

The Twenty Third Flower of Suffolk

1st October 2017 - Route Description

Emergency phone numbers: 07811 053187, 07597 052572

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 L - left Rd – road R - right
SCP – Suffolk Coast Path SLOTT - Same Line Of Travel SO - Straight On
SP - signpost ST - stile TR - turn right TL - turn left TSW – The Sandlings Walks
WM - waymark X – Cross (120) – compass bearing (magnetic) KG – Kissing gate
(TSW WMs are a small black bird outline or black WM arrow.)

Walkers start at any time between 08:00 and 09:00

Runners start before 10:00

**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

**NB: It is just under 4 miles to CP1 which opens at 9:20, this is 3mph from 8:00.
Do not start 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 enc FP wire fence on L. TR with path then FL to TL on enc FP. TR in corner, in 35m ignore path to L. In next corner BR with FP, then TL on BW. 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

Ahead on Rd (000), village sign on L. Pass houses. At FP sign SO 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 diagonally (260) to Natural England sign and gate. Through gate, SLOT past BW sign towards trees and fence corner. BL with fence on right and follow track with trees on R. Track bears to L to Rd at gate, FPSP and Nature Reserve sign.

1.66 miles (480742)

X Rd and SLOT along BW signed Walberswick National Nature Reserve. In 50m TR with Tk, TL in front of gate on enc FP. 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 SO follow grassy FP as it bends gently right. At path junction BL, TL 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 Tea Rooms.

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, 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. 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 at barrier (WM) and ahead. X Tk (FP) 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 narrow 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 into 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 at T-Junc TL 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

Return to Rd and TL, in 250m ignore Tk to 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 (end of fields to L) TL 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 into wood. In 200m BR then BL with Tk. Ignore L fork opposite bench. In 40m at Tk jcn 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

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

0.38 miles (451667)

In 550m (100m after hill top) BL thru kissing gate (R of field gate) and descend on narrow path through woods. Ignore side paths and at Fork Ahd uphill, thru gorse and kissing gate, SLOT on L side field then enc and descend to Rd. X to BW opposite, in 500m TL on minor Rd.

1.53 miles (449687)

Short route only

In 550m at T jcn X Rd 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. Ignore L turn to follow TK thru gate to pass Potton Hall. X gravel to bear slightly R to flw FP uphill thru 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

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 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 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. In 350m at fence corner TL then R onto wide grassy Tk, 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 tally to us...