Waveney Ramblers Sandlings Walks 0 Sandlings Walk - 14 Circular Routes

Track: **TM 19650 44448** **GPX for SatNav** 60 Miles Updated: 2020-11-05

The Sandlings Walk starts from Rushmere Heath and heads north and east to Southwold.
An alternative start point is at Bixley Heath one mile to the south.

This guide splits the route into fourteen circular walks. The waymarked Sandlings route is about 60 miles long. These circular routes total 130 miles. The Suffolk Sandlings are areas of heathland with poor sandy soil. This habitat has become rare and valuable. Much of the terrain has been converted to arable farm land or forest plantations. The walk is well signposted. Look out for sculptures at intervals along the route. The habitats are very diverse and there are some fine views. As well as forest, heath and arable crops, expect pig farms and huge areas of mown lawn, some of which have been harvested for rolls of turf. Clay clogged boots are unlikely in this sandy terrain.

GPX and KML DOWNLOADS
During November 2018, the entire walk was logged using a Garmin eTrex 20 hand-held GPS receiver. The downloadable track logs are quite accurate and generally better than similar offerings on-line that were created from maps without actually doing the walk! Several downloads copy each other and get the Kesgrave start/end point wrong. The walks are shared on https://www.wikiloc.com/

MAPS from OpenStreetMap
OpenStreetMap allows you to copy, distribute, transmit and adapt their data, as long as it's credited to OpenStreetMap and its contributors. The maps in this guide add track logs to OpenStreetMap. These may be distributed under the same licence - https://www.openstreetmap.org/copyright

THE WALKS
1) 8.2 Miles - Ipswich Railway Station to the Sandlings Start - (This extra leg is not part of the "official" route.)
2) 6.2 Miles - Visit both start points at Bixley and Rushmere Heaths
3) 12.5 Miles - Kesgrave and Martlesham
4) 10.7 Miles - Martlesham and Melton - (At high tide part of this route might be under water for an hour or two.)
4.1) 12.2 Miles - Ipswich to Melton Train Walk - (At high tide mile nine might be under water for an hour or two.)
5) 10.5 Miles - Sutton, near Sutton Hoo
6) 8.0 Miles - Rendlesham and the UFO trail
7) 10.8 Miles - Butley
8) 9.6 Miles - Snape South and Tunstall Forest
9) 11 Miles - Snape North
10) 8.4 Miles - Aldringham
11) 9.2 Miles - Sizewell and Minsmere
12) 11 Miles - Dunwich Forest and Heath
13) 8.5 Miles - Walberswick (October 2018: The bridge to Southwold is closed for repairs)
14) 4.6 Miles - Southwold (The route has been extended to include the pier.)

DISCLAIMER
Waveney Ramblers tries to stay on rights of way and keep safe. These maps are a "best effort" to document our routes but there may be errors, especially if paths have not been reinstated or signposted. Local conditions change from day to day and with the weather and seasons. Paths get diverted or closed. A safe walk today could become unsafe tomorrow. So please rely on your own common sense. Use these guides as a starting point and not as Biblical authority. As always the main danger is road traffic. Railway crossings are safe by comparison.

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/

Sandlings Walk

The main route is shown in red.
The circular return routes are blue.

