 'no parking on green' signs. Ign side Rd on L, n, in 200m Ahd past "The Pavilion" n "Shellpits" on R.

11.4 50m after 2nd Rd to L, n at end of High House wall on L, TR on FP, (TM 425500) thru sMG, n Ahd 180m (FPS hidden in ivy covered tree). Ahd 250m n, at WMP, FR X earth bridge n X fld, X enc earth bridge. **SELF CLIP 2 (TM430 496)** Ahd up steps n TR on seawall. In 150m, thru wooden KG, n cont on enc path past boats, sailing club n black wooden huts.

11.5 At wooden Xsteps (TM425 495) (70m before Rd), TL down steps, between huts n then FR X gravel to quayside. X carpark,(care!) n join FP in front of shelter (FPS). TR on riverside path (Butley ferry 3miles). In 50m, at FPS (TM423493) TR up steps, n TL on sea wall. In 160m, just before seawall turns L, BR down grassy bank to wooden railings, where TR X earth bridge. Cont on Trk towards castle in distance.

11.6 Trk joins concrete hard standing, n Ahd between brick buildings (Bothy / Granary n Chantry barns) to Rd. (TM420 497) TL n, in 20m, FR n cont past cottages. FL at Castle Cottage, past castle car park on Trk, wall on R, castle on L. In 150m, 20m after wall on R ends, BR thru HG onto playing fld (DPB)(TM 419 499) BR n flw RHS of playing fld to dirt path. TL on path, past zip wire on L, to gravel Trk, where TR thru KG to Rd.

11.7 TL n immd FL on Rd, (school.on your L) When Rd ends, cont on Trk, passing fire station on R (tower). At FPS, Ahd (SCP) on gravel Trk. In 100m, Trk becomes grassy n, in further 300m, X Trk. (TM416 506) SLOT past cottage on L, to cont on wide farm Trk for 965m, to XTrk with entrance Rd. (TM 410 512)

11.8 Ahd, in 100m, at FPS(SCP), TR on Trk, with trees on L. In 200m, at FPS, TL thru bank of trees, n then SLOT X fld, to woodland. Flw SCP signs thru woodland, X Trk, then between flds to gravel drive. X n SLOT on grassy Trk. ('Please keep to FP' sign). (TM399 516)

11.9 At next WMP, SLOT thru another bank of trees, to X FB n X sandy farm Trk. Path becomes enc, with wire electric fence on R. At end of fence, BL on Trk to Rd. (TM390522)

TL past the Froize Inn. X Rd to pavement n Ahd, past Chillisford village sign, n then X Rd again to TL at Mill Lane. In 150m, BL up onto bank (safer n better view). At Butley Mill, BR to descend bank, n Ahd on lane for 1.6Km to VH on R, just before Rd Jct. CP11 (TM369 510)

Butley Village Hall - Hot and cold food drinks
Cornwall & Devon LDWA
TOTAL 76.2 miles
Opens Sun 0400 closes Mon 00.15

12. Butley to CP12 Hollesley Village Hall - 6.5 miles Ascent 279ft Descent 246ft

12.1 Leave CP n TR on Rd to Tjct. TL, X jct, n Ahd on enc FP, to RHS of pub. At XTrk, between concrete posts, n SLOT X fld. Path becomes enc again, then Ahd, between fields, to go thru wide gap in trees, n TR, trees on R.(TM368 503) Fld side path soon joins sandy Trk. In 100m, TL on Trk, strip of trees on R. In 350m, at WMP on R, BR thru trees. In 30m, at WMP, TL on Trk.

12.2 In 60m at FPS, SLOT on sandy BW for 200m to RD. (TM367 494) Ahd on Rd (Capel St Andrew). In 180m, BR to fld edge n immd R thru sm hidden gap, (367492)'Danger of death!!' on post. Fllw enc path n, in 250m, at jct TL (UFO trail). In 100m, at next WMP, TR 20m to UFO sculpture n **SELF CLIP 3. (TM363 491)**

Return to WMP n TR. In 100m, at Tjct, TL n in 10m, TR. Fllw path thru trees for 200m to grassy Tjct, TL. In 30m, at fence, TR. In 50m at clearing, BslightL (fence still on L)

12.3 Fllw sandy path (it bears away from fence after 100m). At Tjct, TL. In 30m, at grassy Trk, TR. Fllw for 800m, X Trk n SLOT for 700m. (TM362473)

12.4 At Tjct, TL. In 400m, where Trk BL, Ahd to Rd (leaving Tang trail). (TM366 474) TR on Rd for 700m to XRds, TL (Boyton $\frac{3}{4}$). In 120m, TR (Restricted byway.) Fllw Trk on RH fld edge, which soon becomes LH fld edge, trees on L, for 300m. At end of trees, BR. In 25m, TL on to narrow enc FP. Path becomes metalled between garages, n Ahd to Rd. (TM366 454)

12.5 TL on pavement. Just b4 'HM Hollesley Bay colony' sign, fllw enc path, which soon goes downhill, thru metal barrier, X grass triangle, n BR X Rd. At FPS, TR on concrete Rd. (Suffolk Punch Trust staff n deliveries only). (TM367 452) Just b4 MG (private land, maybe open), BL on FP thru sMG. Fllw narrow grass FP thru meadow, X FB (⚠ maybe slippery n step!), n up slope n steps, to go thru mKG to encl Trk. Immd TL on grassy Trk (ignore "no public entry" sign) n in 50m TR (red/blue arrow) for 200m to sMG in RHS fence line. BL thru LH Hg to Xfld. (CB225) (head to gap to R of tall trees)

At HG line, TR n fllw FP, HG on L, to enter wood n BL n R. In 200m reach Rd. (TM358 446)

12.6 TR on Rd n, in 20m (Badgers Drift FPS), TL on stony Trk. Ahd past houses n FP becomes enc between fences. Cont on FP for 500m, passing school on L n allotments on R, to reach Rd by DPB n salt bin, opp church. TR on Rd n, at Tjct, TR up slight hill. (CARE) In 70m join pavement on R then, in 40m, X Rd n cont on LH

pavement into village. Pass pub n, just after quirky thatched cottage on L, TL up residential Rd. (TM353 446) Pass Swallows Close n BR with Rd. When Rd BL, Ahd on gravel restricted byway. In 80m, at end of fence on R, TR thru gap, X playing fld (CB40) to CP12 (TM 352 449)

Hollesley Village Hall - Hot n cold food n snacks
Kent/ South Wales LDWA
TOTAL 82,7miles
Opens Sunday 05:45 closes Monday 03:30

13. Hollesley to CP13 Shottisham Trust Hall - 3.1miles **Ascent 85ft Descent 118ft**

13.1 Leave CP by entrance Rd. At jct with MRd, X n TL on grass, passing village sign. At RH bend n derestriction signs, X Rd again (Poplar Park) n flw restricted byway. In 200m fence appears on L. In further 100m pass between houses n barns. At event traffic sign, Ahd.(keep R) Pass Poplar Farm n cottages. Cont 150m on sandy FP. Path becomes sunken n then rises to FPS. BL on grassy restricted byway (WMP) In 60m, X trk n Ahd between fences. In 200m, X Trk into woods. (Maybe rope barrier for horse trials!) ⚠CARE Beware horses galloping!!

13.2 Ahd downhill. Ign L n Rs to emerge from pine trees n X trk into woods. X stream n BR to X between flds. At house n HG in front, (TM339 457) TL on Trk n keep L at fork. In 700m, at WMP by large barn, leave sandy trk n Ahd on grass path (wood on L). At end of fld, under telegraph wires n at WMP, join sandy trk n TL.

13.3 In 10m, past cottages (on L) n Ahd 50m to sandy Xtrk. (TM329 455) TL (no finger post) n in 40m, at jct, Ahd bearing R with Trk.(Field on R) In 300m at WMP just after bank of trees n ivy oak (TM326 453) TL on grassy restricted byway. In 400m, at WMP, X private Trk on restricted byway into trees. In 10m, at fork BR. (Restricted byway) becomes enc. Ign all turns n SLOT to pass play area/sm car park on L. Trk widens between gardens n then turns L n becomes mRd.

13.4 Cont 200m to Tjct, pub on L, (TM320 446) TR on Rd (⚠care) past houses n village sign for 480m to CP14 on L, opp jct. (TM 316 444)

Shottisham Trust Hall – small checkpoint hot and cold food/drinks
Northumbria LDWA
TOTAL 85.8 miles
Open sun 06:15 closes Mon 05:00

14. Shottisham to CP14 Sutton Hoo - 5.6miles

Ascent 280ft Descent 217ft

14.1 Leave CP n retrace steps on mRd. In 100m, at village sign, TL on Mill House drive. (TM316 444) Pass Bellevue on L n BL n Ahd to LWG, thru n flw cut path to swg n X stream to Rd (⚠ care) TR n in 50m, TL to XRd n Ahd on metalled trk (Wood Hall Lodge). (TM 315447)

At Woodhall Manor, BR n cont past pond on R n the Coach House. Ign fp to L n Ahd (still on metalled Trk).

Just after thatched cottages BR on Rd (note hares on next thatched cottage on L)

14.2 At Sutton Hall, ign L trk n cont Ahd. In 400m, at FPS, TL on wide sandy Trk. (TM304 455) In 200m, cont Ahd to FPS, Ahd SLOT between fields. In 200m at FPS in crn, TR with trk. In 175m, at FPS, TR. In 125m, at FPS, TL on sandy Trk between fields for 500m to Tjct. TL on metalled Trk downhill. After low barns, BR n flw Trk for 800m. At gap in HG n FPS on R, TL X fld (CB250). At fld edge, ivy covered tree, TR thru sMG n Ahd on narrow FP (hidden FP sign) which enters trees, wall appears on L.

14.3 At Trk,(TM285 467) TR for 60m, then TL between barn n pebble dashed building. TR n immd L to fld edge (FPS). HG soon on L. In 400m, at WMP, thru HG n SLOT. In 500m enter wood. (TM283 477) X Haddon Hall drive n Ahd (fld soon on L, trees on R) to X farm drive. BL X fld to wood crn. Cont on BW, wood on R, for 350m. In crn, TL on sandy BW, wood still on R.

14.4 When Trk turns sharp L (TM279484) TR on grassy BW (wood still on R). In 85m, TL n BW become FP, downhill for 150m to TR on hidden FP in trees. (TM277485) Ferry Cliff NT sign.

Down steps n flw obvious path (boardwalk, steps, bridges,⚠tree roots) through woodland (river on L- CARE!)

14.5 At end of wood up onto bank n in 5m, TR down bank.(Ign swg Ahd) (TM280487) Flw FP which bears L n R to become enc. Bamboo n fence appears on R to emerge on drive. Boat on L. At Tjct, TR n BL (past Little Sutton Hoo on R, quiet please). Trk becomes sandy n climbs to wood. Ahd, Valley Walk. At 4FPS cont uphill. At top, at FPS, look R for burial mounds, but TL with path. (TM287488)

14.6 In 180m, at FPS, BL thru sWG (cafe n shop) n flw path thru trees to sMG n Ahd. (Do not BL with path) Cont on path towards visitor centre n at FP BR to outdoor CP. (Approx TM289492)

Sutton Hoo Outdoor CP - Cold drinks n snacks,
North Yorkshire LDWA
TOTAL 91.4 miles
Opens 07:30 Sun closes 07.00 Mon

15. Sutton Hoo to CP15 Woodbridge Sea Scout hut - 2.6 miles

Ascent 59ft Descent 157ft

15.1 Leave CP(quiet please/houses n note metal ship construction/ café n toilets on R) to 4FP. SLOT on stoney Trk descending down the valley. At Tjct at bottom (TM286 492) TR on tarmac Trk(Pinewood Walk). In 300m, at FPS (Pinewood Walk), BR off Rd. Keep L n parallel to Rd, soon rejoining tarmac. In 400m Pinewood Walk goes off to R, cont on tarmac Rd.

15.2 At MRd (TM291 501) TL on pavement. X the river Deben on brick bridge. At FPS n DPB, BL onto river path (SW). Flw for 1.6miles past Melton to Woodbridge, passing boatyards n staying on river path. Soon to pass HMS Vale (boat café) on your L n houseboats.

15.3 Where path TR, at bench on L, flw enc FP n X access Rd to furniture shop n Ahd (Ign railway line n Xing on R.) At 2nd railway Xing,(do not X) BL (Sprat shed) n R between houses to Robertson boatyard on your L. Ahd on enc FP (look for skeleton, quirky garden features on R!). Just after blue n white building on R, TR to CP16 (TM 275 488)

Woodbridge Sea Scout Hut
West Yorkshire LDWA
TOTAL 94 miles
Opens Sun 08:00 closes Mon 0800

16. Woodbridge to CP16 Angela cobbold Hall, Little Bealings -5.4miles

Ascent 157ft Descent 141ft

16.1 Leave CP, TL n thru flood gates. (TM275 487) 50m before Tide Mill, TR to cont on river path (museum soon on R, houseboats on L).

16.2 Keep on river path around harbour n continue keeping river on your L. pass benches (Just b4 Deben rowing club look over sea wall for Andrew Baldwin sculpture 'The Sisters')

16.3 After passing shelters n Deben yacht club Cont on river path for 700m. At wooded area BL n in 5m BR up steps leaving river path to TR on metalled trk. (TM270 476)

16.4 After 500m over railway on bridge n on further 600m meet mRd n TL.(TM262 481) (great care use verge where possible) 30m after passing under brick bridge TL on FP. Pass 'poo' farm n cont Ahd to re join river path n TR.

16.5 Ahd past sluice (TM258472) n in 150m enter wood. In 20m at staggered Xtrk, TR thru fence on woodland path. Flw 550m to Rd. (TM253 470) X n TR on

pavement opp. After 200m, at Tjct opp Red Lion, TR. Ahd past antique shop n X concrete bridge. At bus shelter, X Rd n TR. In 30m TL on FP (Post Office Lane)

16.6 Past houses, (ign gate into field n past garage on L) to join enc FP n XFB. SLOT X fld. At metal st (TM251476) TL n flw fld edge to TR under railway n cont Ahd to go thru tunnel (under Rd). In 10m TR n in 80m TL (initially following line of telegraph poles) Path widens n bears R. 30m before wooden building FL on grassy path. In 100m between buildings, Trk becomes metalled.

16.7 At staggered Xtrks Ahd,(leaving Trk) path becomes encl (wire fences) At gap in fence just b4 cottage BL leaving Trk n follow enclosed FP to Xfb n cont Ahd. At metalled driveway TR to Rd. TL on Rd (care) Just after Xing river n village sign TL over fb n immd R on permissive FP along field edge to rejoin Rd b4 fence. TL on Rd n 30m (after house) TL on Trk. (fps) in 250m Trk bears R n at fork BR n continue further 250m to CP on L just b4 Rd,

Angela Cobbold hall, Little Bealings - Various food/ drinks

David & Merrian

TOTAL 99.4miles

Opens Sunday 09:00 closes Mon 09:15

17. Angela cobbold to CP 17- finish- Ipswich school sports centre 2.4miles

Ascent 180ft Descent 92ft

17.1 Leave CP, Ahd n TR on RD. At WMP B4 church TL on FP. Path becomes enc. At Rd, TR n at Richards Drive BL with Rd. When Rd ends, BsR on enc FP (FVP). X sm stream, X metal railed bridge. Path goes between wood n fences n cont for 280m (fence on L). TR with path up slight incline n TL along fld edge. In 120m path goes between buildings. Ahd to DPB n Rd. (TM218477)

17.2 TR on Rd (FVP). At fork, TL past Colts Meadow n Spring Meadow. At jct, X sm grass triangle to L of salt bin n Rd, n Ahd on FP. (Leaving FVP). In 200m, X FB n TL on Trk. (TM212 477) Ign L n Rs n in 400m, X overgrown brick railway bridge. Cont on Trk In 200m, pass house on L. In 560m, pass Playford Lane allotments, join tarmac Rd. Pass houses on L n R. Ign all side paths to Tjct (quiet lane ends) (TM203463)

17.3. XRd n TL on pavement for 750m. TR into Eaton place flw to Ipswich school sports centre and follow signs to finish

Congratulations you made it!!

HQ Ipswich School sports centre

Hot and cold food and drinks

101.8miles

EMERGENCY TELEPHONE NUMBER ON DAY ONLY 07543 407747

Opens Sunday 0915 and closes Monday 1000