

The 30th Flower of Suffolk

4th October 2026 - Route Description

BW - bridleway	BL - bear left	BR - bear right	enc – enclosed
FB - footbridge	FK - Fork	FL – Fork Left	FP - Footpath
DPB _ dog poo bin	SP - Sign Post	FR - Fork Right	FPSP - Footpath Sign Post
immd –immediately	Jcn – Junction	WG – Wooden Gate	KG – Kissing gate
L - left	R – right	Rd – road	SLOT - Same Line Of Travel
SO - Straight On	ST - stile	SP - signpost	hg -hedge
TL - turn left	TR - turn right	WM - waymark	X – Cross

(120) – compass bearing

SW - Sandling Walks (SW WMs are a small black bird outline or black WM arrow.)

KCCP King Charles Coast Path

Slow Walkers start at 07:30 and Fast Walkers at 08:00

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

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.

NB: It is just under 9 miles to CP1 which opens at 10:15. Please do not leave the start early if you are going to arrive before opening time!

Sorry - No Dogs in Hall

1.1 Leave Hall n TL, thru hall car park between posts n TL on Tk. Allotments on L. Up steps over bank n BR on FP wire fence on L. TR with path then FL to TL on FP. TR in corner, in 35yds ignore 2nd path to L. Path becomes enclosed by young oaks n cont to Tjct where TL on BW past old corrugated shed.

At Walberswick Nature reserve sign BR n cont n 75m past bench at jct TL. In 50m TL to descend n cross reedbed. TR on riverside path, X FB, up steps n TL.

1.2 Pass derelict brick tower. At next signpost TL keeping river on L. In 300m TR (WM on L). Follow path around R of mound. TL with FP, thru gate n TR on grassy FP which bends gently right towards woods. At path junction BL on Tk. In 130m thru gate n Ahd on Tk. In 1km (just after houses) ignore Tk to R. Continue for a further 1.5km passing 2 cattle grids, eventually TL thru gate just before RD (100m after Dingle Marsh barns) Over 2 bridges n flw path to Rd opp church.

1.3 XRd n TR on verge. Past church n bench. At jct Ahd n pass stone cross then immd BL on bridleway (SW) Cont 0,7miles ignoring all turns. 200m past farm buildings on R at jct, BR leaving BW n cont on SW. In 330m at Xtrks Ahd. Ign all turns n pass SW post hidden on R. At notice board n jct TR on trk. In 230m at 2nd notice board (on far R) TR thru broken stile n cont thru gorse on SW In 400m at Xtk TL (leaving SW). In 150m path joins Trk n cont SLOT. In 130m at wide Tjct TR n in 10m TL on narrow path. In 330 at Trk jct thru wooden posts (left one is hidden) n immd TL on trk. In 20m FR on narrow path n follow 300m to Rd. XRd (extreme care) n TL on pavement.

1.4 In 120m sharp R on encl FP by DPB. In 80m FL on encl FP. At field edge Ahd (hg on L). At wide gap n FPS TL X/between fields 2wds telegraph pole. At edge of 2nd field BR to small gap in hg n FPS in Hg. (Do not go thru gap!!) TL on field edge (hg on R).

Thru gap n Ahd to trees. Cont SLOT to join encl Trk n Ahd to Rd at green.

Xrd n TR on verge past bench to 30mph sign. TL n L again to main rd. (pond on your R)

1.5 X into lane opp (Bakers lane-CARE Rd)) n SLOT for 1 mile. Joining Rd from R in 400m n (ignoring 5way xing by DPB) . At Rd jct (minsmere sign) TR on Trk for 0.8mile to reach Rd.

Ahd on Rd (Minsmere sign to L) over small bridge n just before minor Rd on right, TL up concrete ramp into PH car park & CP1.

CP1 : Eels Foot Inn, Eastbridge. 8.90 miles (TM 452 661)

Opens 10:15, Closes 11:05 for 26 mile route & 12:15 for 18 mile route

2.1 Leave EELS FOOT CP n TR on Rd. Retracing steps. Where Rd turns R at 'Four Winds' keep ahd on track. Slight ascent for 550m then descent 100m n BL thru kissing gate (R of field gate) n descend on narrow path through woods. Ignore side paths to climb steeply uphill, thru first bracken then gorse. After broken kissing gate, SLOT on L side field then SO over heath n through trees to descend to Rd. X to BW opposite, in 500m TL on minor Rd.

2.2 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 TR thru hedge (hidden sign post) n BL Xfield between fences 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 follw FP uphill thru large wooden gate/stile and trees. Past broken ST then SLOT to join main Tk from R, uphill to join SW to Rd. TR then immd TL on wide Tk.

2.3 Thru barrier & continue on SW (followed to CP). In 250m TR, in 400m reach Rd. Cross Rd with SW then by KG and TL keep wire fence on L. (Ign 2gates to L) In 350m at fence corner TL (WM) then R onto sandy path, in 100m SLOT (WM). In 550m, at notice boards, TL over bicycle cattle grid. At open area TL to CP.

CP2 : 5-Ways Car Park. 14.0 miles (TM 451 726)

Opens 11:05, Closes 13:10 for 26 mile route & 14:40 for 18 mile route

3.1 Leave cp on LH track. (SW). Follow & stay on wide track for 1.2miles to tower n 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 Yjct AHD on trk & 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. 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.

3.2 SO and BL before huts to wooden bridge. X bridge and SO towards wooden posts. BR onto gravel track. Follow Tk up concrete slope n TL to village hall n finish if you doing 18 miles.

This is CP3 if you are doing 26.....

CP3 Walberswick Village Hall or 18 mile FINISH (TM 498 747)

Opens 11.45, closes 14:55 for 26 mile route or finish by 17:00 for 18 mile route

Sorry - No Dogs in Hall please!

CONGRATULATIONS - you have completed 18 miles of the Flower of Suffolk

26 MILE ROUTE continues below

4.1 Leave VH and Ahd on Rd (0000), village sign on L. Pass village green n SLOT. 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 TR over bridge.

At end immd TL thru gate on FP. Fllw raised path for 0.6miles (ignore path to left) passing another gate to Tjct. TL and follow raised path between fenced ponds, then curving L n R n L thru shrub n wooded area to Tjct with tk. TR n follow ignoring all turns to Rd.

4.2 TR on pavement. In 180m, 10m after Gatekeeper green entrance TL XRd with care into trk. Keens lane. Ahd. In 200m (Laurel farm/ PRIVATE) TR on track (past farm & Hennants Ash SLOT 600m to Rd.

Xrd into Jermyns Rd for 330m to next Rd jct. XRd with care and TR on pavement. Cross Elliot ave n in 400m at grass triangle BL across Rd to Lowestoft Rd sign (take care busy Rd!!)

TL on pavement for 20m to TR at FPS. (SCP)

Ign all turnings n cont to beach carpark. Ahd to seawall n TR for 200m

Thru fence n immd before beach huts TL up steps to prom. TR in front of beach huts. Sea on L.

4.3 Cont almost to pier where TR, R and L, L to cross in front of pier. At far side continue SLOT past back of lifeguard station/ flags white railings on L (KCCP) slightly up hill!

Cont with railings on L, past lighthouse, row of benches and East cliff cottages Path descends past 5 beach huts and then ascends again to ornate lamp post and cannons/ crows nest on R.....

Fllw KCCP across back of dunes (houses on R- do not go on Rd) to reach carpark n large white building (museum) BR towards lifeboat station xRd n continue on RH path adj to Rd. River on L/ initially caravan park on R n cont SLOT becomes gravel track (caution traffic/ working boat yard) n fllw for 0.8m to bridge passing boat trips, cafes, boat yards.

4.4 At The harbour Inn Ahd past metal gate FPS/ KCCP and in 200m and at bridge TL xing river Ahd fllw main trk for 0.7miles to pass houses and further 350m to Tjct Palmers Lane.. XRd with care n TL on verge n in 30 TR between bench and notice board n X rd into Stocks lane.

Ahd between houses then enclosed BW.

In 300m, 20m b4 corrugated shed (fps) TL, becomes field edge after young oaks. Ignore 3 turning on R and at top of incline 10m past bench TR n R again on fp (no sign post) Fllw encl path to TL up n over steps (retracing from this morning) Ahd past allotments on your R n at carpark TR to Village hall

Walberswick Village Hall 26 mile FINISH (TM 498 747)

All to finish by 18:00, Hall closes at 18:30

Congratulations!

You have completed the 26 mile route of the Flower of Suffolk!