Waveney Ramblers Southwold 3 Frostenden

Track: TM 47908 81744 GPX for SatNav 6.3 Miles Updated: 2018

There is limited parking near the 13th-century church in Frostenden.
Or start in Wangford near the Angel Inn (add 0.8 miles).

In Norman times Frostenden was a port, the brook was a navigable stream. From the church, head south along the tarmac to the A12. Turn right, south, pavement right, for 80 metres. Cross the A12 and head east towards Valley Farm on the track. After 220 metres, close to a house, turn right at a footpath sign, hedge and pumping station right. (Don't follow GreenLane.) At a minor road turn left, east. After 320 metres, turn right, south, along a little-used, signed footpath, hedge right. At the end of the field, go through a gap and walk diagonally left, SE, to the house with a conifer hedge. Follow the perimeter south, hedge left, to a minor road at Frostenden Corner.

Turn left, NE, signposted Wrentham. After 270 metres, turn right, SE, into woodland. After 220 metres, the track narrows and bears right. Go through a metal gate and head SW across the meadow. Pass close to three mature oaks and bend right, SW, towards a copse. Pass the copse, trees right and, on the same heading, head towards a power pole. Close to the pole, leave the meadow through a metal gate into a woodland path and head SW to the hamlet of Frostenden Cove.

At the tarmac, turn left, SW, buildings right. Ignore a footpath, right. Head SW woodland left. Ignore a crossing farm track. The path bends left, south. Ignore a track, left, into woodland. At open fields, continue south, hedge, left. At the end of the field, bear left, roughly south past woodland, right, into the next field. Follow the perimeter south, hedge left. The perimeter path bends right, eventually west and drops into a sunken path which obviously doubles as a stream bed in wet weather. If it's too wet, the field perimeter, hedge left, should work as an alternative. Head NW to the tarmac lane and emerge at the concrete hard-standing on the corner.

Turn right, north, along the tarmac for 270 metres (one field). Before animal sheds and silos, turn left, west, hedge right, now aiming for the Plough, Wangford, not in sight though. Go through a gap and continue west, no hedges. Cross an overgrown stile and head west across the meadow. Close to the house, leave the meadow via electric fences, easily unhooked and climb the padlocked gate, more of a problem. The author was too fat to squeeze the gateside gap! At the tarmac, turn right, north, to the A12. Turn left, SW, and follow the footpath on either side of the A12. Optionally divert via the Plough for refreshments. Follow the A12 for 450 metres, to the old Police house (Homeland).

If you started in Wangford head NE along Blacksmith Close to this point. Half way down the lay-by, close to the house, head NW, hedge left. At a small wood and the first hedge gap, kink left and right and continue NW, hedge right. The perimeter path bends right, north, then NE. At a kink in the field boundary, cross into the right hand field and continue hedge left across the final field before Wash Lane. These footpaths had not been maintained so it might be more convenient to follow this hedgerow on the wrong side depending on planting and ploughing.

At the lowest point, turn right, NE, and follow the sunken path, Wash Lane, for 90 metres or use the field perimeter if it's too wet or overgrown. At the end of the sunken path, turn left, NW, towards Brick Kiln Farm and the barn conversion. At the road turn right, NE. Ignore the right turn, cycle route N31. At the Y-junction bear right, east, for 400 metres, passing ancient oaks. Just before the end of the 30 mph limit signs, turn left, north, sign-posted, into woodland. Turn right across a footbridge. Head NE across the open field towards a large pale barn with three doors. Half way across the field, the path bends north towards the hedge. At the hedge, turn right east, and head towards the church, hedge left. Back on tarmac, turn left, north, back to the church.

Please support rambling and the countryside.	Join the Ramblers at	https://www.ramblers.org.uk/
Disclaimers and Copyrights © 2026	Waveney and District Ramblers Group	http://waveneyramblers.org.uk/
Sketch maps, not to scale	Crown Copyright	http://waveneyramblers.org.uk/
OpenStreetMap	https://creativecommons.org/licenses/by-sa/2.0/	https://www.openstreetmap.org/
Corrections:	Please mail Neil at nbauers@btinternet.com or Facebook	https://www.facebook.com/nbauers/

Frostenden
6.3 Miles - Southwold - 3
Frostenden, All Saints Church
barmaid.nicely.demanding



OS Trail on

Smartphone