

# Waveney Ramblers Sandlings Walks 4.1 Sandlings 1 3 4 - Train Walk - Ipswich to Melton

Track: [TM 28813 50301](#) [GPX for SatNav](#) 12.2 Miles Updated: 2020-03-10

Sandlings Path - An alternative combining 1, 3 and 4 with a train ride.

Time this walk so the tide is out at mile nine. At high tide the path floods.

Park at Melton Riverside, TM 28811 50299 and walk to the railway station. Catch a train to Ipswich.

From Ipswich station head NE and cross the Gipping River. After the bridge, go left down steps then head left, east, along the the river path. Follow the river path east. Kink left and right over the A137. Keep left and head east past the moored boats, right. At the end of the marina, turn left, east, along Coprolite Street (fossil poo street) then left, north, up the B1458. Cross the A1156 then head right, east along Back Hamlet. Turn left, north, into Alexandra Park. Head to the NE corner of the park.

Turn right, SE, along Grove Lane, then first left, along Woodville Road, NE. This is part of the N1 cycle route to California (Dover to Shetland so don't get sidetracked!) Turn right, SE, into Tennyson Road, then left, NE, along Wellesley Road. Cross the railway. Bear right, east, into Marlborough Road. Continue east into Freehold Road and later Newbury Road. Kink right and left to head east past the hospital. Kink left and right. Head close to the buildings. Don't cross the staff car park. Head east to the A1189. Cross over and head right, south, until you are opposite Heath Lane.

This is the start of the Sandlings Walk. Head a little north of east across the common and golf course. Follow the way marks left, downhill, then right, east, in the woodland. Cross a couple of tarmac roads and continue always east. Ignore a path to the right (SE). Continue east all the way to the Kesgrave sports fields. At the end of the sports field enter the woodland, NE. Follow the way marks. Cross the road and head NE along the footpath. Turn left, NW, children's play area right. Just after the school playground, turn right, east, signposted to Martlesham. The concrete path bends left, north, passing the control tower museum.

At a park bench, turn right, NE, fence right.

At the road, bear right, east along Portal Avenue. Near the barrier head east then SE parallel with the A12.

Turn left, NE, and cross under the A12.

Kink left and right onto a narrow path. Skirt the Tesco's car park (toilets, cafe, shelter).

Bear right, east, still skirting Tesco's. Ignore side turnings. Continue east leaving Tesco's behind.

Kink right and left, east. Aim for the car park height barrier. Cross the road and enter the car park.

Head east, through a gate into a long stretch of woodland.

At the end of the wood head east parallel with Newbourne Road. Kink left and right onto the field perimeter path avoiding the tarmac.

At a right bend in the road, turn left, north, and cross the open field. Aim for the hedge gap.

Turn right, east, along the lane and soon left, north, on a farm track, hedge right. Continue north on tarmac.

Opposite an attractive historic building, kink left and right, north, onto a field perimeter path.

Level with St. Mary's church, turn left, west, hedge right, not on the tarmac.

Turn right, north, and head down steps into woodland. Near the end of the trees continue north.

Leave the woodland and head alongside the estuary, moored boats right.

Turn right, east. Stay close to the water and head all the way back to the Melton Riverside car park.

Where the path bends north, there's a low lying and beach where the footpath floods at high tide. Check here ...

[https://www.bbc.co.uk/weather/coast\\_and\\_sea/tide\\_tables/1/134a#tide-details](https://www.bbc.co.uk/weather/coast_and_sea/tide_tables/1/134a#tide-details)

Return close to the water after a short woodland stretch. The path is now tarmac. In Woodbridge, don't cross the railway line.

Pass Woodbridge Station, an alternative start point. Follow the way marks to avoid ending up on a dead end spit of land. Continue NE to Melton. Head down the steps, away from the estuary.

Return to Melton station if you came by train or turn right and cross the footbridge back to the car park.

---

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

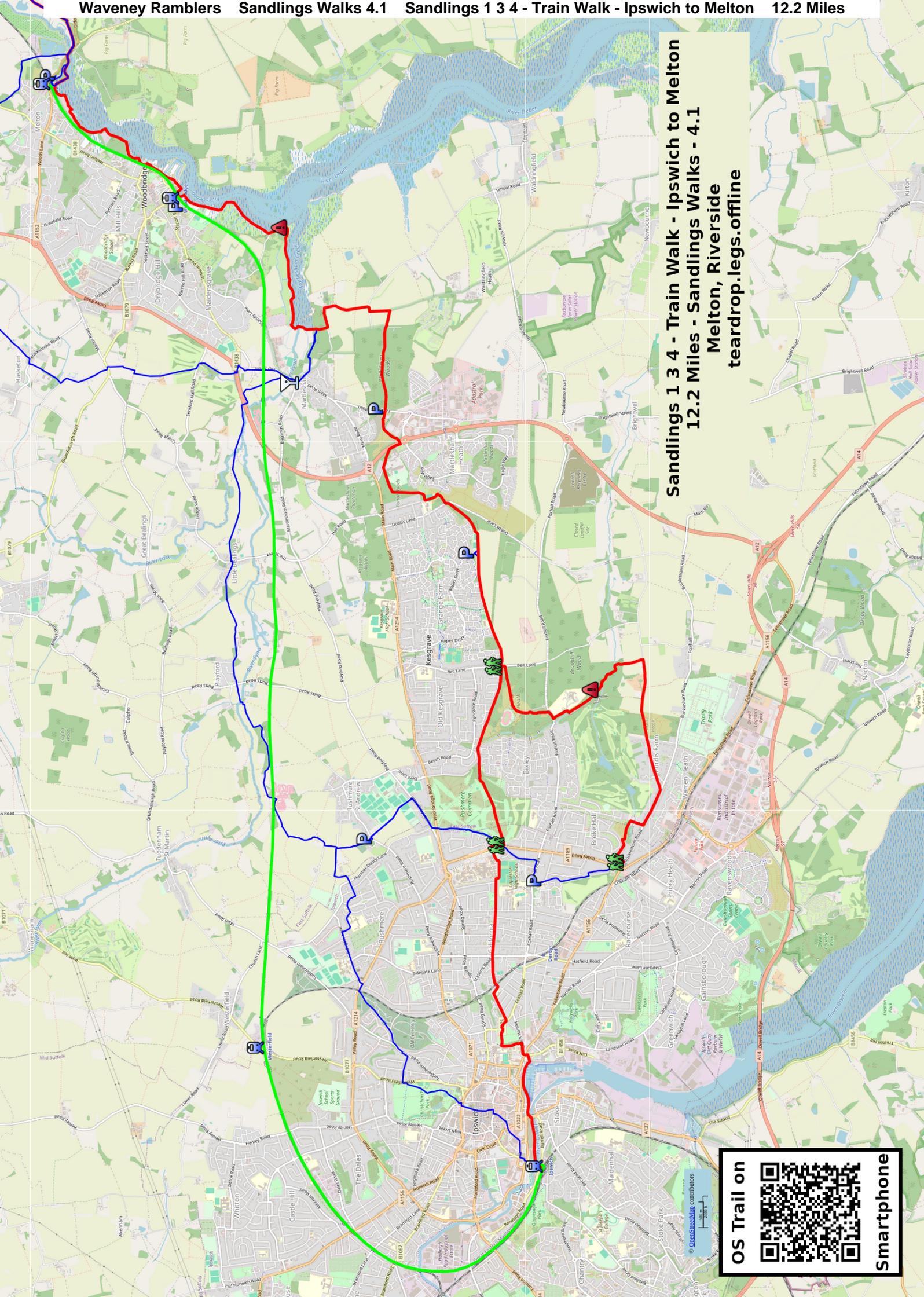
<https://creativecommons.org/licenses/by-sa/2.0/>

<https://www.openstreetmap.org/>

Corrections:

Please mail Neil at [nbauers@btinternet.com](mailto:nbauers@btinternet.com) or Facebook

<https://www.facebook.com/nbauers/>



**Sandlings 1 3 4 - Train Walk - Ipswich to Melton  
12.2 Miles - Sandlings Walks - 4.1  
Melton, Riverside  
teardrop.legs.offline**

OS Trail on  Smartphone

© OpenStreetMap contributors