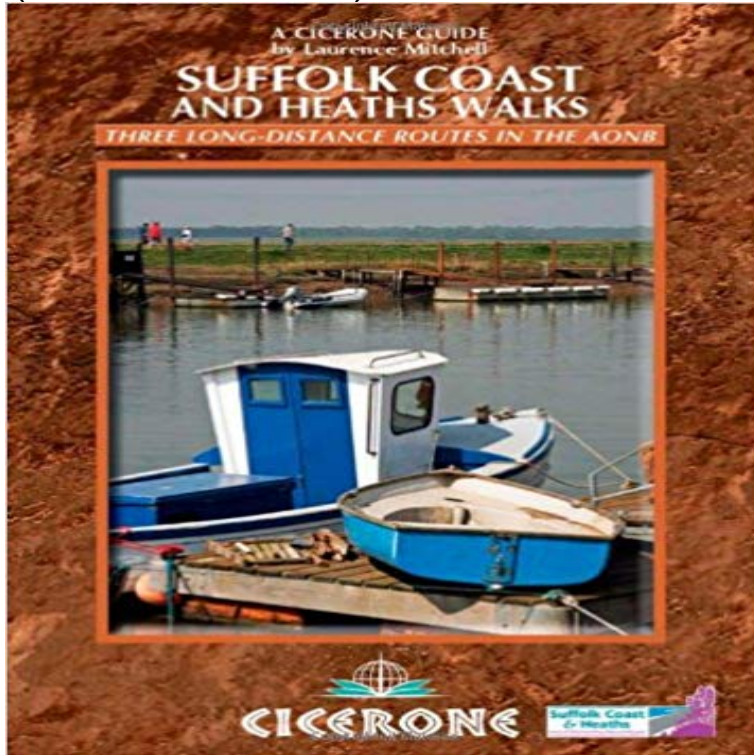


Suffolk Coast and Heaths Walks: 3 long-distance routes in the AONB (Cicerone Guides)



The three long-distance routes in this guide - the Suffolk Coast Path, the Stour and Orwell Walk and the Sandlings Walk - explore some of the most appealing landscapes in southern England largely within the Suffolk Coast and Heaths AONB. Easy for those with moderate fitness levels, they can each be walked in a long weekend or all three combined to complete a circuit of the entire Suffolk Heritage Coast, visiting Lowestoft, Felixstowe, Cattawake, Ipswich and Southwold. The Suffolk Coast Path stretches along the coast between Lowestoft in the north and Landguard Fort, close to Felixstowe in the south, a total distance of 55-60 miles (89-97km) depending on whether beach walking or inland options are followed. The Stour and Orwell Walk continues where the Suffolk Coast Path ends, starting at Landguard Point threading for 43 mile (69km) around the estuaries of the Stour and Orwell rivers to finish at Cattawade, close to the Essex border. The Sandlings Walk (59 miles/94.5km) thoroughly explores the heathland region that lies immediately inland from the Suffolk coast. With the exception of the first stage, between Ipswich and Woodbridge, the route of the Sandlings Walk lies entirely within the confines of the Suffolk Coast and Heaths AONB. The step-by-step route descriptions highlight the many features to be admired among the regions estuaries, marshes, dunes and sand and shingle beaches and the rich history of the once-key seaports of Southwold, Dunwich and Aldeburgh. much of the Suffolk coastal region is a designated Area of Outstanding Natural Beauty routes described in detail and illustrated with OS map extracts includes information on transport to and from the area, including the different ferries used for linking sections of route

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