





Ipswich Ipswich is Suffolk's county town, situated at the head of the Orwell estuary, 10km from the open sea. Life centres around the iconic waterfront and marina where cafés and restaurants stand alongside galleries, shops and museums. Leiston Home to the Long Shop Engineering Museum and close to RSPB Minsmere, a perfect place for walkers and cyclists to explore the Suffolk coastline. Lowestoft Famous for being the most easterly town in England and the birthplace

of Benjamin Britten. Formally a major herring port and now a bustling harbour. Orford A small fishing town known for its excellent local food and impressive castle. Home to Pump Street Bakery - as mentioned at the Oscars!

Saxmundham A charming Market Town, Saxmundham is a real working town with a busy high street and plentiful local businesses.

Snape Listed in the Domesday Book, Snape is the site of a Saxon ship burial. It is a major classical music venue, thanks to Benjamin Britten, with high-class shops and galleries to explore.

Somerleyton The pretty village of Somerleyton is situated on the very edge of the Norfolk/Suffolk border, a handful of miles away from Lowestoft and Beccles.

Southwold A quintessentially British seaside town, with a sandy beach and home to Adnams.

Thorpeness A holiday village surrounding the Meare, where you can go for a paddle and a pose in the hire boats. The countryside surrounding Thorpeness is a mixture of heathland, marshland, shingle beach and forest, and it is an excellent destination for walking and birdwatching.

Walberswick The Georgian village of Walberswick is a nostalgic English seaside dream and used to host the World Crabbing Championships! Keen crabbers still try their luck.

Woodbridge An attractive old town on the river Deben. Enjoy the riverside path past the houseboats and celebrate your walk with tea and cake at one of a number of lovely teashops.

meadows, heather on the heathlands and so much more! Dogs are allowed on rights of way, but do

watch out for nesting birds on the beaches.

What makes our landscape 'Suffolk'? <u>Suffolk's heaths are a distinctive</u> part of th SUFFOLK prehistory, providing a home of animals and plants Yellow gorse flowers smell strongly that can thrive on 1 of coconut. When you see some, the poor, sandy soil. remember that 'When gorse is in bloom, kissing is For centuries the great Sandlings heaths provided grazing and fuel for the poor. Huge areas have been converted to irrigated agriculture, forestry, airfields, Heathlands are full of unusual and urban development but what remains S has kept its wild beauty. Recently a lot of effort has gone into restoring and recreating heathland, bringing back species like stone curlew and Dartford

creatures, many of them not found anywhere else. Look for reptiles in spring, butterflies in early summer, and enjoy the purple heather in August. In Autumn, check out the rutting stags at Minsmere. You can hear them roaring miles away. 🦠

Most of Suffolk's remaining heathlands are protected by law and owned by conservation bodies. Management is vital, but so is keeping your dog on a lead in spring and summer when the birds are nesting on the ground.



An Area of Outstanding Natural Beauty, famed for its food and produce, culture and heritage, the Suffolk coast is a year round destination. The charming seaside towns provide fun and excitement for families. The gentle countryside is great for walking and cycling, with plenty of foodie treats waiting in the historic market towns and villages. The heaths, forests and estuaries are packed with wildlife. The windswept coast is a breath of fresh air and the wide open skies welcome you all year round.

Plan your next adventure with the suffolk coast.co.uk with loads of up to date information on where to go, things to see and do, places to stay, eat and shop! Plus lots of gorgeous films and pictures to inspire you!

Coastal Change is a complex problem, with

were built in previously unapproved areas

cut off access to the beach and can look

out of place. The rock armour was very

expensive and has had knock-on effects

North and South. Local residents and the

Environment Agency are now looking for

more sustainable solutions (

houses and tower for many years.

to help pay for rock armour to protect the

the tonnes of boulders have

no easy answers.

Eg: at

Martello tower and

RMOUR

look at

East Lane

acres of farmland. 26 new houses

threatening

70 years ago, 'Coastal Defences' mean

something very different. You can

see WWII pill boxes on the beach

erode. The eroding cliffs south of the

defences are revealing an amazing

landscape, with the remains of ice

of the cliffs.

shingle spit in the world to

be formed by an ebb tide.

They are always on

the move which helps

to keep yachtsmen

on their toes

wedges and flint tools appearing out

The Knolls, at the mouth

COCKLES &

PRAWNS!

of the river Deben are the only

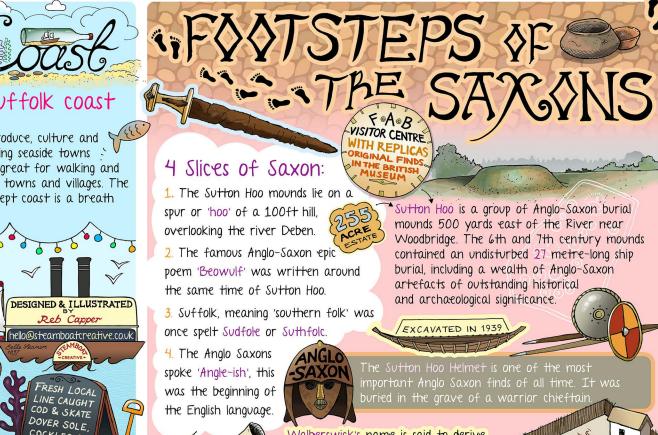
The Knoll

cross section through an Ice Age

and even in the sea as the cliffs

two houses, a

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Sutton Hoo is a group of Anglo-Saxon burial mounds 500 yards east of the River near Woodbridge. The 6th and 7th century mounds contained an undisturbed 27 metre-long ship burial, including a wealth of Anglo-Saxon artefacts of outstanding historical and archaeological significance. EXCAVATED IN 1939

Walberswick's name is said to derive from the Saxon 'Waldbert' or 'Walhbert, thought to was King Raedwald Guried here be a land owner. ational trust or & of suttonhoo

and forest tracks of the AONB make it a fantastic place for cyclists, both on the Suffolk Coastal Cycle Route and off road. Don't let anyone tell you that Suffolk is perfectly flat. There may be no long steep climbs, to discover some Follow the

and climb!

hidden gems!

The quiet lanes, bridleways

warbler that had been lost.

is great for families wanting a day out with bikes on a traffic-free route. Choose a section or the full 88 miles route linking Felixstowe to Dunwich and looping inland to Framlingham and Woodbridge. Wrentham

Begun in 1994,

but with 5 estuaries, there are plenty of river Southwold valley sides to descend

· Durwich Explorer Cycling 10 Minsmere Guides are available to download from

suffolkcoastandheaths.org Glemham Thorpeness