

The Twenty Fifth Flower of Suffolk

6th October 2019 - Route Description

Emergency phone numbers: 07811 053187, 07597 052572, 07393 193710

BW - bridleway	BL - bear left	BR - bear right	enc – enclosed
FB - footbridge	FK - Fork	FL – Fork Left	FP - Footpath
FPSP - Footpath Sign Post	FR - Fork Right	immd – immediately	Jcn - Junction
KG – Kissing gate	L - left	Rd – road	R - right
SCP – Suffolk Coast Path	SLOT - Same Line Of Travel	SO - Straight On	SP - signpost
ST - stile	TL - turn left	TR - turn right	TSW – The Sandlings Walks
WM - waymark	X – Cross	(120) – compass bearing (magnetic)	

(TSW WMs are a small black bird outline or black WM arrow.)

Slow Walkers start at 08:00 and Fast Walkers at 08:30

Slow Runners start at 09.00 and Fast Runners at 09:30

**PLEASE do not start before 08:30 if you are an average to fast walker
or after 09:00 if you are not running. Take account of CP times.**

Sorry - No Dogs in Hall Please !!!

Short route only (for Long Route see next section)

NB: It is just under 4 miles on Short route to CP1 which opens at 9:20, this is 3mph from 8:00.

Do not start on Short Route at 8:00 unless you are going to walk slowly.

TL, thru hall car park between posts and TL on Tk. Allotments on L. Up steps over bank and BR on FP wire fence on L. TR with path then FL to TL on FP. Then TR in corner, in 35yds ignore 2nd path to L. Then at 3 young oak trees BL then R on path to T-Jcn where TL on BW past old corrugated shed. At Walberswick Nature reserve sign BR. 50m after pill box TL. In 50m TL to descend and cross reedbed. TR on riverside path, X FB, up steps and TL.

1.09 miles (486736)

Continue at **Both routes** overleaf.

Long Route only

Ahead on Rd (000), village sign on L. Pass village green and SO. At FP (SCP) sign go thru LH car park almost to river. TL between low posts to reach hut with Ferry sign. FL (SCP) on clear raised path. After 1km, at bridge, TL on old railway becomes minor Rd.

0.90 miles (494757)

Part way around LH bend (BR sign) TR on 2nd FP onto TSW. Ignore side track and in 500m SLOT thru gate (TSW). Ahead to 2nd gate and road. TR - **take care, this road can be busy**. After 60m X Rd to BWSP (TSW). Cross field corner diagonally (260) to gate. (TSW) Through gate, SLOT past BW sign towards trees and fence corner. BL with fence on right and follow track keeping trees close on R. Track bears downhill to L to Rd at gate, FPSP and Nature Reserve sign.

1.66 miles (480742)

X Rd and SLOT along path, BR on track. In 50m TR with Tk, TL in front of gate on FP wire fence on right. Keep ahead ignoring turns to left and right eventually crossing reedbed. Ignore FB to L.

0.54 miles (486736)

Both Routes

Pass derelict brick tower. At next signpost TL (SCP – followed to CP1) keeping river on L. In 300m TR (hidden low WM on L).

0.30 miles (486732)

Follow path around R of mound. TL with FP, thru gate TR on grassy FP which bends gently right towards woods. At path junction BL on Tk. In 130m thru gate and ahead on Tk. In 1km (just after houses) ignore Tk to R. Continue for a further 1.5km passing 2 cattle grids, eventually TL on Rd at Dingle Hill Tearooms.

2.04 miles (473707)

At Junction BL (SP Beach and Car Park) pass the Ship PH then TL to beach car park (toilets).

0.42 miles (479707)

CP1 : Dunwich Beach. 3.84/5.84 miles (TM 478 706)

Opens 9:20, Closes 11:15

Retrace route out of car park, TL at Rd Jcn near pub, in 40m (before high hedge) TL onto enc FP (ignore almost immediate L). Follow sea/cliff on left. Pass donation box and bench to wood corner where TR (wall on L, ruins on R). Then TL thru gaps and ahead thru wood to Tk. At gate TR on main Tk, past houses to Rd. TL (ahead) on Rd.

0.62 miles (473700)

In 100m TL (SCP) on drive. At end of drive SLOT, thru gate (WM) and ahead. X Tk (SCP) to X barrier to Rd.

0.57 miles (473693)

X Rd ½R to SLOT on BW (220). In 400m at crossing path (4-way SP) TL (TSW/SCP) on FP. At Jcn (SCP) BL then immd BR. In 50m ignore L and pass bench (SCP). In 30m BL on same FP (150) heading for white coastguard cottages. In picnic area BL (SCP leaving TSW) on Tk. TR on Rd past car park. Where Rd goes L, SLOT past wooden posts descending on stony Tk.

1.21 miles (476677)

5m after low wooden steps BR, and in 10m TR (leaving SCP) on narrow FP (300). Up & down steps over bank. Now keep water filled Docwra's Ditch on your left, ignoring paths to R, for the next 1km (in 400m BL round pond, in a further 250m at Nightjar Corner on low post TL. In 500m TL on X path thru KG gate rejoining TSW- no WM). In 600m BL on Tk. **0.87 miles (462680)**

Ahead to cross minor Rd, cont on BW (TSW) initially with hedge on R for 1km. TR on Rd (Minsmere sign to L). At Jcn TL on Rd, over small bridge and just before minor Rd on right, TL up concrete ramp into PH car park & CP2.

1.84 miles

(452661)

CP2 : Eels Foot Inn, Eastbridge. 8.95/10.96 miles (TM 452 661)

Opens 10:30, Closes 12:30 (long route)

Short Route continues from CP3 on the next page.

Long route only from CP2

Return to Rd and TL, in 250m ignore Tks to R & L. In 550m (100m after RH bend) TL on stony BW (TSW – followed to coast) towards house where TR with Tk. In 600m pass farm on R, in a further 600m TL (TSW) and in 30m over stile by gate. Ahd on main Tk. **1.39 miles (453640)**

Ignore paths to R (occasional TSW WMs on L). After 1km Tk descends with woods both sides. In 200m BR then BL with Tk. Continue to XTk and TR (TSW). Ignore paths to L and in 1.3km at WM (TSW) on L TR, over FB, boardwalk, 2nd FB and gate onto narrow path. BL at TSW WM thru gorse.

1.42 miles (474645)

At open area (back of beach) TL (leaving TSW) on sandy Tk, follow for 1.5km to the red-brick of Minsmere sluice. TL onto sluice, then L again, thru small gate R of field gate on FP with stream on R. (do not go into the RSPB reserve).

1.08 miles (477661)

(Now follow well used path to Eastbridge) In 70m take LH path. In 600m BL past wooden post and TR. At willow trees bear R, thru KG (path now enc with fence on R). At FPS TL on Tk and immd R on narrow FP to small gate. X field, small gateway then scrub, along RH edge field to enclosed path. TL on Tk to Rd, TR on Rd, past PH and TR into car park and CP3. **1.69 miles (452661)**

CP3 : Eels Foot Inn, Eastbridge. 16.56 miles (TM 452 661)

Opens 11:30, Closes 14:10 – Long Route Only

Both Routes from CP3

Leave CP and TR on Rd. Where Rd turns R at 'Four Winds' keep ahead on track.

0.38 miles

(451667)

Slight ascent for 550m then descent 100m and BL thru kissing gate (R of field gate) and descend on narrow path through woods. Ignore side paths to climb steeply uphill, thru first bracken then gorse. After kissing gate, SLOT on L side field then SO over heath and through trees to descend to Rd. X to BW opposite, in 500m TL on minor Rd.

1.53 miles (449687)

Short route and Long route diverge at this point.

Short route only (for Long route see next section)

In 550m at T jcn X to RH gap and SLOT on grassy Tk. In a further 500m SLOT into wood ahead to Rd.

1.12 miles (449700)

TR on RD with care, in 75m BR on FP over field (35) .SLOT along field edge then through wood. Exit wood, SLOT on Tk. Ignore L turn to follow FP to Potton Hall on R. Bear slightly R to flw FP uphill thru large wooden gate/stile and trees. Past broken ST then SLOT to join main Tk from R, uphill to join TSW to Rd. TR then immd TL on wide Tk.

1.00 miles (455714)

Short route continues at **Both routes** overleaf.

Long route only

In 200m FPS TR thru kissing gate on FP thru heath. In 800m (large pit on L) TR behind trees leaving main Tk (Westleton Heath Nature reserve board). TL with Tk (70). In 400m BL with Tk. In 50m TR, thru KG and ahead with hedge on R (70). Thru 2nd KG to turn L on house drive to Rd.

1.32 miles (465697)

TR on Rd. In 250m TL on gravel Tk (FP only). Over cattle grid & TR, in 10m TL on enc FP, flw L and R. Over FB, SLOT on boardwalk, 2 FB's then path. At top of hill immediately TL on wide path. In 500m TR on wide stony Tk. Past barrier and car park. Just before Rd (10m SO after low green 'Horse Boxes Only' sign) TL over bank then on path for 400m. BR on stony Tk, thru barrier to Rd and cross onto wide Tk.

1.71 miles (455714)

Both Routes

Thru barrier & continue on TSW (followed to CP). In 250m TR, in 400m reach Rd. Cross Rd with TSW then thru KG and TL keep wire fence on L. In 350m at fence corner TL then R onto grassy path, in 100m SLOT (TSW WM). In 550m, at notice boards, TL over bicycle cattle grid. At open area TL to CP.

1.23 miles (452726)

CP4 : 5-Ways Car Park. 13.85/22.74 miles (TM 451 726)

Opens 12:00, Closes 15:50

Leave CP (90) keeping fence on R (not on main Tk) on FP into woods. Keep on FP (there are no side paths) board walks, thru woods then reedbed, over bank, eventually reaching path junction not far from derelict brick drainage pump tower (it isn't a mill!) by coast. TL with river on R.

2.40 miles (486735)

In 150m TR down steps and X bridge (80). Cont on clear boardwalk/path, ignore L turns and keep river on R. TR over river bridge following SCP. TL onto shingle bank towards huts on beach.

0.78 miles (496740)

SO and BL before huts to wooden bridge. X bridge and SO towards wooden posts. BR onto gravel track. Follow Tk up concrete slope and TL to village hall and finish.

0.51 miles (498747)

Finish at Walberswick Village Hall. 17.5/26.5 miles (TM 498 747)

Opens 12.15, Finish by 17:30

Sorry - No Dogs in Hall Please !!!

CONGRATULATIONS,

You have completed the Flower of Suffolk Challenge Walk !!!

Please check in and return your tallycard to us...