

A MAP of the SECRETS of the SUFFOLK COAST

Enter a wide world of wonder, whether a visitor or an insider or a proud resident of our county, there is much to discover from our past and present.

Holesworth's Millennium Green was created in 2000 from 32 acres of grazing marsh in the flood plains of the River Blyth. The aim is to provide an open space to be used forever as an area to enjoy nature and wildlife at first hand.

The King's Head (The Low House) in Lawfield, is one of the very few pubs left in Britain that has no bar-counter, but a tap room at the back.

The Long Shop Museum tells an inspiring story of enterprise in Leiston and its remarkable engineering workshop built by Richard Garrett & Sons. Named by workers 'The Cathedral', the factory was the earliest assembly line of agricultural machinery and steam engines. The washer towers 149m well, is the deepest in Suffolk and the wonderful 'Victromatic' Dry Cleaning Machine can also be seen at the museum. Other notable Garrett family members include Elizabeth Garrett Anderson, Britain's first female physician and surgeon.

Born in Grundsburgh in 1511, Bartholomew Gosnold was an explorer and privateer who was instrumental in founding the Virginia Company of London, and Jamestown in colonial America. He also led the first recorded European expedition to Cape Cod. In 1602 he landed at Martha's Vineyard and named it after his daughter, who died whilst still a toddler.

Near Wickham Market lies Patsford Gabbet; where the last man to be 'hung in chains' in England was executed in 1649. Jonah Snell was dragged up the hill by his behind for his part in the grizzly murders at Leveringham Mill. The hill is today known locally as Dragon's Hill and Snell's ghost is now said to haunt the area.

At over 700 years old, Wickham Market's All Saints Church octagonal tower and lead spire dominate the skyline at 137.5 feet tall. In 2004 one of the largest iron age hoards was found nearby by a man who had been metal detecting for 25 years!

Once a fearsome fortress, it was behind Framlingham's 12th-century Castle's walls that Mary Tudor was proclaimed Queen of England. Surrounded by parkland and estates, it was once at the centre of a vast network of power and influence. In the mid 17th century, people moved into Framlingham's first porchhouse inside the grounds. Today the market town has been used as a filming location for comedy series 'The Detectors' by Fleckenziey Crook.

Almost destroyed by fire in 1688, Bungay lies in the Waveney valley. It formed part of H.G. Wells' semi-autobiographical novel 'The Island of Dr. Moreau', published in 1904.

Bungay, on the edge of The Broads, was key in the printing and paper manufacturing industries. Begun by Joseph Hooper, a wealthy Harvard graduate in 1783, Charles Brighly then established a printing and stereotype foundry in 1795 and today still prints as Clays. This is where Harry Potter chapters were said to have escaped from during printing.

Clippings from the annual cutting of the yew maze at Somerleyton Hall are processed for the production of anti-cancer drugs, as yew contains taxol. The world's ornate iron and glass greenhouses are designed by Joseph Paxton, architect of Crystal Palace.

Gulliver was built in 2005 and sits close to Ness Point in Lowestoft. It is capable of producing a huge 2,750kW of electricity, enough to supply over 2,225 homes and is helping to achieve our net-zero emissions goal.

Patron Saint of Suffolk **Saint Edmund**

LOWESTOFT
MOST EASTERLY POINT
52° 29' 0"N, 1° 46' 0"E
NESS POINT

Built by Lowestoft ship builders Brooke Marine, the vessel helped Richard Branson's team to break the Trans-Atlantic sailing record, bringing the Blue Riband Trophy back to the UK.

The Lowestoft scores race is a unique course, run along the northern sea wall, returning via the town's historic Scores, comprising an up and down total of 13 stepped hills, 4.75 miles and 401 steps.

Little herms fly all the way from South Africa, to breed on the beach at Kesington. Dog kites look like eagles and toys look like foxes, both can scare them away again.

The earliest written report of the Kesington Serpent surfaced in 1150: 'The creature was five feet long, with a head like a dog, and a beard like a lion'. Since then sightings have been of serpents 60 feet in length. It is thought these could be sightings of *Aorhish*, which can grow to over 30 feet long.

Suffering from the highest rate of erosion in the UK, mapping of Covhithe's coastline shows it has retreated more than 530 metres since 1883. This can be seen most obviously on the sand cliffs above the beach where the road running from the church simply falls away down onto the beach. The only recorded pub within the village, The Anchor Public House had closed by 1882.

Southwold Pier has shrunk and grown with storms, wars, and rebuilding, but thanks to Tim Hunkin's Water Clock you can now see two metal boys peeing and a tin man having a bath there!

Walberswick, famous for its fabulous crabbing, is also home to The Bell - a 600 year old pub steeped in seafaring history and overlooking the sand dunes.

During 1943 a replica of a German hedgehog strongpoint was built as a training facility for Allied troops preparing for D-Day. Based on stolen German plans and other intelligence, it was far more cleverly laid out than Allied defences of the time. Anti-tank guns pointed into the centre of the position so that attacking tanks could be shot in their rear without giving the gun position away.

Once one of the most important ports in medieval England, now all that remains of Dunwich is Greystones friary, outside the old city walls, and a fragment of All Saints' churchyard including the very last gravestone. Ghostly legends include the lost church bells ringing from under the sea; a Victorian sailor and horseman!

The first Suffolk anti-lion was found at Dunwich Heath, as well as the Battery Observation Post for the WWII 6 inch gun battery on the cliff-top. This was disguised as the end cottage of the row of coastguards' cottages.

RSPB Minnere was created in 1947, and is just under 4 square miles. It is home to bitterns, otters and a wide range of other beasts. Next door is Dunwich Heath, a National Trust home for Dartford warblers and adders. Just to the south kittiwakes breed on the warm water outfall from Sizewell.

The Mere is an artificially created lake covering 3 acres in Thorpeness. Tiny islands across the Mere are named after locations found in J.H. Barrie's Peter Pan, as he used to visit the whimsical holiday village regularly. Relatives of the original designer G. Stuart Ogilvie still live in the village, which was founded in 1912.

Moor Halls were built as assembly buildings to meet and decide local issues. They were built in the centre of villages, but due to erosion, Aldeburgh's Moor Hall is now right next to the beach.

A dig at Barber's Point in 2013 revealed an early Saxon Christian cemetery excavating 19 graves, including one of a mystery girl buried with a cowrie shell. Originally an island in Saxon times, a tidal surge in December 2013 transformed it into an island once more.

There is plenty to do at Snape with an art gallery, cafes, sculpture walks and live music. Benjamin Britten's music is still performed at the Snape Maltings Concert Hall. Snape Maltings is a historic grain quays where barges used to bring coal up the Alde.

There was a lighthouse on Orford Ness up to 2020, which had safeguarded the area for 228 years. It has now been dismantled, artefacts have been saved and a site earmarked for them to be displayed once funding has been secured.

Orford Ness is now a nature reserve and also the largest vegetated spit in Europe. Until the mid-1980s it was early work on radar was carried out. It was also used to develop bomb fuses, the pagodas are where the conventional explosive part of atomic bombs were tested.

Bawdsey Radar was the world's first operational radar station. Defences around Bawdsey included land mines and flame fougasse. Visit Bawdsey Radar Museum to find out more!

Here the fire was stayed 1688

TO THE BUNGAY H.G. WELLS

MORE PIGS THAN PEOPLE

THE TOWN TRAIL WALK

DAME MILDRED GARRETT FAWCETT FAMOUS SUFFRAGIST

RICHARD GARRETT

LESTON

SNAPPE

RAF BENTWATERS

ORFORD CASTLE

SHINGLE STREET

RAF BAWDSEY

FELIXSTOWE

ILLUSTRATED Reb Capper

ILLUSTRATED Reb Capper

ILLUSTRATED Reb Capper

ILLUSTRATED Reb Capper

Wooliam

IPSWICH

IPSWICH

IPSWICH

IPSWICH

IPSWICH

IPSWICH

What is COPROLITE? Coprolites are fossilised animal dung, rich in phosphates. In 1842, mining of 'coprolites' for fertilizer began in Timney St Martin and other villages. The miners were nicknamed 'Treacle Miners'. If turns out that Suffolk coprolites aren't really coprolites at all though, they're nodules of phosphate rich rock that just happen to look like old poop.

Douglas Bader was an ace Fighter Pilot during the Second World War created with many aerial victories. In 1931 he crashed and lost both of his legs, but returned as a pilot in 1939. After taking part in the Battle of Britain, he bailed out and was captured in 1941. Freed in 1945, Bader returned to the oil industry. The airfield Bader used was based at MarHeatham, which today is home to BT's Research and Development Headquarters and where new technologies and products are designed and evolved.

STEAMERS HAVE SAILED THE WATERS SINCE THE EARLY 19TH CENTURY

AROUND 24,000 CONTAINERS

MANY OF THE LARGEST AND LONGEST CONTAINER SHIPS VISIT THE PORT OF FELIXSTOWE, INCLUDING THE 'EVER GIVEN', WHICH BLOCKED THE SUZUKI CANAL IN 2021

Ipswich's Christchurch Mansion is a beautiful Tudor mansion, boasting over 500 years of history. There are a number of period rooms including the Tudor kitchen, Georgian saloon and the Victorian wing. It displays a fine collection of art from Suffolk artists including the biggest Constable and Gainsborough collection outside of London.

Named by a group of under 5's at Ipswich Museum, Wooliam, the replica mammoth, was created for the museum to complement the displays of remains found near Ipswich. The species lived in the area until about 11,500 years ago.

Woodbridge's Tide Mill was the last commercially working tide mill in the UK, but has been restored to working order and is open from April. For over 800 hundred years, man has been harnessing the green energy from the tides to drive a mill producing flour and animal feed. The earliest recorded mill on this site on the River Deben is 1770.

For over 40 years there has been a vehicle fun from Christchurch Park, Ipswich, to Felixstowe. Over 500 historic vehicles can be viewed along the promenade.

Mrs Simpson stayed at Beach House in Felixstowe in 1936 during the abdication crisis and largest scandal to hit the Royal Family in the 20th Century. Mrs Simpson awarded her divorce that would allow her to marry King Edward VIII. During her stay it is said that the King flew his little red plane to Felixstowe to visit her.

In December 1980 in Rendlesham Forest, near RAF Bentwaters and Woodbridge, US Air Force personnel reported UFO sightings. This was the most famous UFO incident recorded in Britain, some have claimed it was simply lights from the Orfordness Lighthouse.

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In 1667, an invasion of 2000 Dutch soldiers came ashore at Felixstowe in the area named the Lydings. The hotel there still keeps the name. Despite falling there, the focus was to attack Landguard Fort. The first true Fort there was built in 1626 and its military role ended in 1951. Between 1812-1816, 29 Napoleonic Martello Towers were built along the coast between Clacton and Aldeburgh. Their walls were up to 2.5m thick.

heritage lottery fund

LOTTERY FUNDED

email: reb@steamboatcreative.co.uk

www.steamboatcreative.co.uk

ILLUSTRATED Reb Capper

ILLUSTRATED Reb Capper

ILLUSTRATED Reb Capper

ILLUSTRATED Reb Capper

SUFFOLK COAST & HEATHS AONB

COVERS 44km²

SALT MARSHES
MUD FLATS
REED BEDS
SHINGLE PLANTS
POCHARY
THE YOUNGEST ROCKS IN BRITAIN
GROUND NESTING BIRDS

A source of inspiration to countless artists, writers and musicians, the area was designated an Area of Outstanding Natural Beauty in 1970 and is one of 46 AONBs within England, Wales and Northern Ireland.

There are also 3 large forests in our AONB: Tunstall, Rendisham, and Dunwich and many smaller woodlands. Rendisham has an activity centre and cycle trails.

PLEASE TREAD LIGHTLY... on this landscape. It's for future generations to enjoy too!

The Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) is 170 square miles of wildlife-rich wetlands, ancient heaths, farmland, windswept shingle beaches, crumbling cliffs and historic towns and villages extending from the **Stour estuary to Kessingland**. Our AONB is a fantastic place to discover and explore.

Food and Farming

Suffolk's Farm Shops and Farmer's Markets are some of the best in the UK due to our long agricultural history, which still forms a vital part of our economy today. You can often meet the producers at the markets and find out where your fare has come from.

Suffolk's food producers are as inviting as the landscape, with local farmers, bakers and smokers creating some of the most exciting and deliciously fresh food around. Why not visit one of the many farmers markets and farm shops, or try something from an artisan smokehouse or bakery?

The Suffolk coast grows potatoes, vegetables and salad crops, along with cereals and sugar beet. Great free range pork is produced year round, but don't miss the asparagus season in spring! Local produce is widely available, and is showcased at the famous **Aldburgh Food and Drink Festival** every September.

THAPE IS AN OLD SUFFOLK WORD FOR WHAT SORT OF FRUIT?

RARE BREEDS

FRESH LOCAL LINE CAUGHT COD & SKATE DOVER SOLE OYSTERS & PRAWNS SMALL - £2.00 LARGE - £3.50

RECIPES
SUFFOLK APPLES CAKE
150g Butter
150g Sugar
150g Plain Flour
150g Apples
150g Eggs
150g Milk
150g Baking Powder
150g Vanilla
150g Raisins
150g Currants
150g Walnuts
150g Almonds
150g Pecans
150g Walnuts
150g Almonds
150g Pecans

RIVERS AND ESTUARIES

THE BLYTH
In the season you can catch one of four foot ferries running from Felixstowe, Bawdsey, Butley and Walberswick, traversing our rivers to get you from A to B! Find timetables on thesuffolkcoast.co.uk

THE ALDE AND ORE
Between the Ore and the sea is Orford Ness, the largest shingle spit in Europe. The Ness is internationally important for wildlife and boat trips also leave from Orford.

THE DEBEN
Alongside Felixstowe docks, the busiest container port in Britain, the estuary is brilliant for birds. There are nature reserves to visit at Trimley, Levington and Nacton. Falcons have also been spotted nesting on the Orwell Bridge.

THE ORWELL
Woodbridge was once a major ship building town providing ships for the English fleet fighting the Spanish Armada in 1588. Smugglers used to land their illicit goods at Woodbridge to sell.

Did you know? At the mouth of the Blyth, Southwold is still an active fishing harbour.

SOAPS
SUFFOLK'S LONGEST ESTUARY AT ALMOST 110 MILES!
SUFFOLK'S MOST BEAUTIFUL BAY
SUFFOLK'S MOST BEAUTIFUL BAY
SUFFOLK'S MOST BEAUTIFUL BAY

NATURE RESERVES TO VISIT

The Suffolk coast has a fabulous concentration of nature reserves. More than a quarter of the Suffolk Coast & Heaths Area of Outstanding Natural Beauty is globally important for wildlife. We have reedbeds, marshes, heathlands, shingle, and some extensive pine forests.

RSPB's flagship reserve at Minsmere is one of the most famous nature reserves in the country, and it's right next to the National Trust's Dunwich Heath and beach. There are lots of hides, fun for kids too, and both centres have a café.

North of Dunwich is a complex of sites, Dingle Marshes and Dunwich Forest are both shared between RSPB and Suffolk Wildlife Trust (good circular walks, and the forest is great if you need a bit of shelter). Westwood Marshes, one of the largest reedbeds in the UK, is managed by Natural England. Don't miss the Carr!

With the National Lottery Heritage Fund's investment of over £4 million in Suffolk Wildlife Trust's vision for 1000 acres of wildness, the transformation of Carlton Marshes into the southern gateway to the Broads National Park is complete. As water flows back onto the land, nature is taking over once again.

SO MANY PLACES, SO LITTLE TIME...
If you're a keen birder or just want to walk somewhere special, find out more by searching on the Forestry Commission, National Trust, National Trust, RSPB, and Suffolk Wildlife Trust websites.

10 BIRDS TO WATCH
WILLOW WARBLER
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK

ARTHOUSE CINEMA

Did you know, famous composer Benjamin Britten was among a group of local people who bought Aldburgh Cinema in the mid-60s when there was a threat of closure.

In the early 1900s, a steam engine built by Leiston's Garrett Works powered one of the first cinematography projectors, which was in effect a small mobile cinema!

The Suffolk Coast boasts a number of independent cinemas and art houses. Some have screenings year-round, others on a more irregular basis. Please check with the venue for their programme:

- > Aldburgh Cinema
- > Bungay - Fisher Theatre
- > Felixstowe - Palace Cinema
- > Halesworth - The Cut
- > Ipswich Film Theatre - The Corn Exchange
- > Leiston Film Theatre
- > Lowestoft - Marina Theatre
- > Lowestoft - East Coast Cinema
- > Orford Village Hall
- > Southwold - The Electric Picture Palace
- > Woodbridge - The Riverside Theatre

FESTIVALS

Festivals on the Suffolk coast take place all year round, celebrating a rich mix of music, performance, books, art, food and drink, poetry, film, comedy, sunrises, nature and wildlife, all set in the stunning landscapes of the coast and countryside. Find out all about these wonderful events on www.thesuffolkcoast.co.uk/festivals

MAVERICK FESTIVAL
The UK's first and finest Americana music festival. YEE HAW!

FolkEast
Folk music and art at its best. 24 hour multi-arts festival on the beach!

LATITUDE
One of the UK's favourite mega-festivals!

ALDEBURGH FESTIVAL
World renowned festival of music and arts, founded by Benjamin Britten and Peter Pears in 1948.

SUMMER AT SNAPE
Suffolk's very own proms!

ART ON THE PROM
A colourful exhibition of art and artists all along Felixstowe prom.

FELIXSTOWE BOOK FESTIVAL
The home of books by the sea!

GETTING AROUND

The Suffolk Coast is a little over an hour away from London. Catch a train from London Liverpool Street to Ipswich then change to the East Suffolk line, with a service to Felixstowe and also all stations to Lowestoft.

Accommodation
The 50 miles of Heritage Coast in Suffolk is a huge draw, offering plenty of charming self-catering, B&Bs or hotels for holidays or short breaks.

THE SUFFOLK COAST COAST/ACCOMMODATION

TO PLAN ANY JOURNEY BY PUBLIC TRANSPORT
suffolkboard.com/travelinfo

SHEW = SHOWED
SUFFOLK DIALECT WORDS & PHRASES

WHAT WAS THE HOUSE IN THE CLOUDS ORIGINALLY BUILT FOR?
WHEN THORPE NESS WAS FIRST DEVELOPED THERE WAS NO MAIN WATER SUPPLY. IT WAS BUILT AS A WATER TOWER.

10 BIRDS TO WATCH
WILLOW WARBLER
SAND LARK
SAND LARK
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SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK

MARKET TOWNS

Aldburgh World-renowned thanks to its connection with Benjamin Britten. The town offers post shopping with an artistic bent; the Peter Pears Gallery, famous fish and chips and pastel-coloured 19th Century villas which line the promenade.

Beccles A charming market town, as peaceful as it is popular. Beccles is made up of small squares and winding streets, with plenty of independent shops for you to explore.

Bungay A market town with scenic walking, good shopping and historic buildings.

Dunwich One of the most important ports in England, dating back to Anglo-Saxon times. From the late 1200s several huge storms blocked the harbour and swept houses away. Today there are less than 200 people who live there.

Felixstowe An unpretentious seaside town with a vibrant town centre and a wonderful mix of attractions.

Framlingham This ancient market town has a castle, a mere and a great Saturday market.

Halesworth One of Suffolk's many pretty market towns. It's a place with a strong identity that makes a great base for exploring Suffolk.

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.

THE PIER

Walking

Fancy a long walk beside the sea... or a brisk stroll before lunch?

With a huge variety of routes there is something for everyone including 14 Explorer Guides. Walk in the footsteps of seafarers on the Sailors' Path or stroll around the fascinating town of Orford and many more wonderful locations.

Remember, many of the trails in Suffolk are easy walking, partly because Suffolk is famously flat! The longest walk is the 55 mile Suffolk Coast Path running from Felixstowe to Lowestoft.

Walking in Suffolk is about big skies and changing landscapes. Walk over farmland, disused railway tracks, woodlands, 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.

Explore on foot or by bike, download free guides from suffolkcoastandheaths.org to get started!

HOISTERS
TROUSERS THAT ARE TOO SHORT

COASTAL CHANGE

Coastal Change is a complex problem, with no easy answers. Eg erosion was threatening two houses, a Martello tower and acres of farmland. 26 new houses were built in previously unapproved areas to help pay for rock armour to protect the houses and tower for many years.

NEW HOUSES
However, the tonnes of boulders have 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 to protect Shingle Street.

EROSION WALK PENINSULAR DOWNSTREET
Have a look at East Lane, Bawdsey, what do you think?

LEE
The Knolls, at the mouth of the river Deben are the only 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.

ROCK ARMOUR

70 years ago, 'Coastal Defences' meant something very different. You can see WWII pill boxes on the beach and even in the sea as the cliffs erode. The eroding cliffs south of the defences are revealing an amazing cross section through an Ice Age landscape, with the remains of ice wedges and flint tools appearing out of the cliffs.

HEATHS

Suffolk's heaths are a distinctive part of the landscape. Rarer than rainforest, heathland has its origins in deep prehistory, providing a home for a fantastic array of animals and plants that can thrive on the poor, sandy soil.

For centuries the great Sandlings heaths provided grazing and fuel for the poor. Huge areas have been converted to irrigated agriculture, forestry, airfields, and urban development but what remains 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 warbler that had been lost.

Why not try and find the Giant Nightjar at Rendisham Forest?

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.

SUFFOLK HAS...
LOST NEARLY 90% OF LAND HEATH

HEATHS TO VISIT
WILLOW WARBLER
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK
SAND LARK

The Suffolk Coast

Explore the Suffolk coast

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 thesuffolkcoast.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!

DESIGNED & ILLUSTRATED
Reb Cooper
rebc@streamboatcreative.co.uk

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FOOTSTEPS OF THE SAXONS

4 Slices of Saxon:

- The Sutton Hoo mounds lie on a spur or 'hoo' of a 100ft hill, overlooking the river Deben.
- The famous Anglo-Saxon epic poem 'Beowulf' was written around the same time of Sutton Hoo.
- Suffolk, meaning 'southern folk' was once spelt Sudfole or Suthfole.
- The Anglo Saxons spoke 'Angle-ish', this was the beginning of the English language.

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.

The Sutton Hoo Helmet is one of the most important Anglo Saxon finds of all time. It was buried in the grave of a warrior chieftain.

Walberswick's name is said to derive from the Saxon 'Waldbert' or 'Walber', thought to be a land owner.

was King Raedwald buried here?

EXCAVATED IN 1939

THE WYKE
Said to be the site of a Saxon 'hoo' or 'hoo'.

Cycling

The quiet lanes, bridleways and forest tracks of the AONB make it a fantastic place for cyclists, both on and off road.

Began in 1994, the Suffolk Coastal Cycle Route 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.

Don't let anyone tell you that Suffolk is perfectly flat. There may be no long steep climbs, but with 5 estuaries, there are plenty of river valley sides to descend and climb!

Explorer Cycling Guides are available to download from suffolkcoastandheaths.org

Follow the signs
To discover some hidden gems

Wrentham
Southwold
Dunwich
Minsmere
Thorpness
Little Greenham
Raenhall