



sf194 Minsmere Nature Reserve from Eastbridge

Eastbridge is on minor roads SE of the A12 at Yoxford. Take the B1122 towards Leiston and then Church Road just before the pub in Theberton.

The walk shown is for guidance only and should not be attempted without suitable maps.

Details			
Distance:	9km (5½ miles)		
Total Ascent:	36m (118ft)		
Time:	2 hrs	Grade:	1
Maps:	OS Landranger® 156		
	or OS Explorer Map™ 212		
Start/Finish:	Eastbridge, Suffolk		
Grid Ref:	TM452662		
Sat Nav:	N52.2393 E1.5907		

A bird watcher's paradise

- ① Go S from the pub in Eastbridge for 200m and then briefly E (left) on a signed track to Minsmere Sluice. Go S (right) onto a footpath and follow it E. Continue E at a crossroads of tracks and continue E over stiles. At three gates go through the left-hand one and continue E past the remains of a ruined chapel to reach The Sluice. Climb up the sand beyond the brick structure to reach the sea. (3 km)
- ② Continue N (signed 'To the heath') for 10m before going W (left) past Heath Barn Field Study Centre to cross the heath. At a path crossroads, continue W (straight-on) to reach a stile 20m beyond the edge of a wood. Cross and continue generally W through the wood to reach a signed path junction. Bear SW (left) and follow a footpath to reach a road. Cross and continue SW on the bridleway opposite descending gently through farmland and then Hangman's New Wood to join a road. Continue SW (right) on the road and then S (left) to return to Eastbridge and the start. (4 km)

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Hill Classifications:

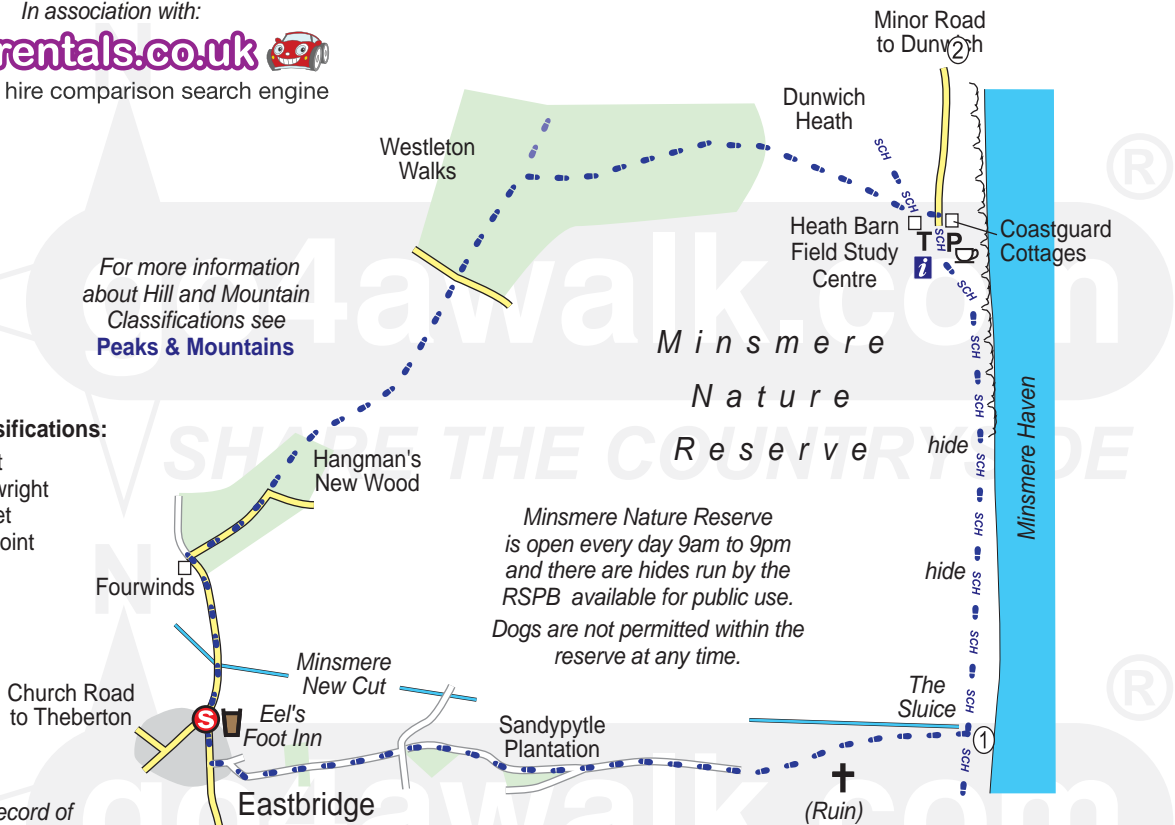
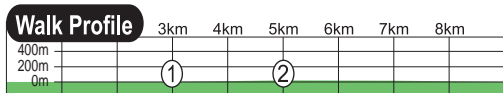
- ▲ Hewitt
- ⊙ Wainwright
- ⊙ Bridget
- △ Trig Point

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Minsmere Nature Reserve is open every day 9am to 9pm and there are hides run by the RSPB available for public use. Dogs are not permitted within the reserve at any time.

The Suffolk Coast and Heaths Path is a 80km (50 miles) path connecting Felixstowe with Lowestoft in Suffolk. It is waymarked by named discs.

The information given in this document has been provided in good faith. It is intended only as a general guide. We advise you to verify the accuracy of information before relying on it. It is the responsibility of individuals to approach outdoor activities such as the one described on this page with caution. The activity described can be strenuous and individuals should ensure they are fit enough before embarking upon it. If in doubt, seek medical advice. Appropriate equipment and maps should always be carried, along with suitable clothing and footwear. Always follow the Countryside Code. More information about the Countryside Code, clothing, equipment and how to use it can be found on the [go4awalk.com](#) website. This document may be downloaded from the [carrentals.co.uk](#) web site and printed for personal use only except under TMDH Limited licence number: TPC01006. Nothing may be added, deleted or amended in any way. In any event, this document and the information contained within it is and remains the sole property of TMDH Limited and is protected under Copyright © TMDH Limited 2009. All rights reserved. go4awalk.com is a registered trade mark of TMDH Limited. Landranger® is a registered trade mark and Outdoor Leisure™ and Explorer™ are trade marks of Ordnance Survey, the national mapping agency of Great Britain. © Crown Copyright 2000. All rights reserved.