

The Twenty Eighth Flower of Suffolk

1st October 2023 - Route Description

Emergency phone numbers: 07811 053187, 07814 727880

BW - bridleway	BL - bear left	BR - bear right	enc – enclosed
FB - footbridge	FK - Fork	FL – Fork Left	FP - Footpath
FPSP - Footpath	FR - Fork Right	immd –	Jcn – Junction
SP - Sign Post		immediately	WG – Wooden Gate
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 07:30 and Fast Walkers at 08:00

Slow Runners start at 08.30 and Fast Runners at 09:00

PLEASE do not start before 08:00 if you are an average to fast walker or after 08:30 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 8:50, this is 3mph from 7:30.

Do not start on Short Route at 7:30 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.

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.

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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.

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.

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).

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.

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

CP1 : Dunwich Beach. 3.84/5.64 miles (TM 478 706)

Opens 8:50, 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.

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

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).

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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

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 gap rejoining TSW- no WM). In 600m BL on Tk.

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.

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

Opens 09:45, Closes 12:30 (long route)

Short Route continues from CP3 on the next page.

Long route (loop) 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 towards house where TR with Tk. In 600m pass farm on R, in a further 600m continue ahead past Sandlings Walk sign on R Ahd between fences & cont 230m to Rd passing car park on L & redundant building on R.

TL on Rd with great care walk 250m. Xrd & 1/2 L thru large kg (open access area) cont L adj to Rd, hg on L for 280m

Thru large kg in corner, TL thru gate & L 5m to rd jct. Xrd with care into Rd opp. common farm on L, BL for 40m to TR opp "rear entrance" on stoney BW.

Cont for 500m to FR on Sandy trk.

After 100m thru wg n ahd

After further 100m ignore grassy trk on R & cont ahd 260m. FR to wooden gate. (No 17)

Cont ahd on encl BW for 380m to TJct. TR 300m to rd (no19) Xrd & TL on pavement. Ignore R to Beach View cont ahd past pub & entrance to power station. TL with Rd to rejoin pavement past houses to BR onto beach at cafe and toilets.

Continue on wide path at back of beach & follow for 2 miles to pass Sizewell A & B power stations (metal fence on L) to pass Kenton Hills Walks sign and concrete blocks, eventually arrive at the red-brick construction 1of Minsmere sluice.

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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).

(Now follow well used path to Eastbridge) In 270m take LH path (WMP). Then in further 400m 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.

CP3 : Eels Foot Inn, Eastbridge. 18.56 miles (TM 452 661)

Opens 11:00, 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.

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.

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

TR on RD with EXTREME CARE!, in 75m BR on (hidden sign) FP over field (35) .SLOT along field edge then through wood. Exit wood, SLOT on Tk. Ignore L turn to follow FP to pass 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.

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Thru barrier & continue on TSW (followed to CP). In 250m TR, in 400m reach Rd. Cross Rd with TSW then by 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.

CP4 : 5-Ways Car Park. 14.0/23.1 miles (TM 451 726)

Opens 11:30, Closes 15:50

Leave cp on LH track. (sandlings way)

Follow & stay on wide track for 1.2miles to tower and Westwood Lodge on L. Passing byway sign on L.

Track becomes narrow tarmac rd. Cont ahd 500m past wood cottage on L and in further 0.8miles at wmp BR on BW.

In 50m TR with 2nd tk. At WMP AHD on FP & in 50m TL in front of gate on fp wire fence on R.

Keep ahd thru trees ignoring turns to L & R & eventually reach reedbeds. (nesting birds sign) cont ahd. At wmp by mill/ wind pump TL down steps n over fb.

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.

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.

Finish at Walberswick Village Hall. 18.6/27.2 miles (TM 498 747)

Opens 11.45, Finish by 17:30

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CONGRATULATIONS,

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

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