

Easy Going Trails

18 easy to follow trails across Suffolk



Suffolk is full of beautiful and varied countryside from the heritage coast to inspiring Constable Country to the wilds of the Brecks. The county is blessed with large swathes of forest and woodland, acres of heathland and many country parks and picnic sites.



This pack contains a selection of 18 trails, each of which gets you close to nature in the very heart of Suffolk's countryside. Each trail is very easy to follow on generally level ground. They range from just 1/3 mile to 8 miles. Explore magical Cavenham Heath, see rare birds at Lackford Lakes, visit Britain's first village at West Stow Country Park, enjoy the beautiful grounds at Thornham Walks, or marvel at the views from Dunwich Heath.

Trails have been carefully assessed by a team of disabled volunteers and are divided into Easy Access Trails, which are suitable for all, and Easy Going Trails, which follow slightly rougher ground and are a bit more challenging. Each walk starts at a car park, most have accessible toilet facilities and many have cafés or tearooms. A few are really wild destinations with no facilities, such as Cavenham Heath, although facilities are close by.



Easy Going Trails
















18 easy to follow trails across Suffolk



Map based on Ordnance Survey Copyright mapping. All rights reserved. Unauthorised reproduction infringes Crown Copyright. Suffolk County Council Licence No. 100023395 2012.



Key

-  Easy access trails - these routes are easy for everyone over smooth level paths.
-  Easy going trails - these routes are more challenging over more bumpy, natural surface paths.
-  Suitable for wheelchair users
-  Suitable for accompanied wheelchair users and/or people using all-terrain mobility scooters or wheelchairs
-  Suitable for people using walking sticks
-  Suitable for people with visual impairments
-  Suitable for people with hearing impairments
-  Suitable for most pushchairs
-  Parking
-  Accessible toilet (often requiring a Radar National Key Scheme (NKS) key)
-  Kiosk/café (light snacks and refreshments)
-  Café/restaurant (hot meals)
-  Pub on the route
-  Visitor centre
-  Tourist Information Centre

Whilst every care has been taken to provide accurate information please be aware that accessibility is liable to be influenced by the weather. Most of the trails are low-level walks on firm ground with occasional gentle slopes. Only some of the paths have all weather surfaces and care should be taken if there has been a particularly wet, frosty or snowy period of poor weather when the surfaces of grassy paths could be more difficult to negotiate.



Easy Going Trails has been developed by Suffolk County Council, Optua, the Access Group for Suffolk, Stepping Out In Suffolk Healthy Walks and Healthy Ambitions Suffolk to promote Suffolk's countryside for everyone. Thank you to Forest Heath District Council and Babergh District Council for their support.

Thank you to all the volunteers who have generously given up their time to research routes and develop this guide. Thank you especially to Linda Hoggarth MBE, Martin Saych, Judith Wood, Beth Barham and David Falk.

Optua

Optua provides a wide range of services for disabled people across Suffolk. It is run by disabled people for disabled people, representing the interests of all, whatever their disability. Contact **01473 836 777**, email enquiries@optua.org.uk or visit www.optua.org.uk, if you are interested in learning more about their work, becoming a member or getting involved.

Health Walks

Stepping Out in Suffolk is a programme of Health Walks offered across Suffolk. Improve your health by joining one of their walks. Contact **01473 229 292** or visit www.livewellsuffolk.org.uk/healthwalks for more details.

National Key Scheme

The National Key Scheme (NKS) offers disabled people independent access to locked accessible public toilets around the country. Keys can be purchased. Contact **020 7250 3222**, email radar@radar.org.uk or visit www.radar-shop.org.uk for more details.

Public Transport

Some walks are accessible by public transport. Visit www.suffolkonboard.com for timetables or www.travelineeastanglia.org.uk (**0871 200 2233**) to plan your journey.

Discover Suffolk

Discover many more walks and information on all of Suffolk's countryside sites and events at www.discoversuffolk.org.uk

A large print guide is available by contacting Discover Suffolk on **01473 260 811**, email DiscoverSuffolk@suffolk.gov.uk and online at www.discoversuffolk.org.uk



Alton Water

Suffolk's largest lake with meadows, woodlands, ponds and picnic sites

Alton Water is a surprisingly diverse destination with small ponds, broad leaf woods, small inlets and bays, marshes, bird hides and a very active sailing centre.

During the year the lake hosts many events from the Great East Swim to the Alton Water 10k race, but remains a wonderful haven for peaceful walks, picnics and bird watching throughout the whole year.

There is an 8 mile (13km) circular path offering many different views of the lake, the surrounding landscape and the wide variety of wildlife. During the day you will see many ducks, geese and swans. At dusk look out for barn owls, silently flying around the lakes' edge looking for their next meal.



Facilities

- **Parking** – charges apply, dedicated accessible bays at visitor centre
- **Toilets** – accessible toilet at visitor centre
- **Café** – seasonal
- **Picnic area**

Directions

- 4 miles south of Ipswich signed from the A137. The entrance is off the B1080 in Stutton village.
- **Visitor Centre** 01473 328 268
Post Code IP9 2RY



■ Easy access trail 1.5 miles/2.4km (each way)



Much of the route around the lake is surfaced but the section closest to the visitor centre is the most accessible with a more level and firm path.

An easy destination is Larch Wood and The Wonder, west of the visitor centre. The walk is on a compacted gravel path with some short tarmac sections where the route is more undulating.

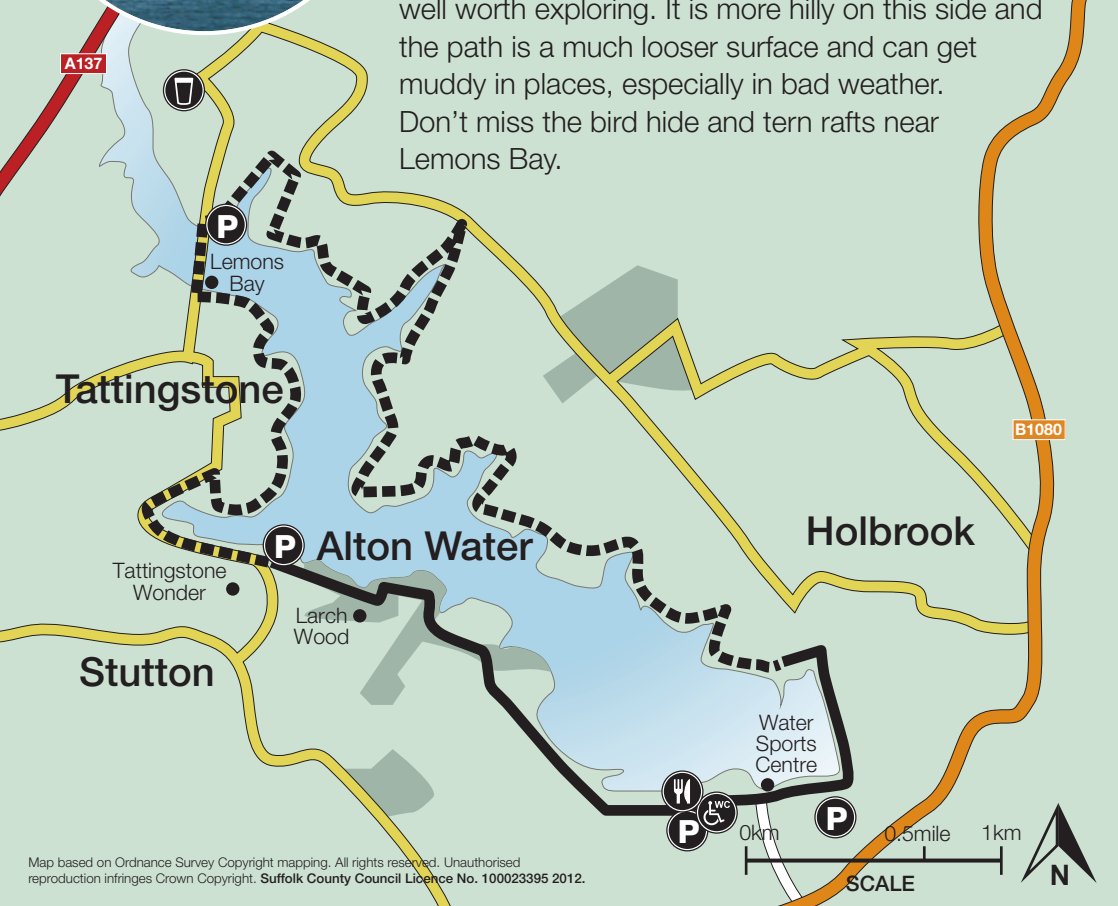


Off the path are many grassy tracks leading to the water's edge, all worth exploring, with many benches where you can relax and enjoy the wonderful views.

■■■ Easy going trail 8miles/13km (full circuit)



The area to the north of the lake is often quieter and well worth exploring. It is more hilly on this side and the path is a much looser surface and can get muddy in places, especially in bad weather. Don't miss the bird hide and tern rafts near Lemons Bay.



Beccles Marsh

A Waveney Wander

On the edge of historic Beccles lies the Marsh Trails, a series of paths amongst grazing marshes. Wander beside the sedate flowing River Waveney and enjoy watching people messing about on the water as pleasure craft gently flow past.

The Quay makes a good starting point for this walk with an excellent information centre and a very welcoming café with outdoor seating.

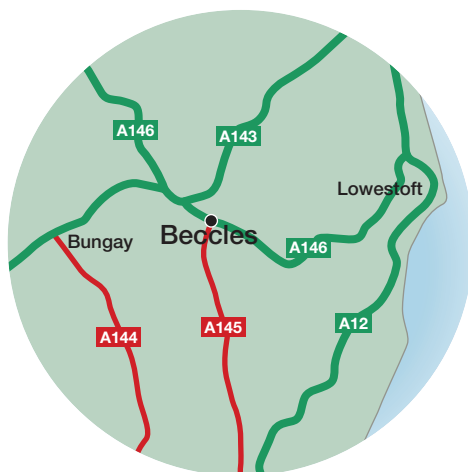
Parking is available just beside the Quay or a little further along at the start of the trails.

Facilities

- **Parking** – free
- **Toilets** – accessible toilet at the Quay
- **Café** – seasonal
- **Picnic area**

Directions

- Within Beccles simply follow signs to The Quay.
- **Beccles Information Centre**
The Quay, Fen Lane.
01502 713 196.
Post Code NR34 9BH



Easy access trail 1.5 miles/2.4 km



The Blue Walk across Beccles Marsh has been designed as an easy access trail and is part tarmac path and part natural, hard surface. There are benches along the trail and lovely views over the River Waveney.

It is lovely strolling beside the moored boats (and moorhens!) alongside the River Waveney. It is hard to imagine that in the 16th century this was one of England's most important ports lying on the edge of a huge estuary.

It is now a typical Broads landscape of grazing marshes bisected by a network of hand dug dykes, each a miniature nature reserve. A visit in spring or summer will delight when the dykes are teeming with life.

For part of the walk you follow the Angles Way, a long distance footpath that follows the course of the River Waveney from its source at Knettishall Heath Country Park (another walk in this pack) to the North Sea near Lowestoft.



Gillingham Marshes

River Waveney

Beccles Marshes

Beccles

A146

A145

0km

0.25mile

0.5km

SCALE



Brandon Country Park

A magical, multicoloured woodland with a range of enchanting trails

Brandon Country Park is an excellent place to spend the day. Explore the arboretum with its copper beech, false acacia and intriguing monkey puzzle trees.

The park is beautiful at any time of year but especially in late summer when the heathland turns purple as the heather blooms and in autumn when the arboretum is simply ablaze with colour.

There are a variety of walks within the park, many on hard surfaces or on firm paths. These lead around the forest taking you to a walled garden, lake, and mausoleum. There are picnic areas in many places, a fun children's play area and a lovely café with excellent home made cakes!

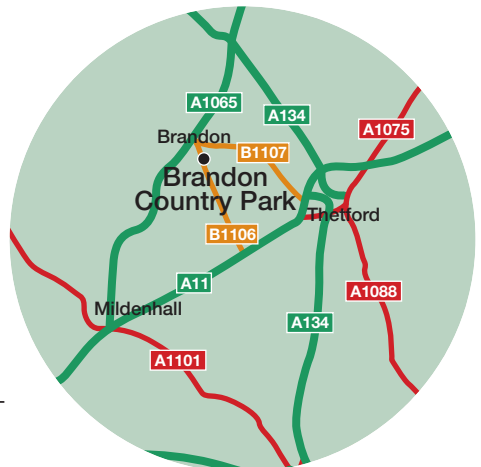


Facilities

- **Parking** – free for blue badge holders
- **Toilets** – accessible toilet
(NKS key available from shop)
- **Café**
- **Picnic area**
- **Play area** – with wheelchair swing

Directions

- Off B1106, ½ mile south of Brandon.
- **Brandon Country Park Visitor Centre** –
01842 810 185 **Post Code** IP27 0SU



Easy access/going trails



There is a very good network of hard surface and firm paths within the park linking the Walled Garden, the Lake with its beautiful viewpoint, and the Mausoleum.

Staff in the visitor centre will be able to suggest routes that meet your needs and help you make the most of seasonal highlights.



Brandon Country Park



Carlton Marshes

The Broads in miniature!

The walks around Suffolk Wildlife Trust's centre at Carlton Marshes, part of the Suffolk Broads, get you into the heart of marshland. Located in the Broads National Park, this is flower-studded grazing marsh, fen and peat pools at their best.

See kestrels hover above your head and dragonflies dart about as cows lazily graze.

There are a variety of walks to do of varying length and ease. All have large accessible kissing gates. You could even go all the way to Nicholas Everitt Park, on the outskirts of Lowestoft. However, it is the path closest to the Education Centre, across the car park and through the kissing gate into the first marsh, which makes for a very pleasant easy walk. Wander in dappled shade with views over the reeds.

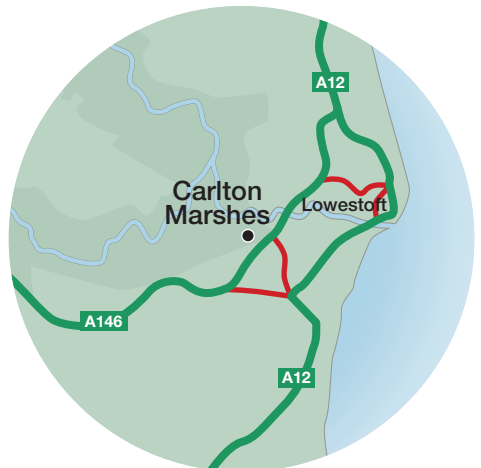
There is a small Education Centre with toilets and information on hand.

Facilities

- **Parking** – free
- **Toilets** – accessible
- **Picnic area**

Directions

- Signed off the A146 on the edge of Lowestoft.
- **Carlton Marshes Nature Reserve**
Burnt Hill Lane, Carlton Colville,
Lowestoft. 01502 564 250.
www.suffolkwildlifetrust.org
Post Code NR33 8HU





— Easy access trail 1 mile/1.6 km



With the Education Centre behind you head to the far left of the car park through the gate into the marsh and follow the trail.

At the far end of this marsh you can pass through another gate and head towards Sprats Water where on dry summer days there is a lovely mown path through reed beds and fen. Here you can see many rare flowers including orchids and ragged robin. Note, this path is less suitable after rain and is closed in winter.

Other trails lead across the marshes towards the Waveney River but are very uneven and unsuitable for wheelchair users.

■■■ Easy going trail 1 mile/1.6 km (each way)



The trail at the far right of the car park leads to Nicholas Everitt Park. This path offers lovely views across Oulton Broad and is firm and level throughout although it does get quite narrow in some places.



Cavenham Heath

The Wild West of Suffolk!

Discover the wilds of Cavenham Heath with acres of stunning heathland and woodland landscapes, superb in late summer when the land turns a beautiful shade of purple as the heather starts to bloom.



The heath offers 3 trails; a Woodland Trail which is a very peaceful easy access route, a Heathland Trail which is more adventurous but offers wonderful views across the Lark Valley and a Wetland Trail, a more demanding route alongside the River Lark.

There are no facilities at Cavenham Heath itself – this really is the wilds of Suffolk, but close by are some excellent pubs in Tuddenham.

Facilities

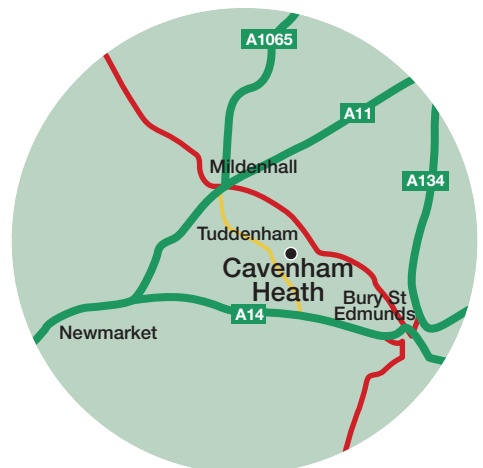
- **Parking**

Directions

Access to the reserve is via a minor road from Tuddenham village.

Tuddenham is located 4 miles south of Mildenhall and 10 miles from Bury St Edmunds.

Turn at the village green and continue past houses, a pond and a farm on to a firm track. This leads to a small car park at the start of the Woodland Trail. The track continues to the River Lark where it is possible to explore the Heathland Trail.



Easy access trail

0.6mile/1km



From the small car park simply follow the Woodland Trail. The short loop is easy access and takes you through woods with great bird watching. The trail is generally on wide paths with some log seats along the way. Towards the end of the loop veer left to return to the car park.

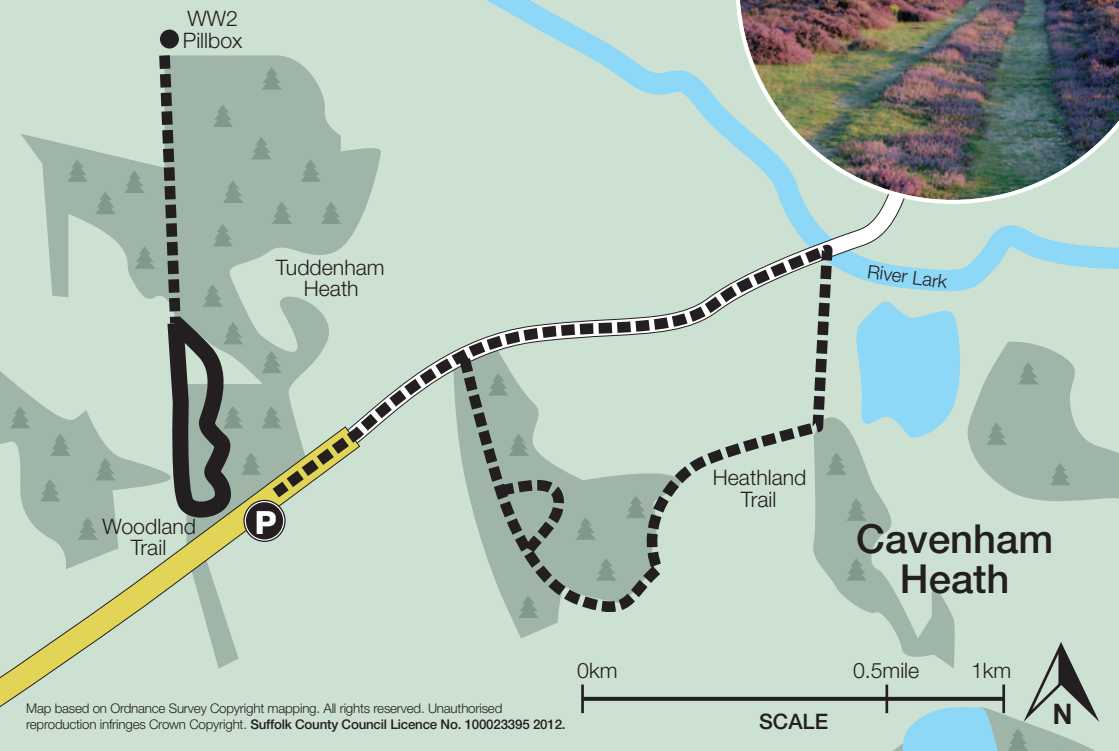
A path off the loop (0.5mile/ 0.7km) leads to an old WW2 pill box. This path is over very bumpy ground so not suitable for wheelchair users or pushchairs.

Easy going trail

2.5miles/4km



The Heathland Trail follows a numbered route from the Woodland Trail car park. The route is on natural surface throughout with accessible gates (NKS Key) at entrances to the heath. The track in some sections is rutted so can be quite bumpy. You could access the far end of the trail near the River Lark although parking at the end is very informal.



Dunwich Heath

A stunning blend of coast,
heathland and woods

Dunwich Heath is one of the most dramatic settings in all of Suffolk, where heathland reaches the coast with stunning views towards historic Southwold to the north and famous RSPB Minsmere to the south.

This is a wonderful place to visit any time of year, but really comes into its own in late August when the heather blooms and the landscape is a sea of purple. If you can catch this scene in the early morning light or late setting sun then you will be in for a treat.

The heath is crossed by many paths with a number of benches to take in the view. There is also an accessible sea watching centre equipped with telescopes.

The National Trust has an excellent café and very helpful information hut with a fun children's play area by the picnic tables.

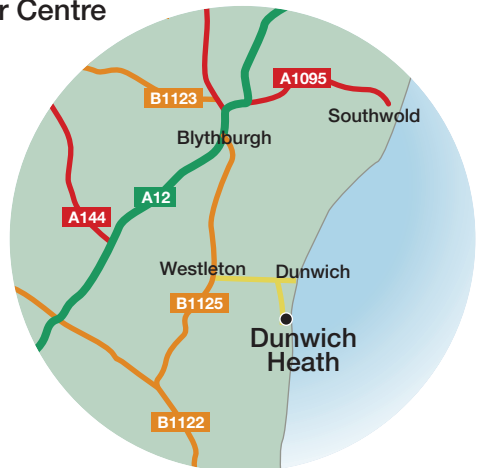


Facilities

- **Parking** – NT members free
- **Picnic area**
- **Toilets** – accessible
- **Play area**
- **Café**
- **Visitor Centre**

Directions

- From A12 at Yoxford or Blythburgh follow signs to National Trust Dunwich Heath.
- **National Trust Dunwich Heath**
01728 648 501
www.nationaltrust.org.uk
Post Code IP17 3DJ





■■■ Easy going trail

1.5 miles/2.5 km



The trails at National Trust Dunwich Heath are natural surface, firm paths with an accessible trail clearly signed around the heath. For wheelchair users, a mobility vehicle is available (this must be booked in advance).

There are other trails to explore. Each offers a very different experience of the heath and the woodland with some fine views out to sea and across the landscape.



Felixstowe Ferry

Where the River Deben meets the sea

This walk follows the seafront beyond Old Felixstowe, past colourful beach huts and historic Martello Towers towards Felixstowe Ferry. There are superb views out to sea and across the River Deben towards the impressive Bawdsey Manor. The sights and sounds of the sea and a wide choice of kiosks, cafes and pubs along the route make this a very enjoyable day out.

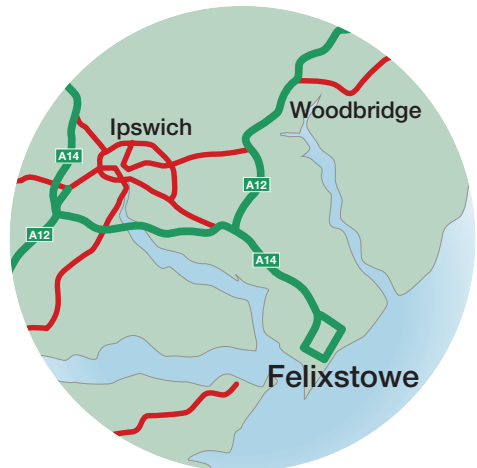


Facilities

- **Parking** - Golf Road, Brackenbury Fort or Ferry Road
- all have mix of hard and natural surface, charges apply.
- **Toilets** - accessible close to the Dip and toilets by the ferry.
- **Refreshments** - seasonal kiosks including the 'Brackenbury Café' in the car park, 'The Dip' kiosk along the promenade and a café at Felixstowe Ferry - all with outside seating.

Directions

From A14 follow signs to Felixstowe, then North Felixstowe, on to High Road East and then Cliff Road. Golf Road car park is on the right as you approach the beach huts, Brackenbury car park is in front of the huts (look out for Old Felixstowe viewpoint sign) and Ferry Road car park is on the right beyond The Dip (look out for sign 'Foot Access to Felixstowe Ferry').



— Easy access trail 1 mile/1.6km
(each way from Golf Road car park)



From any car park follow the pavement to The Dip where you can descend on to the promenade. Follow the sea wall alongside Felixstowe Ferry Golf Course towards the first Martello Tower, a Napoleonic defence. Here the firm path ends. The path varies slightly in width with a drop from the path to the beach. People with sensory loss should be accompanied.

■ ■ ■ Easy going trail 1.8 mile/2.8km
(each way from Golf Road car park)



Between the two Martello Towers the path has loose shingle and may be difficult for wheelchair users. Beyond the second tower the path is firmer and affords lovely views to Bawdsey Manor and up the River Deben. A foot ferry service (this is not accessible for wheelchair users) takes you across to Bawdsey.



Knettishall Heath Country Park

Forest, heath, rabbit warrens
and bronze age barrows

Lose yourself in this wonderfully remote area of Suffolk where the only sound is the wind through the trees as you sight the flight of a kingfisher darting over the Little Ouse River or spot a muntjac as it lightly steps on the path ahead of you.

Knettishall Heath Country Park offers acres of heathland and woodland for you to explore. The easy access trail follows a route beside the Little Ouse River and there are a number of signed paths around the park to discover.

Look out for Hut Hill, a 4000 year old Bronze Age round barrow burial mound, and learn about Warrens, the now almost forgotten industry of rabbit grazing.

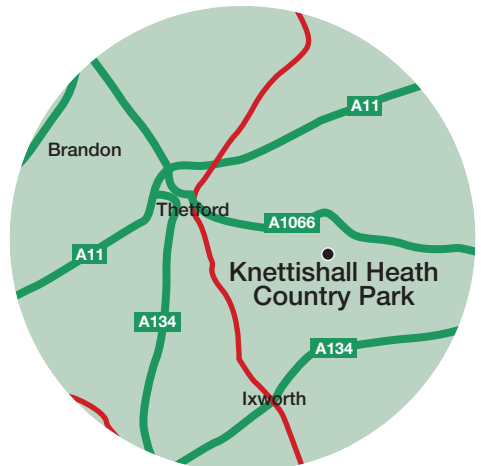
Facilities

- **Parking**
- **Toilets** – accessible
- **Picnic area**
- **Play area**

Directions

- The country park is signed from the A1066, 6 miles east of Thetford, from the B1088 in Euston and from the B1111 in Barningham.

Post Code IP22 2TQ



Easy access trail

0.5mile/1km



The Riverside Trail is a very pleasant stroll alongside the Little Ouse River (watch out for kingfishers!) and through a small wood beside riverside meadows.

The trail starts near the main car park, just beside the toilet block and follows a clearly signed, firm path. There are benches along the route and no gates.



Easy going trail

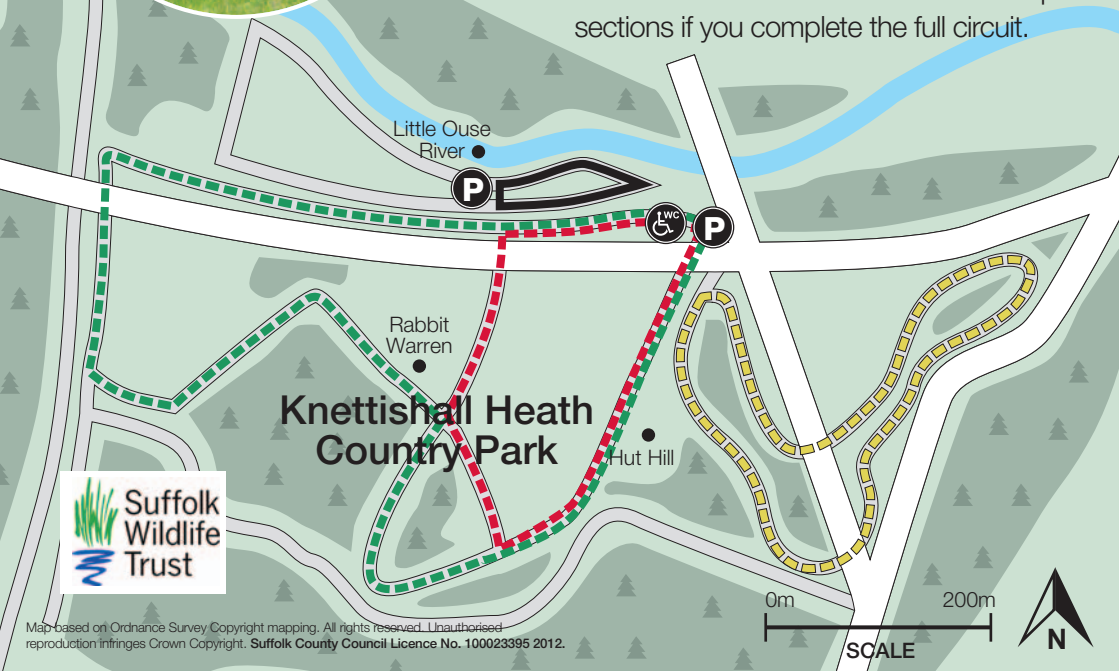
1-2.5 miles/1.6-4km



Although less suited to wheelchair users, due to more undulating natural surface paths and exposed tree roots, the Red (1.5 miles) or Green (2.5 miles) Heathland Trails are great to explore.

The gentle climb to Hut Hill is well worth the effort and the views further along these trails over open heathland are quite beautiful, especially in late August when the landscape is in purple bloom.

The Woodland Trail (2.5 miles) offers a very different experience to open heathland, as you meander your way past trees. The route begins easily and is worth exploring as a linear route. Further on, the path narrows as it passes between trees and there are some steep sections if you complete the full circuit.



Lackford Lakes

A nature reserve worth visiting any time of year

This is a lovely and peaceful place. Take your time to enjoy the plentiful wildlife.

The paths are firm and there are many accessible hides. An electric mobility buggy is available from the visitor centre. With the ever changing wildlife and landscape no two visits are ever the same.

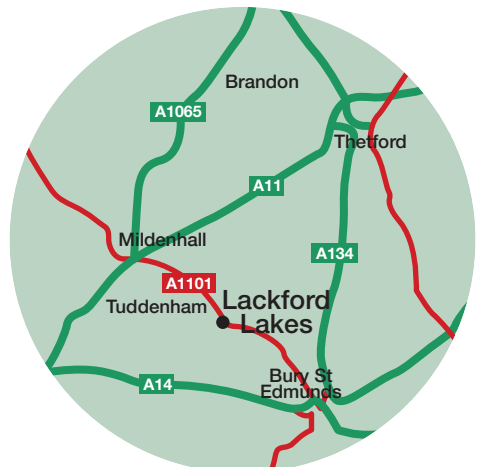
The visitor centre has an excellent viewing gallery and staff can offer help and advice on planning your visit. The reserve is open every day from dawn until dusk but please check centre opening times before setting off.

Facilities

- **Parking**
- **Visitor Centre** – open Wed - Sun 10-5 (summer), 10-4 (winter)
- **Toilets** – when centre is open
- **Refreshments** – when centre is open
- **Picnic area**
- **Shop** – when centre is open

Directions

- Lackford Lakes is located 5 miles north of Bury St Edmunds off A1101 between the villages of Flempton and Lackford
- **Suffolk Wildlife Trust**
01284 728 706
www.suffolkwildlife.co.uk
Post Code IP28 6HX



■ Easy access trail

1 mile/1.5 km



The Kingfisher Trail is an easy access route on firm gravel paths.

The path leads from the visitor centre around the hub of the reserve. It takes in 5 bird watching hides, each of which is accessible with lower viewing windows for wheelchair users.

Don't forget to bring your binoculars and check the recent sightings board for latest information. If you are lucky you may see kingfishers or the elusive water rail.

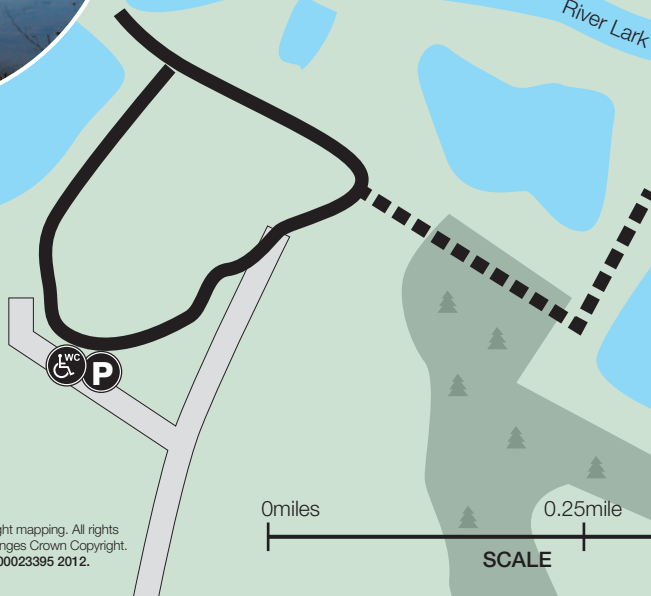


■■■ Easy going trail

0.7 mile/1 km each way



More undulating paths, the furthest of which can get quite muddy in bad weather, lead over a narrow bridge to the far end of the reserve. This is also equipped with accessible hides but the route is less suitable for wheelchair users due to the narrow bridge.



0 miles

0.25 mile

0.5 km

SCALE



Landguard Point

Feel the sea spray on your face as you enjoy one of Suffolk's best shingle beaches in the shadow of Landguard Fort

Landguard Point makes for a dramatic setting, nestled beside the seaside town of Felixstowe, with views across the Rivers Stour and Orwell towards Harwich Harbour and the impressive Port of Felixstowe.



The Point, one of the driest places in Britain, contains a 33 acre Nature Reserve of vegetated shingle which is a Site of Special Scientific Interest. Marvel at the 400 year old fort and don't miss visiting the fascinating local history museum.

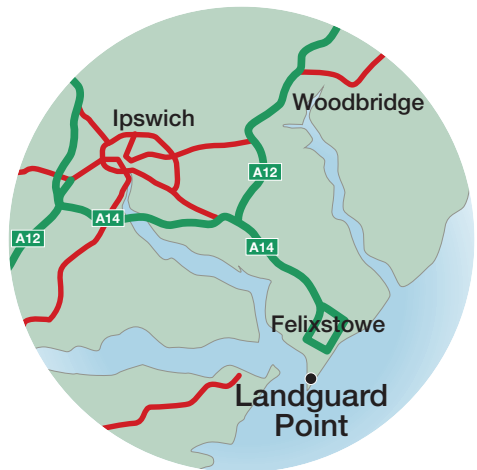
The walks here are all very easy to follow. All are on firm paths, remnants of the days when this was a military stronghold. A stretch of boardwalk provides easy access right on to the single beach with wonderful views out to sea.

Facilities

- **Parking**
- **Picnic area**
- **Toilets** – accessible
- **Shop** – at museum
- **Refreshments**

Directions

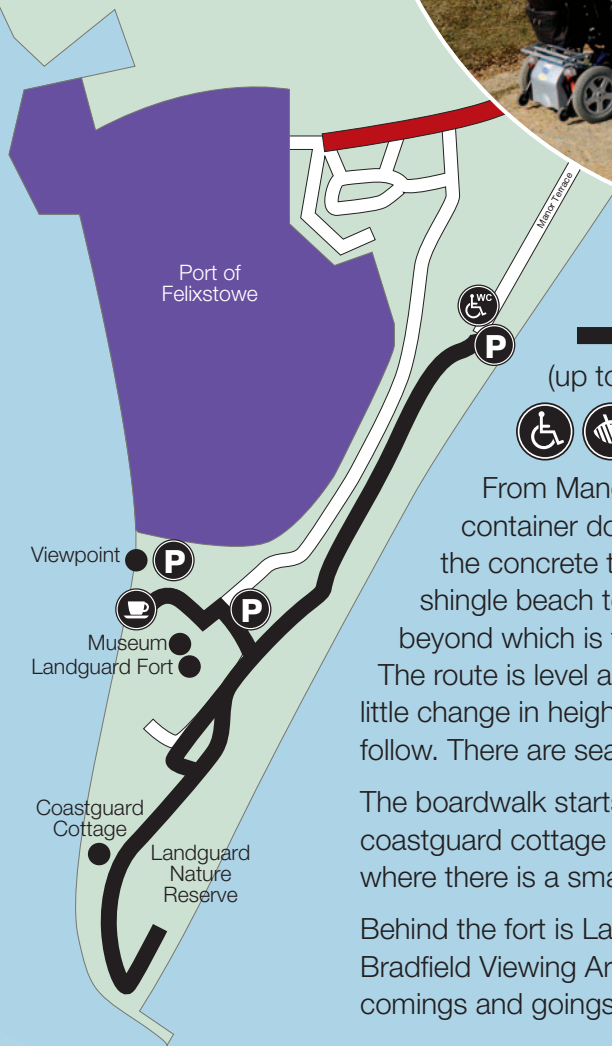
From A14, follow signs to Docks and then the tourism viewpoint sign to the sea front. After the railway crossing, turn right at lights on to Langer Road and follow signs for Nature Reserve. At the end of Manor Terrace are parking and facilities. **Post Code** IP11 2EN



You can also approach this walk from Landguard Fort.

Simply pass the turn to the Nature Reserve and take the next left on to View Point Road, signed for the Fort. At the very end of this road is the John Bradfield Viewing Area with views over Harwich Harbour and Felixstowe Docks.

Post Code IP11 3TW



Easy access trail

(up to) 2.5miles/4km



From Manor Terrace car park with the container dock ahead of you, head along the concrete track. This leads along the shingle beach to Landguard Fort and museum beyond which is the boardwalk.

The route is level and firm throughout, with very little change in height, making it a very easy route to follow. There are seats along the route.

The boardwalk starts beyond the fort near the coastguard cottage and leads to the shingle beach where there is a small rest area facing the sea.

Behind the fort is Landguard Museum and the John Bradfield Viewing Area, a great place to watch the comings and goings on the River Orwell.



Mildenhall Riverside

Weeping willows beside the River Lark

This is an easy stroll from Mildenhall along the gently flowing River Lark to a small reserve of wet woodland.

The walk is edged by impressive alder and poplar trees on one side and manicured lawns on the other. River views are framed by wonderful weeping willows, dipping their branches into the water's edge and creating some very picturesque scenes.

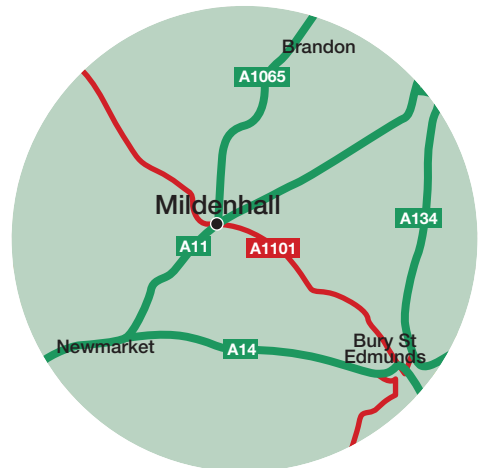
Keep a look out for the occasional deer, the darting blue flash of a kingfisher or an elusive otter. Listen out for the gentle flow of the river interrupted now and then by the sound of geese or the soft cooing of collared doves.

Facilities

- **Parking**
- **Toilets** - in Mildenhall
- **Refreshments** - in Mildenhall
- **Picnic area** - in Jubilee Fields

Directions

- The walk starts at Jubilee Fields car park beside Sainsbury's in the centre of Mildenhall. Park at the lower end of the car park with views over Jubilee Fields and simply head for the river path.
- **Forest Heath District Council**
01638 719 000
Post Code IP28 7HG



Easy access trail 1 mile/1.6km



In Jubilee Fields simply head towards the path along the River Lark.

The path is very firm and level throughout with benches along the route. A short loop towards the end of the path takes you around a small pond. This loop also enters the woodland where it becomes quite bumpy so is not suitable for wheelchair users.

The path ends by the A11 where you can explore the small village of Barton Mills with its selection of pubs.



Needham Lake

A country park full of surprises!

Needham Lake is a great destination for families and for just whiling away a peaceful afternoon.

The lake is teeming with birdlife – have great fun feeding the ducks or sit and watch the geese and swans as they parade about.

Children will love the wooden sculptures, stepping stones and fun play area, with its hollow climbing logs.

The park is quite compact making it very easy to get around and you can extend your visit by venturing along the River Gipping to Alder Carr Farm, famous for its home made ice cream, or by exploring Needham Market's historic high street.

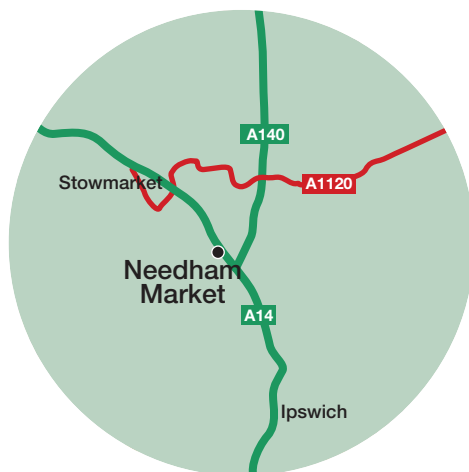


Facilities

- **Parking** – free, blue badge spaces provided
- **Toilets** – accessible
- **Refreshments** – seasonal vendor
- **Picnic area**
- **Play area**

Directions

- Needham Market is located off the A14 near the junction with the A140. Access to Needham Lakes is off the Coddensham Road (B1078). There are 2 car parks; the one by the railway bridge is the most convenient.
- **Mid Suffolk District Council**
01449 724639
Post Code IP6 8NU





— Easy access trail 0.6 mile/1km



Following the tarmac path around the lake allows you to see the lake and wildlife islands from many different angles. There are many benches along the route (some very imaginatively designed) and picnic areas dotted around.

■■■ Easy going trail

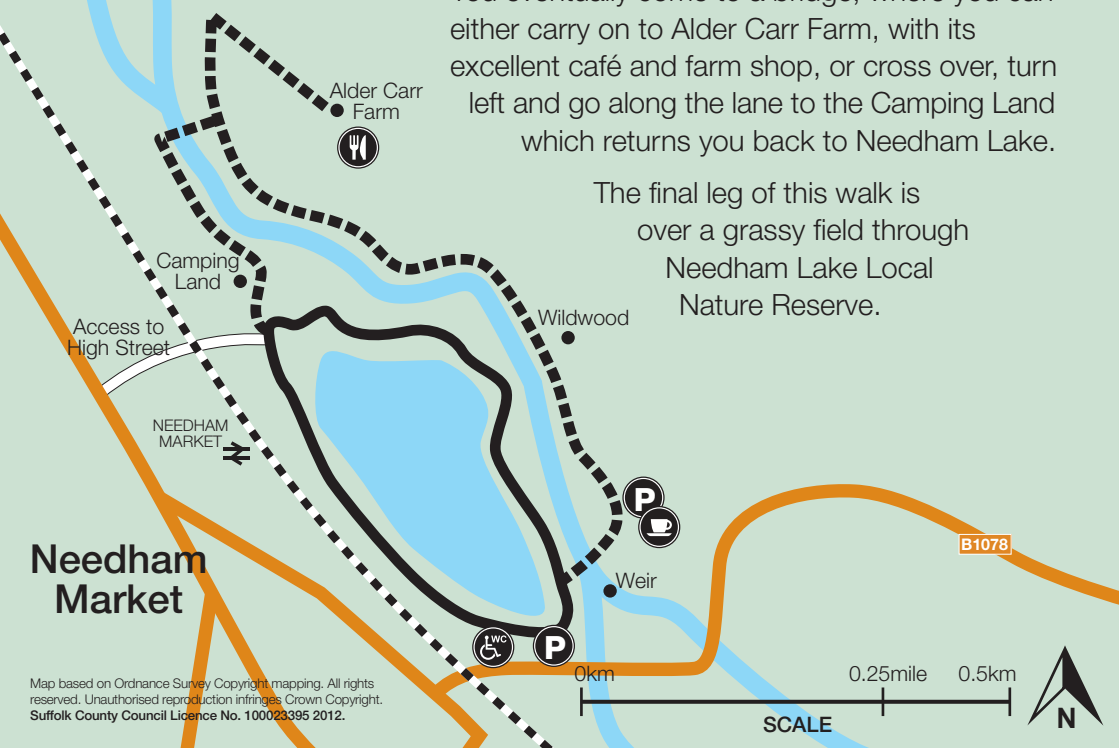
1.5 mile/2.5km round trip



From Needham Lake you can extend your walk by crossing the bridge by the weir and following the riverside path northwards. The path is firm and provides a very tranquil walk beside the river, past Wildwood (a community woodland) and fields of sheep.

You eventually come to a bridge, where you can either carry on to Alder Carr Farm, with its excellent café and farm shop, or cross over, turn left and go along the lane to the Camping Land which returns you back to Needham Lake.

The final leg of this walk is over a grassy field through Needham Lake Local Nature Reserve.



**Needham
Market**



Redgrave and Lopham Fen

England's largest valley fen

Suffolk Wildlife Trust's nature reserve offers a variety of trails from the designated easy access Lopham Loop to the intriguingly named Spider Trail and the more adventurous Waveney Trail.

The fenland landscape of the reserve is a haven for wildlife. As well as the resident Konik ponies, expect to see kestrels and hobbies, reed buntings and bearded tits. Look out for stoats and weasels, muntjac and Chinese water deer.

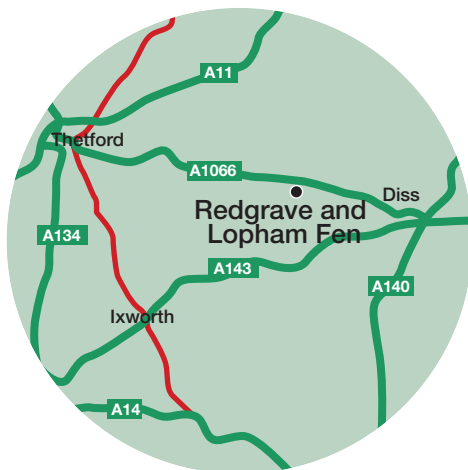
From the Education Centre and picnic site there are lovely views across the reserve. The reserve and toilet facilities are open every day.

Facilities

- **Parking**
- **Toilets** – accessible
- **Picnic area**

Directions

- Clearly signed off A1066, 3 miles west of Diss, between villages of South Lopham and Redgrave.
- **Suffolk Wildlife Trust Redgrave and Lopham Fen** 01379 688 333
www.suffolkwildlifetrust.org
Post Code IP22 2HX



Easy access trail

0.3mile/0.5km



The Lopham Loop is a short path which leads from the Education Centre to a platform with views across the reserve, a lovely spot for bird watching.

Look out too for reptiles basking in the sun, keep an eye open for amphibians for which the fen is a haven, and admire over 270 varieties of plant life within the reserve.



Easy going trail 1.2miles/2km



The Spider Trail starts at the Education Centre and follows a grassy path, with some large kissing gates along the route, making it suitable for all-terrain wheelchairs and pushchairs, especially in dry conditions.

The trail includes a viewing platform where you can learn more about the Fen Raft Spider, the reserve's very special but very rare inhabitant.

The Spider Trail also runs alongside the River Waveney, the source of which is at the western end of the fen and which meanders its way eastwards to meet the North Sea at Great Yarmouth.



Rendlesham Forest

Amazing adventure playgrounds,
fun sculptures and UFOs!



Rendlesham Forest offers a wonderful day out for all the family. There are numerous trails to follow and an amazing play area complete with climbing frames, log tunnels and adventure courses.

This is the area of Suffolk known as the Sandlings with loose sandy soils, creating a forest mix of conifers and broad leaf trees with open heathland and wetlands all providing great bird watching opportunities.

Rendlesham Forest is infamous for reports by the US Air Force of UFO sightings in 1980 – discover more of the mystery by picking up the UFO Trail leaflet at the forest centre.

Facilities

- **Parking** – charges apply
- **Picnic area**
- **Toilets** – accessible
- **Play area**

Directions

- From the A12, just north of Woodbridge, follow the A1152 through Melton onto the B1084 signed Orford. The forest centre is signed off this road.
- **Rendlesham Forest**
01394 450 164
www.forestry.gov.uk/rendlesham
Post Code IP12 3NF



— Easy access trail 0.7mile /1.2km



Starting from the car park, follow the easy access blue Phoenix Trail, named after the recovery from the great storm of 1987. This is a firm surface path making it very easy to follow.



■■■ Easy going trail 3 miles/5km



From the car park you can head deeper into the forest through conifer plantation, heathland and wetland by following the longer red Phoenix Trail. White markers indicate short cuts back to the car park so you can adapt the walk to suit your needs.

Alternatively, dare to follow the UFO Trail (3 miles, 5km) or enjoy a relaxing amble along Daisy's Walk (2.75 miles, 4.3km). Both are clearly signed with further information available from the forest centre.



Santon Downham

A hidden gem full of surprises along lovely forest and riverside trails

St Helen's Picnic Site is the start of a series of adventurous trails that lead through the forests of Santon Downham, an off-the-beaten-track destination that is surprisingly well known – you may find yourself completely alone mid week or completely surrounded at weekends!



This walk takes you to the tiny All Saints Church, one of Britain's smallest churches and an absolute gem, and to the site of St Helen's Church.

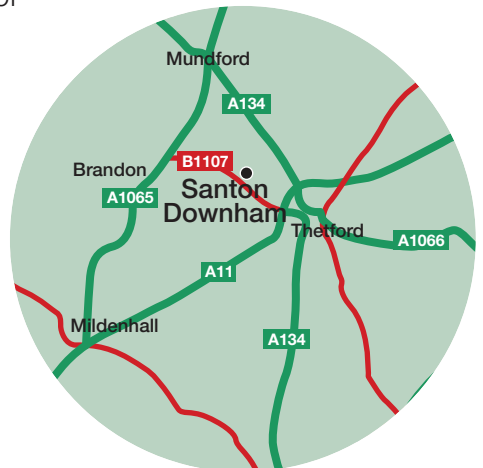
The River Little Ouse runs through the forest and there is a good chance of seeing deer, kingfishers, crossbills and woodpeckers during your visit.

Facilities

- **Parking** – charges apply
- **Toilets** – accessible (seasonal)
- **Picnic area**

Directions

- Santon Downham is located 2.5 miles from Brandon and 5 miles from Thetford. In the village of Santon Downham, turn off the B1107 Brandon Road by St Mary's Church and follow signs to Forestry Commission Regional Office. Go past the offices (there is car parking and toilets here), over a narrow bridge and turn immediately right, signposted St Helen's Picnic Site.
- **Forestry Commission**
Santon Downham 01842 819 081
Post Code IP27 0TJ



Easy access trail



0.7 miles/1 km

From the car park pick up the trail behind the toilet block (look out for the orange marker) and follow the firm surfaced, circular route towards All Saints' Church, with its octagonal tower, through woodland beside the

Little Ouse River and back to the car park and picnic area.



Easy going trail



2 miles/3 km

From All Saints Church orange markers lead you past a barrier towards former railway station cottages along a natural surfaced path.

Passing under the railway line (it can get muddy here) turn right and follow a long, gently ascending forest track to the site of St Helen's Church and the Holy Well. There are lovely views over the Little Ouse River and a very well written interpretation panel telling the story of the site.

Retrace your steps back to the car park.

You can also explore forest trails south of the river.



The Valley Trail

An inspiring landscape

Feast your senses in this simply beautiful setting. Once home to Constable and Gainsborough, it is not difficult to see why this landscape has inspired generations of artists.

The walk follows part of the former Great Eastern Railway, a line that once linked Colchester with Bury St Edmunds. You can wander for up to 3 miles along this level and very easy to follow trail.

The trail also passes through Sudbury riverside meadows, the oldest grazed land in England, still grazed today.

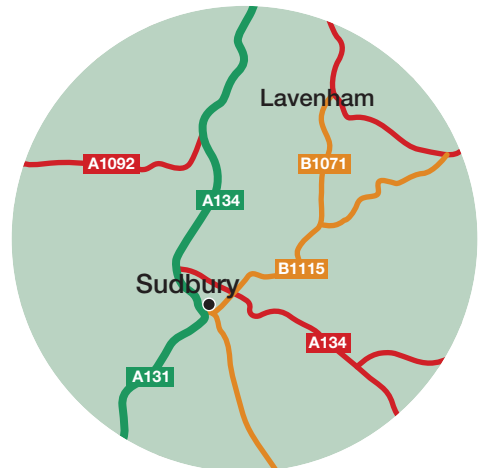
The meadows are a great place to linger and watch the world go by. You are almost sure to see herons, egrets and kingfishers and on warm, summer days enjoy the colours of plants blending with flitting butterflies and darting dragonflies.

Facilities

- **Parking** – Kingfisher Leisure Centre

Directions

- In Sudbury, follow signs for the train station and leisure centre. The Valley Trail starts behind Kingfisher Leisure Centre, opposite Waitrose. Park at the far end of the car park where you will see the start of the trail.
- **Babergh District Council**
01473 826 265
Post Code CO10 2SU



Easy access trail



3.5 miles/5.5km

The Valley Trail is a wide, compacted path making it suitable all year round.

This is a varied walk through different habitats and elevations; one moment you are looking down on to Sudbury Meadows, the next in a cutting surrounded by a wild wood.

An easy destination is Brundon Mill. At the junction with the Stour Valley Path, leave the railway walk behind and follow the path on to Brundon Lane for views of the mill pond, River Stour and Sudbury Meadows.

Retrace the route to return to the car park.

Easy going trail



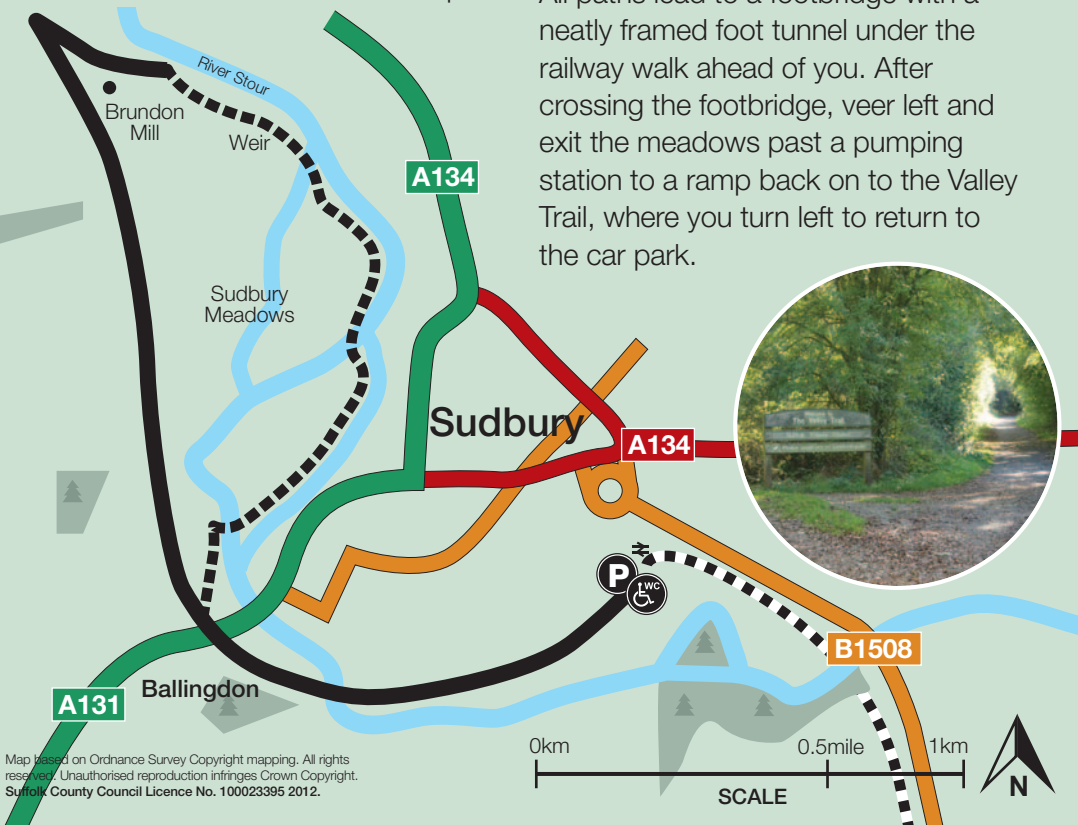
3.5 miles/5.5km

From Brundon Lane follow the Stour Valley Path, past Brundon Hall on to Sudbury Meadows.

This route is more adventurous but simply lovely, along grassy paths, over small bridges and through a number of large kissing gates (all designed for wheelchair users), past grazing cattle.

You can follow any of the meadow paths or simply keep to the Stour Valley Path, a firmer route alongside the River Stour, leading to the Mill Hotel with its wonderful views.

All paths lead to a footbridge with a neatly framed foot tunnel under the railway walk ahead of you. After crossing the footbridge, veer left and exit the meadows past a pumping station to a ramp back on to the Valley Trail, where you turn left to return to the car park.



Thornham Walks

Acres of landscaped parkland
in the very heart of Suffolk

Thornham Walks is a landscaped parkland criss-crossed by 12 miles of paths allowing you to really explore this magical location.

A map is available in the car park for £1.00. Highlights include the restored Walled Garden (open weekends and holidays) with its fabulous fruit trees and colourful herbaceous borders, a bird hide with exciting sights of woodland birds, a folly and the pet cemetery with its intriguingly named pets.

The trails are very well marked and easy to follow. A surfaced path leads from the car park to the pond, bird hide, Walled Garden, folly and pets' cemetery with longer walks across the estate clearly signed.

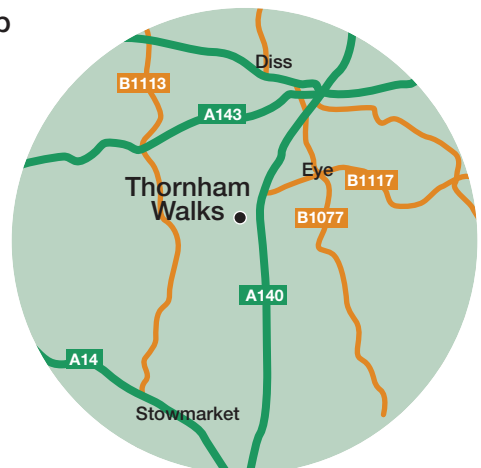


Facilities

- **Parking** – charges apply
- **Toilets** – accessible
- **Refreshments** – Forge Café and Old Coach House Café
- **Picnic area**
- **Play area**
- **Shop**

Directions

- Thornham Walks are clearly signed off the A140, between Stowmarket and Diss.
- **Thornham Walks,**
Thornham Magna
01379 788345 www.thornham.org.uk
Post Code IP23 8HH



Easy access trail

1.3 miles/2km



All paths start beyond the car park, past the imaginatively designed children's play area with its beautiful wooden sculptures.

A hard surface trail leads towards the Old Coach House Café, a lovely spot for lunch or tea.

As you start along the trail, look out for the Limousin Cattle in the adjoining fields. Along the way there are many benches and information points explaining the history of the estate, surrounding landscape and wildlife.

Stop at Spinney Pond, alive with pond life in the spring and summer, and follow the short boardwalk to the accessible bird hide. The Walled Garden (open weekends and holidays) is a highlight of any visit and close by is the unusual Nuttery beyond which is a small aviary with a fascinating collection of pheasants from around the world.



West Stow Country Park

River, lake, meadow, heathland, woodland and England's first Anglo Saxon village!

West Stow Country Park is located alongside the River Lark and adjacent to lakes and heathland providing a varied and fascinating day out.

With plenty to do for the whole family, the park contains 3 marked trails along the river, over the heath and through the woods. Each uses natural paths with benches along the routes.

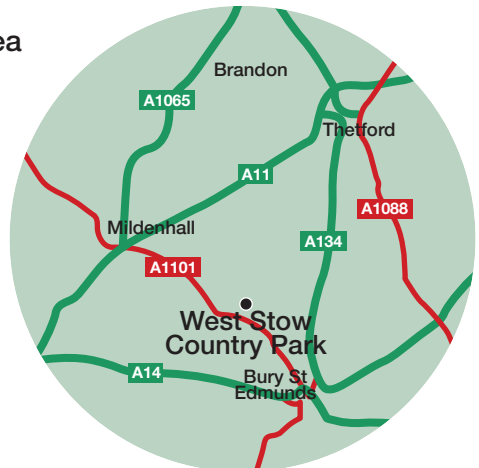
Children will love the excellent play area with its climbing wall and scramble net, and all the family will enjoy the fascinating, recreated Anglo Saxon Village, promoted as England's first village; making a trip to West Stow a very full, fun and varied day out.

Facilities

- **Parking** – pay and display
- **Picnic area**
- **Toilets** – accessible
- **Play area**
- **Café**
- **Museum** – charges apply

Directions

- Signed off the A1101 between Bury St Edmunds and Mildenhall.
- West Stow Country Park
01284 728 718
www.stedmundsbury.gov.uk/weststow
Post Code IP28 6HG



■ Easy access trail

1 mile/1.5km



The **Red Nature Trail** starts by the café and picnic site and takes a meandering route to West Stow Heath.

This is a lovely route at any time of year on natural paths with some exposed tree roots.

There are benches and information points along the route and don't miss the very unusual Shepherd's Hut.

■■■ Easy going trail

1.5 – 2 miles/2.5 – 3km



The **Yellow Pumphouse Route** and the **Blue Lake Walk** are longer trails and on very bumpy ground. Combined they make for a lovely exploration of the whole park.

