



Waveney Valley Bounds - Walks 1 to 21 - 168/345 Miles

Waveney Ramblers Waveney Bounds One 0.1 Rural Rambles - Waveney Bounds 1 to 21

OS Map: X 230, 231 Track: [TM 24453 83475](#) [GPX for SatNav](#) 168/345 Miles Updated: 2024

WALKS 01 to 21 - Volume 1 - Beccles, Halesworth, Laxfield, Aspall and Stowupland - COMPLETE

In the 2024 July general election, the new Waveney Valley, UK Parliament Constituency, voted for the first time. This 168 mile circular walk starts from Beccles and goes clockwise approximately following the boundaries of the wards that form the constituency. By making 42 circular routes, the distance is about 345 miles. This walk revisits the historical tradition of "Beating the Bounds" by staying as close as possible to the constituency perimeter. The walks prioritise, safe, pleasant and interesting routes, proximity to the boundary of the Waveney Valley constituency, footpaths and unsurfaced tracks and country lanes. The walks aim to avoid traffic, "B" roads and "A" roads, last resort.

- 01 Beccles and Ellough - 10 Miles - Plenty of parking.
- 02 Ellough, Hulver and Sotterley - 7.8 Miles - Very limited parking.
- 03 Sotterley and Stoven - 7 - Miles - Almost nowhere to park. Try Sotterley Chapel.
- 04 Stoven, Westhall Brampton - 8.4 Miles - Plenty of parking on Stoven Common.
- 05 Holton and Upper_Holton - 7 Miles - Street parking in Holton.
- 06 Mells and Wenhaston - 6.6 Miles - Plenty of parking at Wenhaston Playing Fields.
- 07 Holton and Halesworth - 6 Miles - Street parking in Holton.
- 08 Wissett - 7.6 Miles - Plenty of parking.
- 09 Saint James and Rumburgh - 9.2 Miles - Village hall parking at Rumburgh or Saint James.
- 10 Metfield - 10.1 Miles - Limited street parking.
- 11 Cratfield - 8 Miles - Space for a few cars at the church.
- 12 Laxfield - 6 Miles - Street parking.
- 13 Brundish and Owls Green - 7.3 Miles - Saint Lawrence church has a big car park.
- 14 Saxtead Little Green and Tannington - 8.7 Miles - A tiny lay-by close to the church.
- 15 Monk Soham and Bedfield - 8.6 Miles - Try the village hall or Saint Nicholas church.
- 16 Occold, Bedingfield and Southolt - 9.4 Miles - Street or village hall parking.
- 17 Bedingfield and Aspall - 8.8 Miles - Street parking. It's narrow and there are few spaces.
- 18 Debenham - 9.3 Miles - The Sports and Leisure centre has a good car park.
- 19 Mendlesham Green - 8.2 Miles - Plenty of street parking.
- 20 Mendlesham Green and Stowupland - 7.4 Miles - Plenty of street parking.
- 21 Stowmarket, Gipping River Path - 9.7 Miles - Plenty of street parking.

DISCLAIMER: Waveney Ramblers tries to stay on rights of way and keep safe. These maps are a "best effort" to document our routes. 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. 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. This guide was first completed in December 2024.

Waveney Ramblers Waveney Bounds One 0.3 Waveney Valley Wards Map

OS Map: X 230, 231 Track: [TM 24453 83475](#) [GPX for SatNav](#) 155/333 Miles Updated: 2024

2024 Parliamentary Constituency.

Boundaries for Waveney Valley.

Green: Norfolk Wards

Orange: Suffolk Wards

Blue: The rivers Little Ouse, Waveney and Yare

Harleston is roughly at the centre of the constituency.

Waveney Ramblers Waveney Bounds One 1 Beccles and Ellough

OS Map: X 231, OL 40 Track: [TM 41812 89984](#) [GPX for SatNav](#) 10 Miles Updated: 2024

Park at the Beccles Dell woodland car park.

There is additional parking in Ringsfield Road near the church and school.

Head west through the Dell woodland. Bear left, soon south, uphill along Hangman's Lane.

This is a stream in wet weather. Continue south on tarmac.

At a right bend, continue ahead, south, on a driveway.

The driveway splits. Take the left drive still going south. Continue south onto a footpath.

At Cromwell Road, turn right, SW, for 140 metres.

Turn left, SE, along a driveway. Kink left and right onto a narrow footpath, ditch left.

Head SE into an open meadow. Keep left towards the railway crossing. Cross the line with care.

Head NE to the Urban Jungle Plant Nursery. At the roundabout, take the first exit towards Beccles.

After 100 metres, turn right, NE, fence left.

At the end of the fence, turn right, SE, and cross the A145, bypass road.

Head SE on a woodland path. At a T junction, turn left, NE, later east, on a woodland path.

At a tarmac lane, turn right and first left onto another footpath. Head east.

Cross Church Road and continue east onto the disused airfield using the wide runway.

After several unsightly metal huts, turn right. Use the non-obvious footpath, fence right.

Head south. There is a go-kart track behind the earth bank, left. The path reaches a photovoltaic farm.

Head south, then left, east, then right, south. There is a short woodland stretch then more solar panels.

At Hulver Road, turn right, west. At the Church Road crossroads, turn right, north.

Head to the Ellough industrial estate.

Turn left and follow the A145 using the left hand footpath, west for about 15 minutes.

At an obvious crossing, turn right, NW, and cross the A145. Head NW along a narrow woodland path.

Continue NW along Oak Lane. Cross Banham Road and head NW along a footpath between houses.

At the Co-op, head north along Swine's Green. Continue north along Saint Andrew's Road.

Beside the railway crossing, turn right, east, along Ingate. Turn left, north, along Grove Road.

Turn right, north, along Old Farm Road, then left, north along Mulberry Close.

Use the connecting alley, north, to go along Maple Way. Turn left, west, along Goose Green East.

Turn right, NE, along Common Lane. Turn left NW, and cross the cricket pitch, pavillion and score board left.

Cross the main path to the Station and head north, drain left.

After allotments, turn left and cross the railway line. Head west towards Lidl. There is a useful pelican crossing.

Head west using the Lidl car park. Turn right, north, along Fen Lane.

Head NW to the Quay Cafe, optionally diverting via the car park and footbridge.

After the Cafe, head south along Fen Lane and then Northgate. Note multiple scores right.

At Saint Michael's church, turn right, west, and go down the steps into Puddingmoor.

Head south along Puddingmoor, later SW. Turn left, uphill into a meadow.

Keep left and head uphill to the Bungay Road.

Veer right off the main path to head directly back to the Dell car park.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 Waveney and District Ramblers Group

<http://waveneyramblers.org.uk/>

Sketch maps, not to scale

Crown Copyright

<http://waveneyramblers.org.uk/>

OpenStreetMap

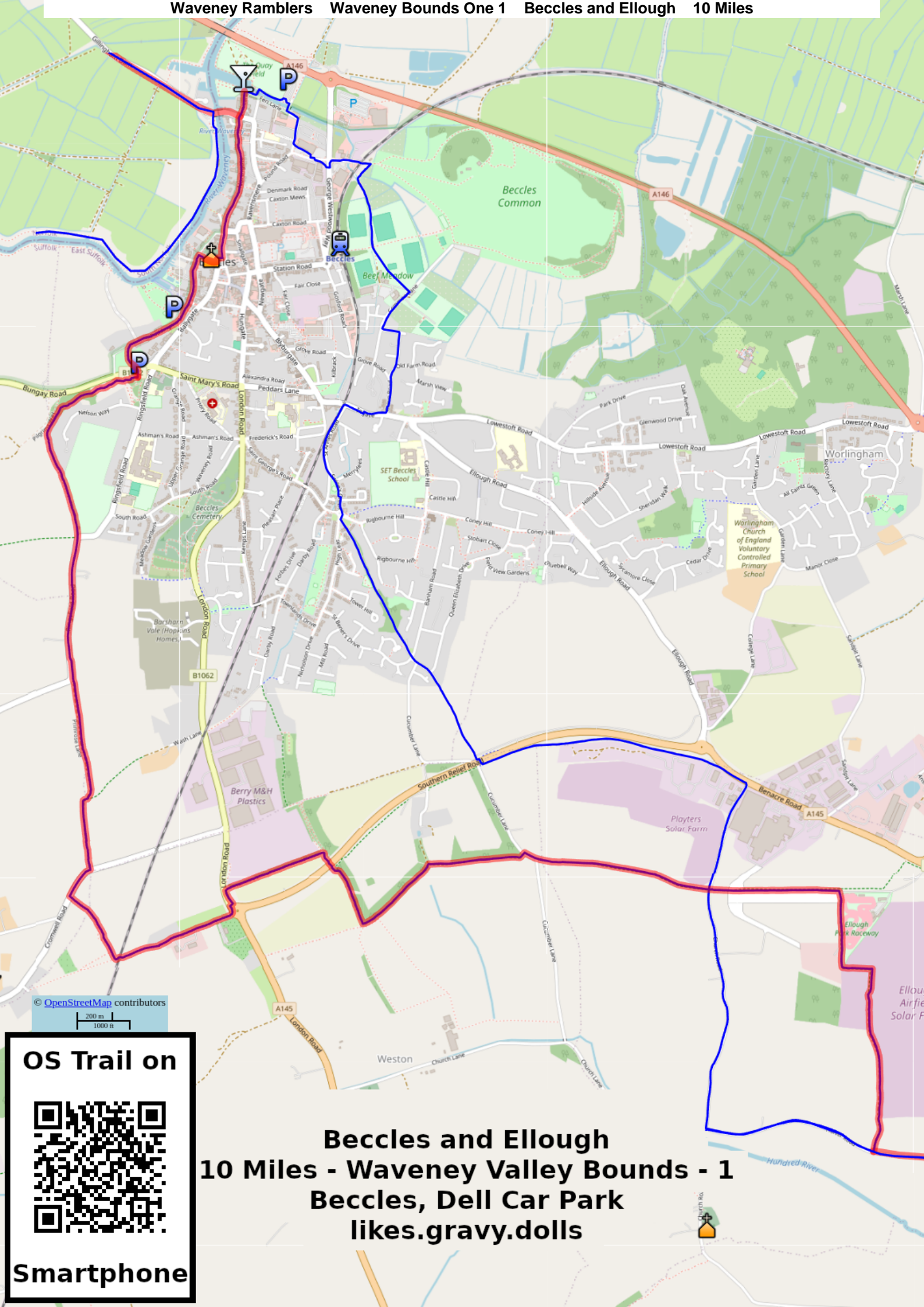
<https://creativecommons.org/licenses/by-sa/2.0/>

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

Corrections:

Please mail Neil at nbauers@btinternet.com or Facebook

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



**Beccles and Ellough
10 Miles - Waveney Valley Bounds - 1
Beccles, Dell Car Park
likes.gravy.dolls**

OS Trail on



Smartphone

Waveney Ramblers Waveney Bounds One 2 Ellough, Hulver and Sotterley

OS Map: X 231 Track: [TM 46569 86932](#) [GPX for SatNav](#) 7.8 Miles Updated: 2024

Parking is a problem on this walk.

The "P" mark on the map has space for one or two cars.

A larger group might want to meet at North Cove / Three Horseshoes and organise a shuttle to this start point.

Most of the circuit is on quiet lanes. The area is very rural and lacks public footpaths.

The route circumnavigates Sotterley Hall.

From the parking space in Jay's Hill Road, head south and first left, SE, onto a woodland path.

At Sotterley Road, continue SE on the tarmac lane.

The lane bends right, south. Soon after the bend, turn left, east, on a farm track.

The track bends right, SE. Head south past the Woodrow Farm keeping left of the buildings.

Continue mainly south on the field perimeter until you reach Sotterley Road.

Turn right, west, along Sotterley Road.

Turn left, south down Falcon Inn Road. Sadly the inn is long gone.

Turn right, west, along Waterloo Road and head to Sotterley Chapel.

Turn right, north, along Pound Road.

Turn left, NE, along Church Road. There should be a reservoir for irrigation on the right.

The lane passes Willingham Hall (left).

Follow Church Road to All Saints' church.

Continue north and drop down to cross the Hundred River.

Continue to a crossroads.

Turn right, east, along Hulver Road.

Turn right, east, along the somewhat busy B1127 towards Hulver Street. Take care.

Turn first right onto Jay's Hill Road and return to the parking space.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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/>



**Ellough, Hulver and Sotterley
7.8 Miles - Waveney Valley Bounds - 2
Hulver Street
rice.repayment.officer**

**OS Trail on
Smartphone**



Waveney Ramblers Waveney Bounds One 3 Sotterley and Stoven

OS Map: X 231 Track: [TM 44850 81689](#) [GPX for SatNav](#) 7 Miles Updated: 2024

Park at Stoven Common, Common Road.

Park on the grass at the roadside.

Head south to Southwold Road.

Turn right and head west along Southwold Road.

180 metres after the entrance to Stoven Hall, turn right, north, towards woodland.

Continue mainly north, keeping Stoven Wood on the left.

Turn right, east, and head past Northgreen Farm.

Continue roughly east to Southwell Lane.

Turn left, north along Southwell Lane.

Continue north all the way to Sotterley Chapel.

At the crossroads and chapel, turn right, east, along Waterloo Road.

Before Waterloo Farm, turn right, south, between fields.

At Green Lane, turn left, east.

At the junction with Falcon Inn Road, turn right, SW, and head past White House Farm.

The path soon goes left, east, farm buildings left.

There should be a path, south, across the open field.

If the path is missing, follow the field perimeter east, soon south, and finally west.

Head south through a hedge gap and use the path between the fields.

At Green Lane, turn right, west, along the tarmac.

Turn first left, south, into Primrose Lane.

After Primrose Farmhouse and the first field, turn right, west, between fields.

The path kinks right, then left. Continue west.

The path kinks left, then right. Continue west.

Turn left, south, hedge right, along Block's Lane (Track).

At the five way junction, turn right, west.

Merge with Wangford Road and continue NW.

Turn right into Common Road to return to the parking places.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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

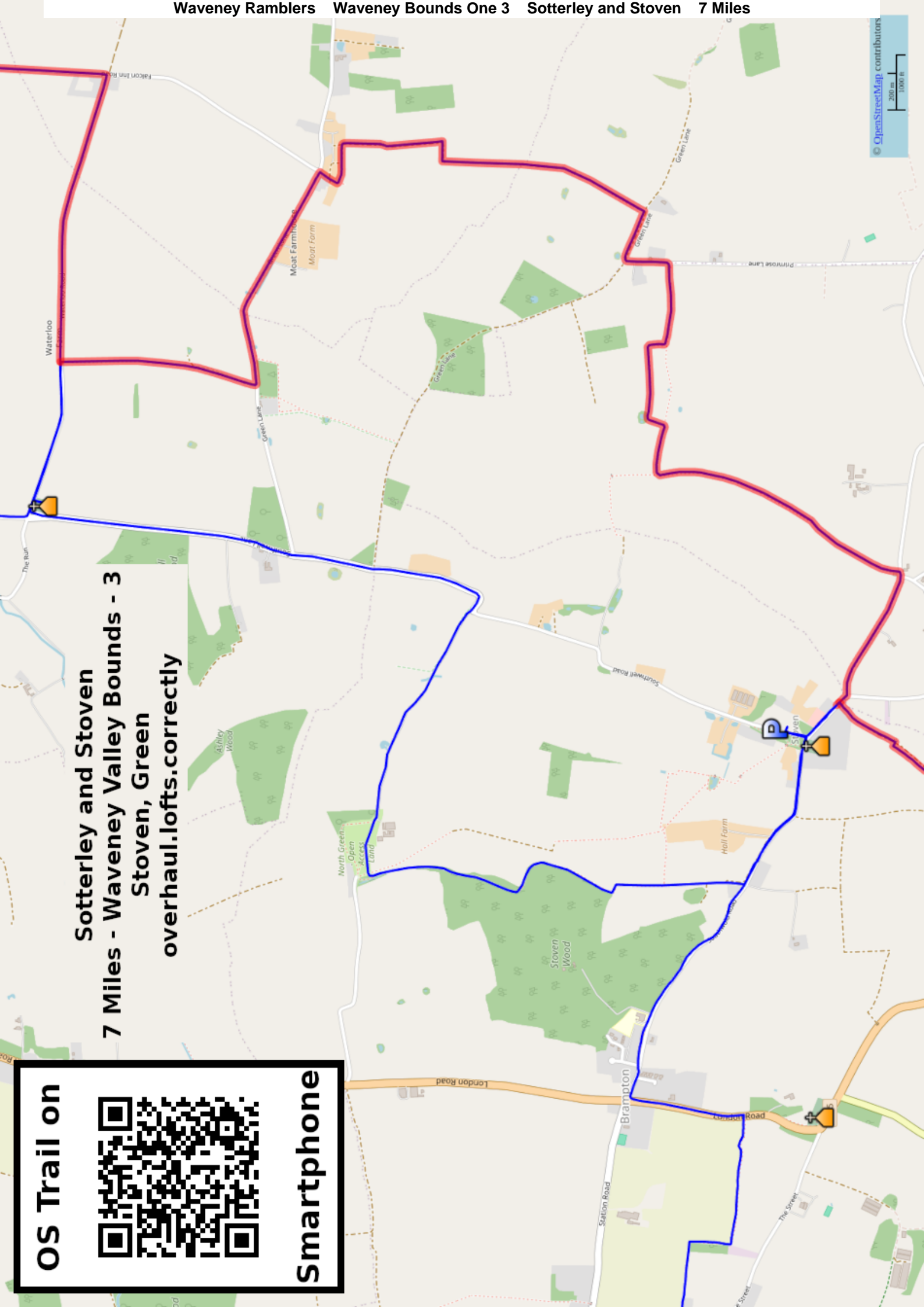
<https://www.facebook.com/nbauers/>

**Sotterley and Stoven
7 Miles - Waveney Valley Bounds - 3
Stoven, Green
overhaul.lofts.correctly**

OS Trail on



Smartphone



Waveney Ramblers Waveney Bounds One 4 Stoven Westhall Brampton

OS Map: X 231 Track: [TM 44850 81689](#) [GPX for SatNav](#) 8.4 Miles Updated: 2024

Park on the Green at Stoven (Southwell Road).

Head south towards the church and turn first left, SE, along Wangford Road.

Go past a lost pub (the Cherry Tree) and before the road junction, turn right, SW, on a footpath.

This path is rarely used. It starts well and just disappears.

Kink right and left and use the field perimeter to continue SW.

Skirt some woodland (left) and continue south on the field perimeter.

The perimeter path gradually bends right, west.

Look for a finger post (left).

At the finger post, turn left, SW, down a bank and over a footbridge.

Continue SW on a well maintained path. The path bends right, west.

At the A145, cross over and head west on another footpath.

At the B1145 Halesworth Road, turn left, SW, and follow the B1124 for 300 metres.

Turn right, west, into woodland. Immediately turn right to emerge on the edge of the wood.

Head left, NW, woods left. Follow this field perimeter to more woods.

Turn left, SW, woods right, and emerge onto Bacon's Green Road.

Turn right along Bacon's Green Road through farm buildings.

After the farm, turn left, west, on a track.

Follow the track west, then SW, then west and finally SW to arrive at Saint Andrew's church, Westhall.

Soon after the church, turn right, west, and follow the field perimeter for 100 metres.

Turn left, SW, and cross the open field. Aim for the footpath sign on the far edge of the field.

At the road, turn right, NW, for 110 metres.

Turn left, SW, on a lane and head to Red House Farm.

Follow this lane SW, later west through the farm buildings.

Continue ahead, west, when the lane becomes a footpath.

Head past a pond and use the bridleway towards the wind turbines.

There's an alternative slightly shorter woodland path if it's not choked with nettles.

At the wind farm, turn right, north.

Near the end of the disused runway, head north across a field.

Continue north on tarmac on Gull Hill.

At the dip, turn left, west, ditch left, through woodland.

At Lower Common Road, turn right, NW, on the parallel mown footpath.

Turn right, north, sewage farm right.

Continue north across a field and emerge onto Wangford Road.

For the pub, divert left 180 metres. Backtrack from the pub, east, along Wangford Road.

Turn first left, NE, along Lock's Road.

Turn first right, roughly east, along Low Road.

Turn first left, north, along Moll's Road for 160 metres.

Turn right, east, on a footpath.

The path bends right, south, then left, east.

Head to the A145 and turn left, north, using the roadside footpath.

At the crossroads and another lost pub (the Brampton Dog), turn right, east, along Southwold Road.

Follow this road to Saint Margaret's Church, Stoven.

Just after the church, turn left, north to return to the green and the car parking.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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:

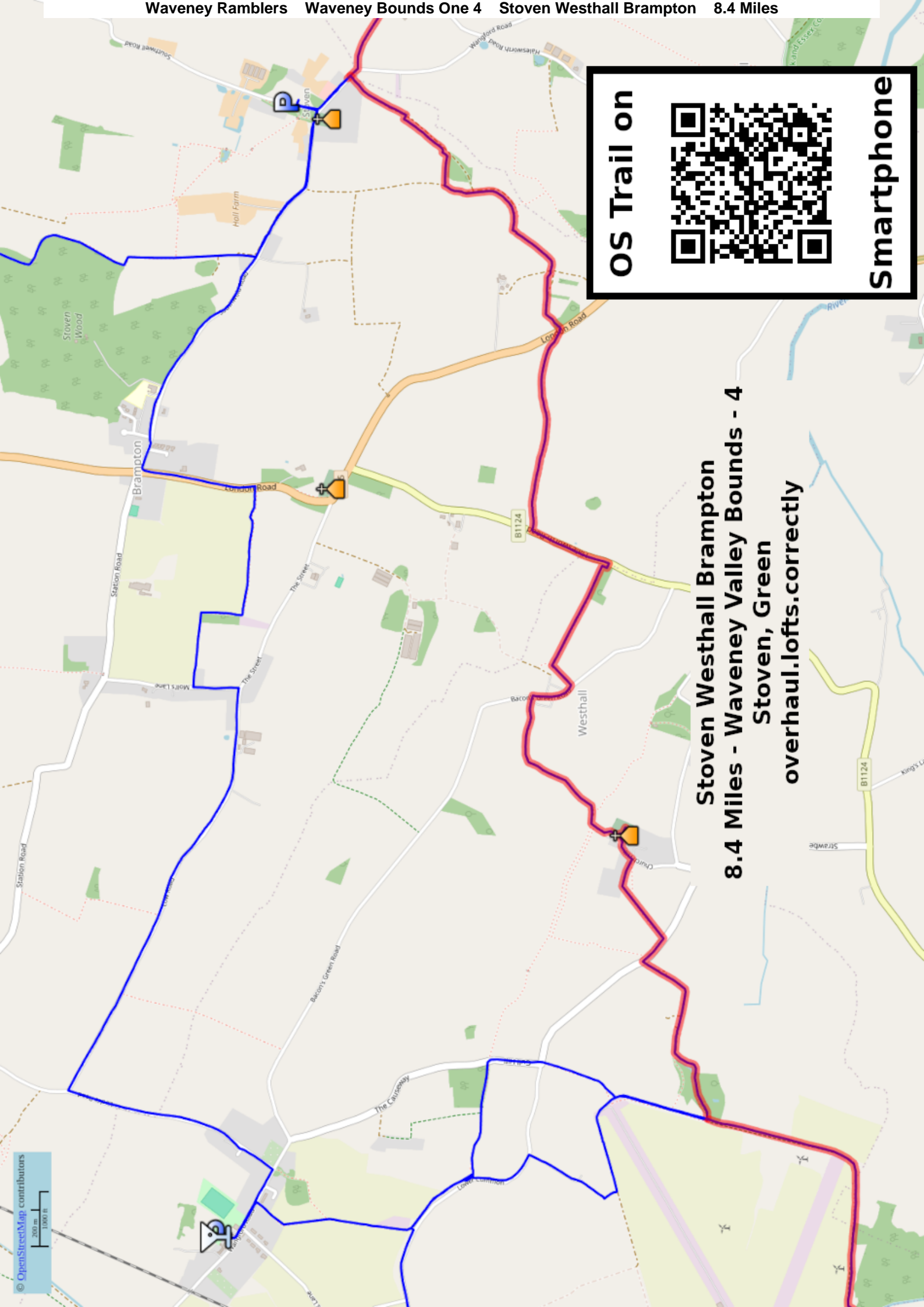
Please mail Neil at nbauers@btinternet.com or Facebook

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

**OS Trail on
Smartphone**



**Stoven Westhall Brampton
8.4 Miles - Waveney Valley Bounds - 4
Stoven, Green
overhaul.lofts.correctly**



Waveney Ramblers Waveney Bounds One 5 Holton and Upper Holton

OS Map: X 231 Track: [TM 40004 77774](#) [GPX for SatNav](#) 7 Miles Updated: 2024

Park in the street at Holton, Orchard Valley.

Head to the west corner of the Orchard Valley square and follow the footpath, NW.

Turn right, NE, on another footpath.

Drop down to the Bungay Road and cross over.

Follow the footpath NE after crossing the Bungay Road.

This path ends near the Halesworth (Holton) Airfield Memorial Museum.

Turn left, NW, along Sparrowhawk Road and pass the museum.

Before the rubble recycling, turn right, north, solar panels right.

This lane bends left, west, and after Dairy Farm, turn right, north along Butt's Road.

Head to the railway crossing and continue north, still on Butt's Road.

At the crossroads, turn right, east, along Lower Common.

Cross under the railway.

After the sewage works, use the parallel mown path if it has been maintained.

At Brick Kiln Farm, turn right, roughly SW. There are mature poplar trees along this track.

The track ends. Climb a bank and head onto the wind farm and disused airfield.

Turn left to follow the taxiway east, chicken sheds right.

Follow the taxiway as it bends right, soon south.

The concrete ends and the path is now grassy.

Head south, wind turbines right.

The path bends right, west, wind turbines right.

After 500 metres, turn left, SW, and head past the Bernard Matthews factory.

The water treatment plant can be quite smelly if you are unlucky with the wind direction.

At Sparrowhawk Road, turn left, SE, for 100 metres.

Turn right, south, along Lodge Road.

Turn left, east, into Park Walk.

At the end of Park Walk, turn right, SW, along Lower Park Walk.

Turn left to cut through to the B1124, Beccles Road.

Head left, NE, along the B1124 for 120 metres.

Turn right, south, along a track.

Follow this track south as far as possible, then turn right, west.

Keep right and cross the Beccles Road, B1124.

Head NW along the Bungay Road.

Turn second left, into Orchard Valley to return to the parking places.

Nearby pubs include the Triple Plea and the Lord Nelson.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 Waveney and District Ramblers Group

<http://waveneyramblers.org.uk/>

Sketch maps, not to scale

Crown Copyright

<http://waveneyramblers.org.uk/>

OpenStreetMap

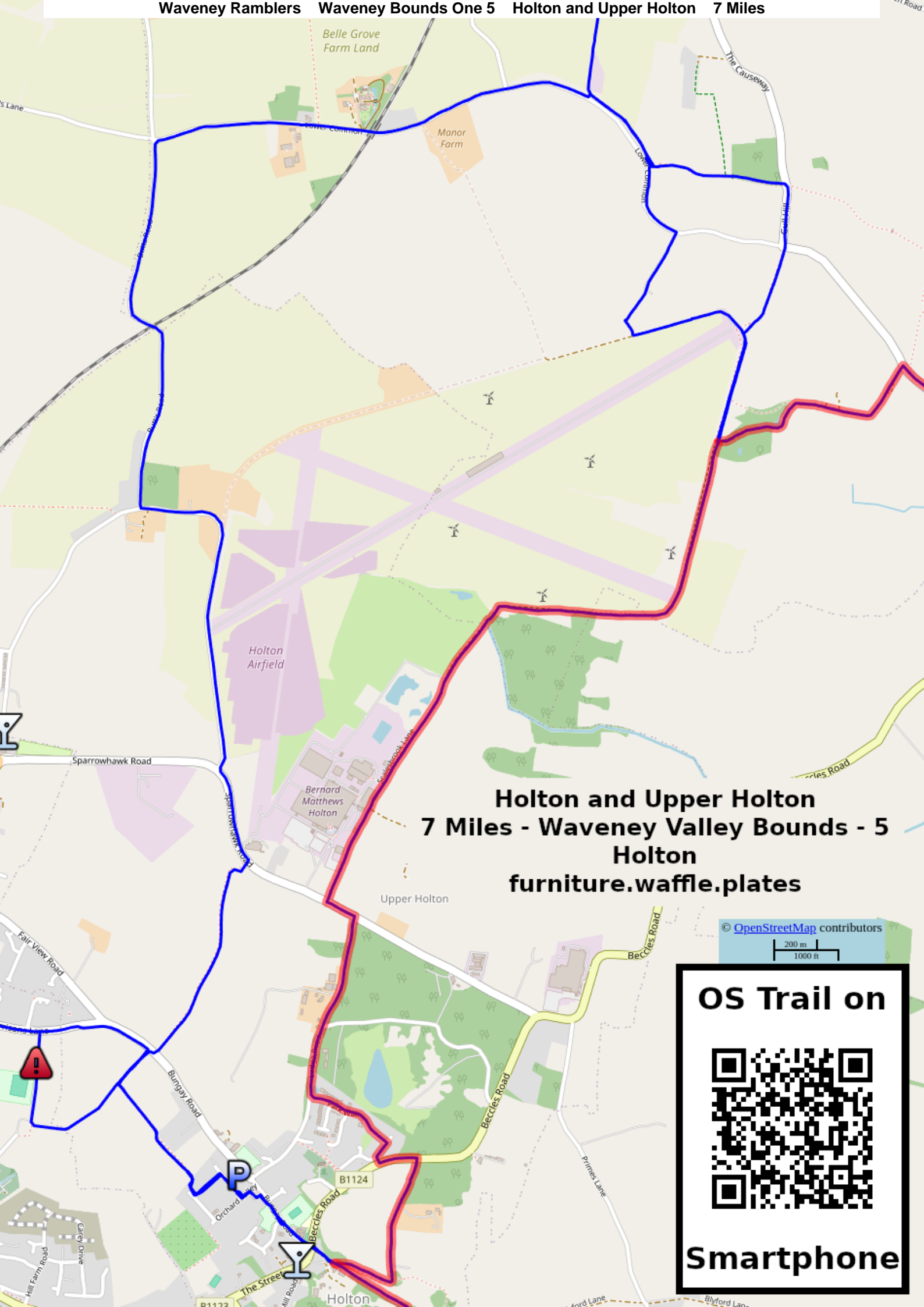
<https://creativecommons.org/licenses/by-sa/2.0/>

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

Corrections:

Please mail Neil at nbauers@btinternet.com or Facebook

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



**Holton and Upper Holton
7 Miles - Waveney Valley Bounds - 5
Holton
furniture.waffle.plates**

© [OpenStreetMap](#) contributors
200 m
1000 ft

OS Trail on



Smartphone

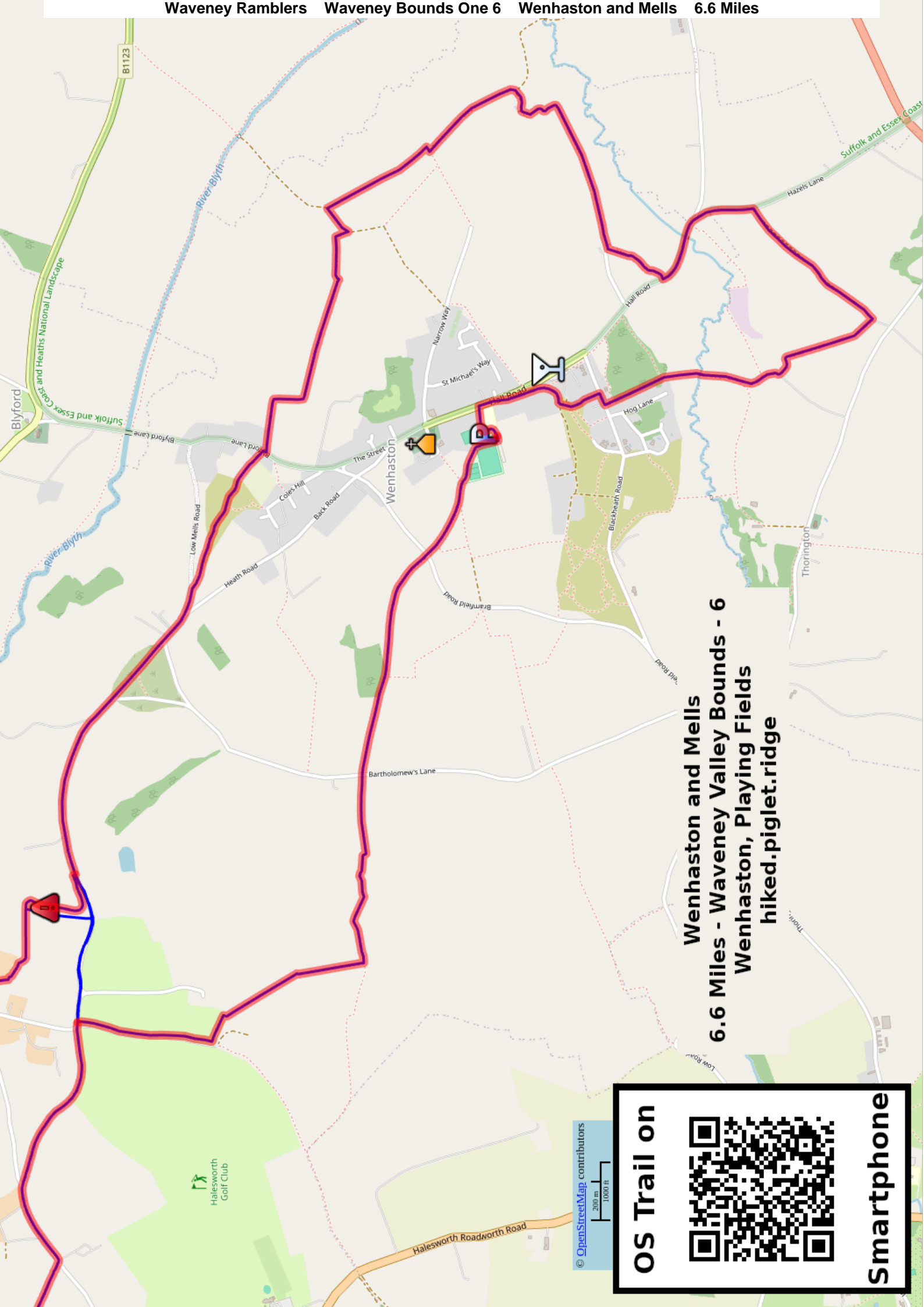
Waveney Ramblers Waveney Bounds One 6 Wenhaston and Mells

OS Map: X 231 Track: [TM 42535 75220](#) [GPX for SatNav](#) 6.6 Miles Updated: 2024

Park at the Wenhaston Playing Fields down a narrow lane beside the Primary School.
At the pavillion, turn left for a much larger parking area.

Head north across the playing fields, then NW after crossing the main field.
Head west, then bear right, NW, on footpaths.
Continue west on footpaths towards Mells Court Farm.
Turn right, NW, and pass close to Mells Court Farm.
Enter the golf course and head NW, then north, parallel with but not on Wash Lane.
At the tarmac lane, turn right, east, along the tarmac.
After Harpar's Farm, bear left, east, on Low Mells Road.
Turn right, just south of east, onto a woodland track.
Head roughly east across Biker's Heath.
With a right left, kink, cross Blyford Lane and head east along another footpath.
There is a steep drop left of this path.
At the end of the field, turn right, south.
Turn left, east, across another field.
Turn right, SE, towards Low Farm for 50 metres.
Turn sharp left, NE, bypassing Low Farm.
After 100 metres, turn right, SE, marshy meadows left.
Kink right and left, and head SE along a wider farm track to Laurel Farm.
At the farm turn right, west, through the farm buildings.
After the buildings, turn left, zigzag south, for 135 metres.
Turn right, SW, towards Hall Farm.
After the farm, turn right, SW, towards Hall Road.
Turn left, SE, soon east, along Hall Road.
Turn right, south at the Y junction, along Hazels Lane.
200 metres from the Y junction, turn right, SW, on a footpath for 550 metres.
Before the tarmac lane and opposite buildings, turn right, NW, across several grazing meadows.
Head NW through several gates, hedge and ditch left.
After the meadows, turn left, west and bend right, north, to pass Marsh Farm.
Continue north across meadows and emerge into Blackheath.
At Blackheath Road, turn right, east, and first left, north, along a driveway, then a footpath.
Bear right, then left, north, to exit Blackheath. Merge into Hall Road.
After the Primary School, turn left, west, back to the playing fields and the car park.

The Wenhaston Star is recommended.



Wenhaston and Mells
6.6 Miles - Waveney Valley Bounds - 6
Wenhaston, Playing Fields
hiked.piglet.ridge

OS Trail on

Smartphone

Waveney Ramblers Waveney Bounds One 7 Holton and Halesworth

OS Map: X 231 Track: [TM 40004 77774](#) [GPX for SatNav](#) 6 Miles Updated: 2024

Park in the street at Holton, Orchard Valley.

Head east and drop down to the Bungay Road.

Turn right, SE, along Bungay Road.

At the crossroads, go straight ahead, SE, along Blyford Lane.

At Holton Pit, head right, south, and pass either side of the lake.

The west route is shorter. The east route is longer but more attractive.

At the B1123, head to the lane to Mells.

Turn south on the Mells Lane and cross the river Blythe.

Turn left off the tarmac and use the footpath, east, zigzagging between buildings.

Parts of this path were overgrown and problematic.

Head east across an open field and drop down to cross a sleeper bridge.

Follow the path, right, south, past the Gravel Pit.

This path was so badly overgrown, we used the field perimeter instead.

At the lane to Halesworth, turn right, west, golf course left.

Opposite a field entrance, turn right, up a bank, through a gate and cross the open field.

Cross under the railway and cross the river Blythe.

Turn right twice and cross under the railway a second time.

Head north, railway left.

Turn left and cross under the railway a third time.

Turn right and head north, railway right.

Enter the parkland and stay near but don't cross the river.

Cross the Beck, children's play area left.

Just before the main road, there are toilets.

Head to the right of the toilet block and cross under the main road, river right.

Head west across a car park to Bridge Street.

Turn right, north, along Bridge Street.

Turn left, west, along Rectory Street. Continue ahead, west, along School Lane.

Continue ahead, west, across a cattle field. The cows are calm because many walkers use this path.

After the grazing, turn right, NW, along a tree lined track.

Turn right, NE, along the tarmac Mill Road. Cross the Beck.

Turn right, east, along Wissett Road.

Turn left, east, along Old Station Road. Cross the railway and continue east.

Cross the A144, Norwich Road. If it's busy, there's a short diversion via a pelican crossing.

Head east along Harrison's Lane. A useful footpath, right, is closed while new houses get built.

Continue ahead along Harrison's Road and merge into Bungay Road, SE.

Turn right, SW, on a wooded footpath.

Turn first left, SE, on another footpath. Follow this back to Orchard Valley and the parking.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 Waveney and District Ramblers Group

<http://waveneyramblers.org.uk/>

Sketch maps, not to scale

Crown Copyright

<http://waveneyramblers.org.uk/>

OpenStreetMap

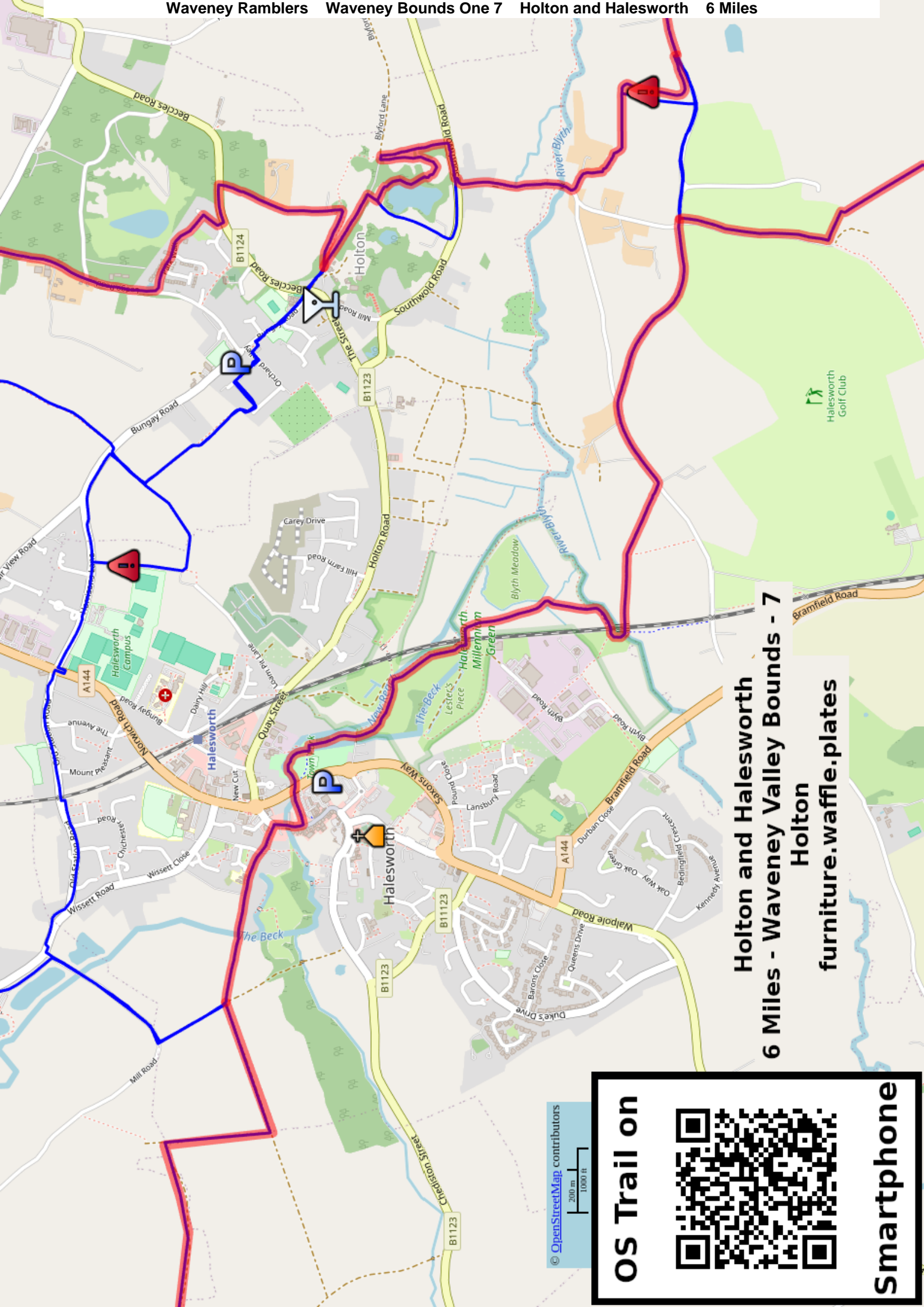
<https://creativecommons.org/licenses/by-sa/2.0/>

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

Corrections:

Please mail Neil at nbauers@btinternet.com or Facebook

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



Holton and Halesworth
6 Miles - Waveney Valley Bounds - 7
Holton
furniture.waffle.plates

© OpenStreetMap contributors
200 m 1000 ft

OS Trail on



Smartphone

Waveney Ramblers Waveney Bounds One 8 Wissett

OS Map: X 231 Track: [TM 36558 79325](#) [GPX for SatNav](#) 7.6 Miles Updated: 2024

Park in the village car park opposite Saint Andrew's Church.

Head east through the church grounds. Turn left, NE, and head to The Street.

Turn right and head SE along The Street for 40 metres.

Turn left, north, on a footpath for 160 metres.

Turn right, NE, between two fields. Go through a hedge gap. Pruning might be needed.

Continue NE across more meadow land. At a wider track, turn left, NE.

At the tarmac lane, turn right, east, and head to Bleach Farm.

Turn right, SW, into Bleach Farm.

The track bends left, south. Continue left, SE, on a footpath over meadows.

The path bends right, south. Soon, turn left, SE.

There are three more right, left, turns to follow the field perimeters, SE overall.

Drop down to Halesworth road and turn left, east.

Cross the bridge and turn right, now on Wissett Road for a few metres.

Kink right and left through a hedge gap and head SE near the fishing lakes (right).

At Mill Road, turn right, SW, cross the Beck then go uphill.

At the right bend, turn left, off the tarmac, SE, and drop down.

At a gate to grazing, turn right, west on a track for 400 metres.

Turn right, north after one field for 340 metres.

Turn left, west. This path slowly bends right, NW, and passes a solar panel farm.

Cross Wissett Road / Lodge Lane and head NW on a fieldside track for a mile.

At Leggetts Farm, go left then right through a tunnel of trees, NW.

Kink right and left to join the main farm access lane, still NW.

Turn right, NE, along Cheddiston Road for 900 metres.

At the dip and stream, turn right, east, stream right.

Follow a zigzag path, hedge right and emerge on Nunn's Hill.

Turn right then left, north, onto a farm track.

Follow this north, soon NE, uphill.

At the crossroads in the paths, turn right, SE, towards Red House.

At Gray's Lane, turn right, south, downhill.

At The Street, turn left, then right to return to the car park.

The Wissett Jungle Room cafe is worth a visit if it's open.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 Waveney and District Ramblers Group

<http://waveneyramblers.org.uk/>

Sketch maps, not to scale

Crown Copyright

<http://waveneyramblers.org.uk/>

OpenStreetMap

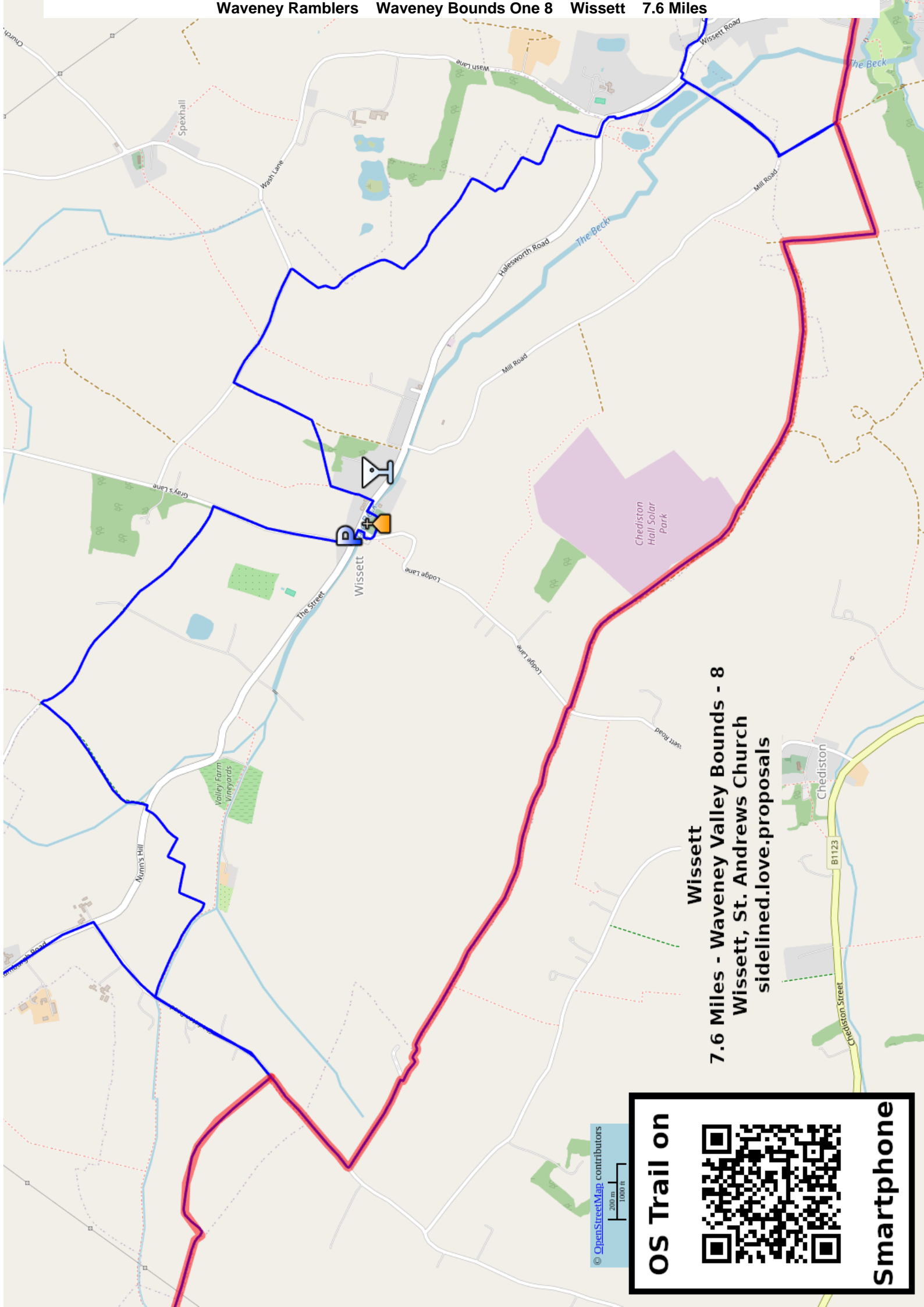
<https://creativecommons.org/licenses/by-sa/2.0/>

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

Corrections:

Please mail Neil at nbauers@btinternet.com or Facebook

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



Wissett
7.6 Miles - Waveney Valley Bounds - 8
Wissett, St. Andrews Church
sidelined.love-proposals

© OpenStreetMap contributors



OS Trail on

Smartphone

Waveney Ramblers Waveney Bounds One 9 Saint James and Rumburgh

OS Map: X 230, 231 Track: [TM 31990 81042](#) [GPX for SatNav](#) 9.2 Miles Updated: 2024

Park at Saint James South Elmham Village Hall, The Street.

This trail crosses several open fields and electronic navigation could be a great help.
There were few, if any, finger posts and after recent ploughing, none of the paths could be seen.

Head east along The Street and soon right, east, on a woodland path to Saint James's Church.

At the church, continue east to Rookery Lane.

Turn right, SE, along Rookery Lane.

After 270 metres, turn left, NE, across about 2/3 rds of an open field.

Turn right, SE, along a crossing path, still in the open field.

At The Beck, turn left, east, soon NE for a kilometre.

Turn right, SE, towards farm buildings.

At Malt Office Lane, turn left, NE, soon east.

Head east to the Rumburgh village hall and Buck Inn.

Turn right along Mill Road, pub right. After the pub, continue for nearly a mile.

Turn right, SW, along Chediston Road for 830 metres.

Turn second right, NW, on a footpath, hedge left. NOTE: This is not the path, right, in the dip.

Follow the second path roughly NW and merge into Saint James Lane.

Follow Saint James Lane when it bends left, SW, and right, NW.

When the lane bends right, NW, there is a fairly obvious shortcut although this is not a right of way.

Near Elm Farm, turn left, south across an open field to rejoin the shortcut path.

Head west, then SW, across another open field.

Turn right, west, and soon bend slightly left, SW, across an open field.

At the disused taxiway, turn right, NW, and head to Docking Hall via lots of derelict farm machinery.

Continue along the taxiway as it bends left, SW.

Turn right, NW, farm buildings right.

Turn left, west, soon leaving the farm buildings behind.

Turn right, north, ditch left and head to Lambert's Farm.

Follow the path left with the farm also on the left.

Join the farm access track, west. Follow the track west, soon NW, then west again.

At a sharp left bend, go ahead, NW, across an open field to a ditch and a bridge across.

Cross the bridge and head NW to Metfield Road.

Turn right, NE, for 800 metres, Home Farm left.

Turn right, SE, along a track. At a sharp right bend, leave the track and head left, SE, hedge right.

At a crosspaths, turn left, NE, towards The Street.

Head right, east, along The Street to return to the village hall.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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

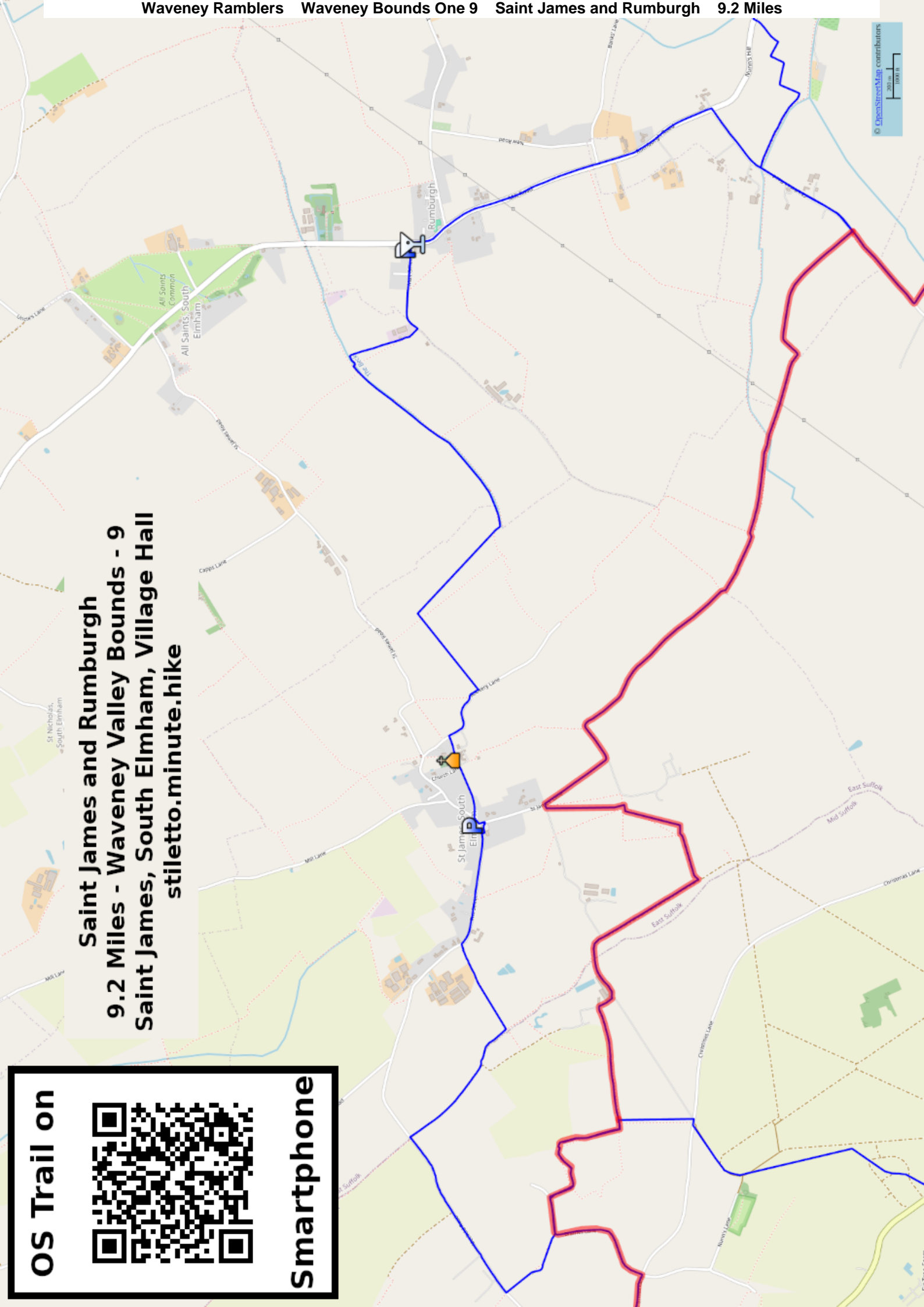
<https://www.facebook.com/nbauers/>

**Saint James and Rumburgh
9.2 Miles - Waveney Valley Bounds - 9
Saint James, South Elmham, Village Hall
stiletto.minute.hike**

OS Trail on



Smartphone



Waveney Ramblers Waveney Bounds One 10 Metfield and Cratfield

OS Map: X 230 Track: [TM 29268 80322](#) [GPX for SatNav](#) 10.1 Miles Updated: 2024

This 10.5 mile walk can be split into a 5 mile leg from Metfield and a 6 mile leg from Cratfield.

There is limited parking near the churches in Metfield and Cratfield.

At Metfield, from the church and village hall, head south on the footpath off Skinner's Lane.

Head south across Saint John's Meadow, then left along Fressingfield Road.

Just before the main road, turn right, south, on the footpath.

Follow the path left, east, towards Kettle's Farm.

At the Harleston road, turn right, SE, and after a few paces, left, SW, onto access land.

Cross a sleeper bridge, then left, south.

A woodland path has overgrown and is lost. Instead follow the main farm road south.

Near a trig point, once again the woodland path is lost. Continue SE on the main farm track.

After Common Farm, turn right, south and cross an open field, SE.

Aim for the right hand corner of the Camel Centre. The 5 mile leg turns left, NE, at the tarmac.

Continue on tarmac, SE, Camel Centre left. Near Catkin Farm, follow the road left, SW.

Continue on this lane to Moat House Farm. Turn left, SE, still on tarmac towards Cratfield.

Follow this lane to the centre and village sign. Turn right, SW, on Church Road.

Saint Mary's church is at about the halfway mark and would be a good place for a break.

After the church, double back, NE, along Church Road, then NE along The Street.

The road ends. Follow the field perimeter, NE, hedge left.

Follow the field perimeter, north, hedge right.

Go through a hedge gap.

Here the route is unclear with no finger posts or line cleared through the crops.

If possible, the right-of-way goes NE across the open field.

This path leads to Saint Peter's Church (ruins only visible in aerial photos).

Otherwise go north, hedge left and turn right, east, before Church Farm and the silos.

Turn left, north on a clear track to Magna Farm.

Just before the farm buildings, go left, NW, and cross the open field.

Cross a ditch and continue north over another open field.

Now there is a missing sleeper bridge. Cross the ditch and go north, hedge right.

If the ditch is wet or too deep, kink right and left, north, hedge left.

Find a shallow or dry place to cross the ditch.

Cross the field and, at a finger post and tree, turn left, west.

At the end of a ditch, turn right, NW and head for the B1123, sharp bend signs.

For the 6 mile leg, turn left to the Camel Centre.

Head NW along the B1123, Harleston Road.

The Metfield Common footpath into the disused airfield is missing.

Just after Oak Farm, turn right, east, on an old taxiway.

Turn left, north, along another taxiway, near and parallel with the missing path.

Follow this all the way, bending right, NE, to Christmas Lane.

At a farm entrance lane, turn left, north, across an open field, to Lambert's Farm.

Go left, west, round the back of the farm. Follow a good lane, west, soon NW, then west again.

This lane bends left, south. Continue back to Christmas Lane.

Turn right, west, along Christmas Lane.

Bear left, west, onto a footpath towards Metfield and back to the church and village hall.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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/>

OS Trail on



Smartphone

**Metfield and Cratfield
10.5 Miles - Waveney Valley Bounds - 10
Metfield
swanky.prominent.signs**

**Missing
Sleepers
Bridge**



Waveney Ramblers Waveney Bounds One 11 Cratfield

OS Map: X 231 Track: [TM 31359 74847](#) [GPX for SatNav](#) 8 Miles Updated: 2024

Park at or near Saint Mary's church, Cratfield.

Head south along Church Road and turn first right onto a footpath, west, hedge right.

Continue west across several fields following the perimeters.

Soon there's a water course left.

After Rookery Farm, kink left and right onto a woodland path, still heading roughly west.

Turn left along Manse Lane.

Turn first right, west, along the Roman Road, soon NW, all the way to Silverly's Green.

At the end of the Roman Road / Tongs Lane, turn left, SW, on tarmac.

Turn first right on an inconspicuous footpath between houses.

Head to Chippenhall Green, diagonally across a field.

Head west, pond left, onto the green.

At the lane, turn left, south, soon SE.

Cross the cattle grid.

Head SE passing Grove Farm and Moat Farm.

Just before Rose Farm, turn left, SE, farm right.

Continue SE, east and later south on clear tracks between fields.

At a deep ditch, turn left, east, for 65 metres.

The bridge across this ditch was missing. In wet conditions this could halt the walk!

Cross the ditch and head on a bearing of 129 degrees (SE).

This cross-field path had not been reinstated.

If it's too wet to cross the ditch, it might be possible to follow the field perimeter instead.

There's another path across the field later, possibly easier.

Drop down to a dip and cross the ditch where it goes underground.

Head on a bearing of 164 (a little east of south) degrees to Cratfield Lane.

Turn left, south, along Cratfield Lane.

The lane meanders west and SW to Banyard's Green.

Turn left, east, between Corner Farm and Banyard's Green.

At a right bend, veer left off the tarmac, east, on a signed footpath.

Cross a field diagonally. Aim for the isolated tree and the gates beyond.

Head east, hedge left. Cross a footbridge through woodland.

Cross a gate. The fence might be easier to climb if the gate can't be opened easily.

Continue east. Look for a gate and sleeper bridge, left.

Cross the bridge and continue NE.

Where the field perimeter veres SE, continue NE across the open field.

Cross Heveningham Road and head east. Before Huntingfield High House, turn left, North.

This signed path doubles back for a few paces then goes east, soon NW hedge right.

Continue NW hedge right, then left, west, hedge left soon NW, hedge left.

Cross L, R, a sleeper bridge and go NW, hedge right.

At crosspaths, continue NW, hedge right.

Turn right, NE, hedge left, then across an open field.

At the lane (Huntingfield and Cratfield Road), cross over and head NW across another open field.

Cross the footbridge over the stream and head left, west, across a small meadow.

Turn right, NW, through a gate and follow the meadow perimeter, hedge right.

At a metal contraption for containing cattle, turn left and soon right, north.

At The Street, turn left, NW, and the countryside.

Turn first left, SW, along Church Road and return to Saint Mary's.

Sketch maps, not to scale

OpenStreetMap

Corrections:

Join the Ramblers at

Ramblers Group

Crown Copyright

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

Please mail Neil at nbauers@btinternet.com or Facebook

<https://www.ramblers.org.uk/>

<http://waveneyramblers.org.uk/>

<http://waveneyramblers.org.uk/>

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

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



Cratfield
8 Miles - Waveney Valley Bounds - 11
Cratfield, St Mary's Church
soggy.lobster.irritate

© OpenStreetMap contributors

200 m
1000 ft

OS Trail on



Smartphone

Waveney Ramblers Waveney Bounds One 12 Laxfield

OS Map: X 231 Track: [TM 29628 72413](#) [GPX for SatNav](#) 6 Miles Updated: 2024

Park in the street near the church. Meet at the church.

Head NE through the churchyard.

Head north along Gorams Mill Lane.

Turn right, north, off Gorams Mill Lane.

Turn left, NW, soon north, allotments both sides.

Don't use the more obvious path to Fisher Close.

Note several unusual metal sculptures in the allotments.

Head north over open land and keep left, NE, at a Y in the path. Park benches here.

Head NE past houses and turn right, SE, on a tarmac lane.

Where four lanes meet, kink left and right to head east between Banyard's Green and Corner Farm.

Follow this lane east, later SE, dropping down to a stream.

Turn right, south and cross the stream.

Follow a wide track to Grove Farm.

At the farm, follow the finger posts to head south.

The right of way now crosses open fields but the perimeter hedge will be more convenient.

The path bends left, SE, and crosses a footbridge.

Turn right, SW, along the B1117. Take care although the traffic is usually light.

After 250 metres turn left off the B1117 and continue SW, soon south.

Follow this lane to Sunflower Farm.

Before the farm, look for well maintained off road paths.

The first path heads west, then right, north, skirting a paddock.

Turn left, west, on a second short off road path.

Rejoin the lane and head NW.

At Low Farm, turn right, north, along Dennington Road.

Merge left into Mill Road and continue north to the war memorial.

Turn right, east, along the High Street to return to the church.

For refreshments, try the Royal Oak or King's Head. There is a Co-op just before the church.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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

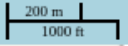
<https://www.facebook.com/nbauers/>

OS Trail on

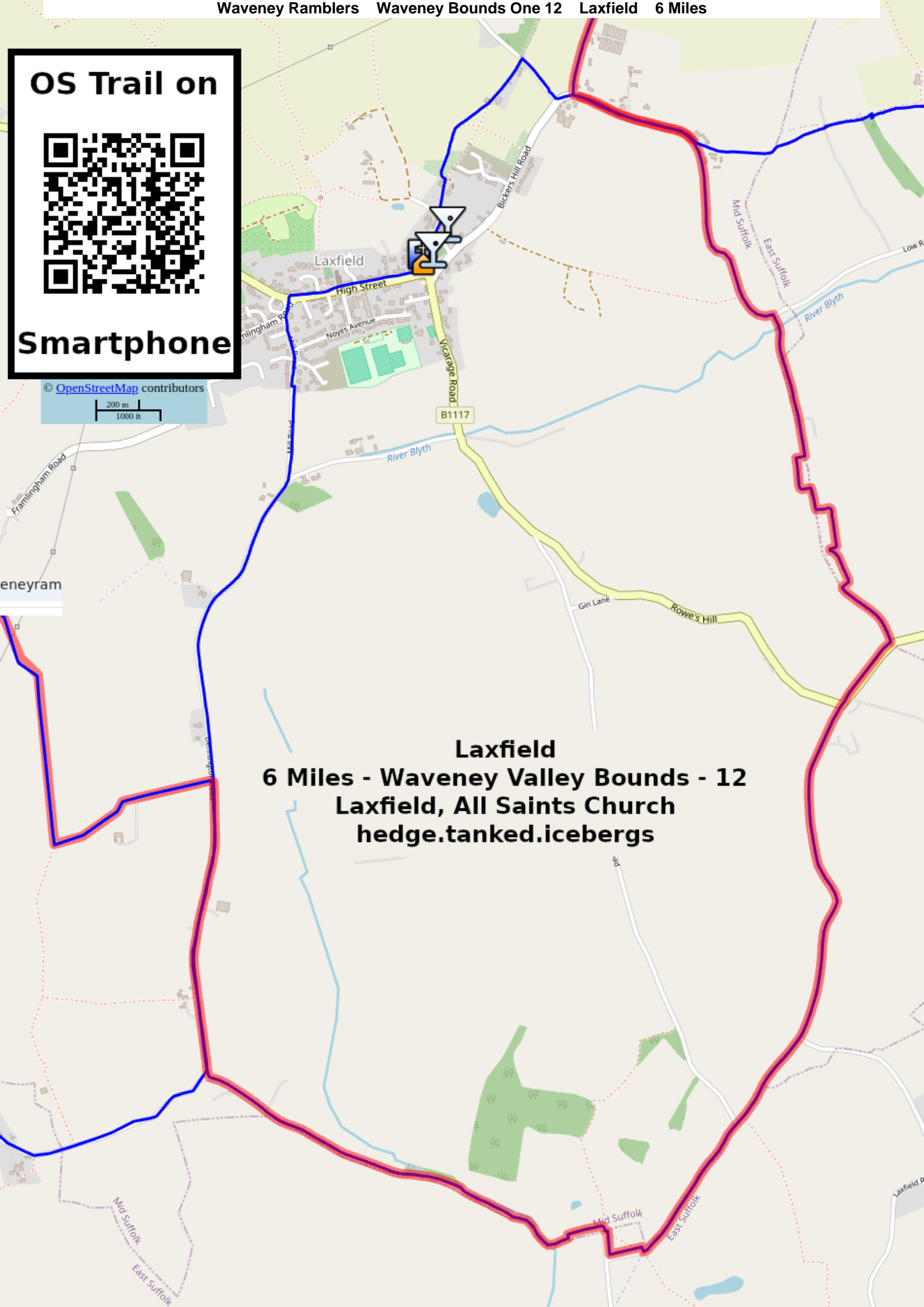


Smartphone

© OpenStreetMap contributors



Laxfield
6 Miles - Waveney Valley Bounds - 12
Laxfield, All Saints Church
hedge.tanked.icebergs



Waveney Ramblers Waveney Bounds One 13 Brundish and Owls Green

OS Map: X 230, 231 Track: [TM 27088 69562](#) [GPX for SatNav](#) 7.3 Miles Updated: 2024

Park opposite Brundish Saint Lawrence church, in Dennington Road.

The map includes a 5.2 mile route ideal for a shorter walk.

Head NE along Dennington Road. Zigzag on the tarmac all the way to the B1116.

Turn left, NE, along the B1116. Turn first right, SE, along Owls Green.

Ignore the footpath, left. Continue along Owls Green.

Turn left, north, along Dennington Road.

After Laxfield House, turn left, west, on the footpath (not the driveway).

Cross a meadow following the left perimeter, SW.

Turn right, north, along a ride, hedge both sides.

Before the power lines, kink left into the field and head right, north, hedge and ditch right.

Continue north to Burnt House - follow the good path signposting.

Turn left, NW, soon west, along Framlingham Road.

Merge with the B1116 and continue west for about 100 metres.

At the right bend, turn off the tarmac, cross a footbridge and head west, ditch left.

Head west across an open field aiming for a narrow hedge gap.

Turn left, south, along Brundish Road and pass Lane Farm.

Turn right, west, along The Street.

Turn left, south, on a footpath and head to Valley Farm.

The field perimeter path (hedge left) kinks left and right into orchards.

Continue south. The path bends right and left and continues south.

After Valley Farm, head SW across an open field. Aim for the right corner of woodland.

Via a house and garden, emerge onto The Thoroughfare and turn left, SE.

Turn right, south, over a footbridge, Yew Tree House left.

Cross a meadow downhill and cross a footbridge.

Turn left, east, along a track.

Turn right, SW, between fields via two mature trees and a row of new tree planting.

At gravel, turn left, SE. Later, follow the track left, NE.

Head to the main road and turn left, NW, along the B1116.

Ignore the drive to Chantry Farm.

Turn right, NE, along Dennington Road.

Return to the church and the car park.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 Waveney and District Ramblers Group

<http://waveneyramblers.org.uk/>

Sketch maps, not to scale

Crown Copyright

<http://waveneyramblers.org.uk/>

OpenStreetMap

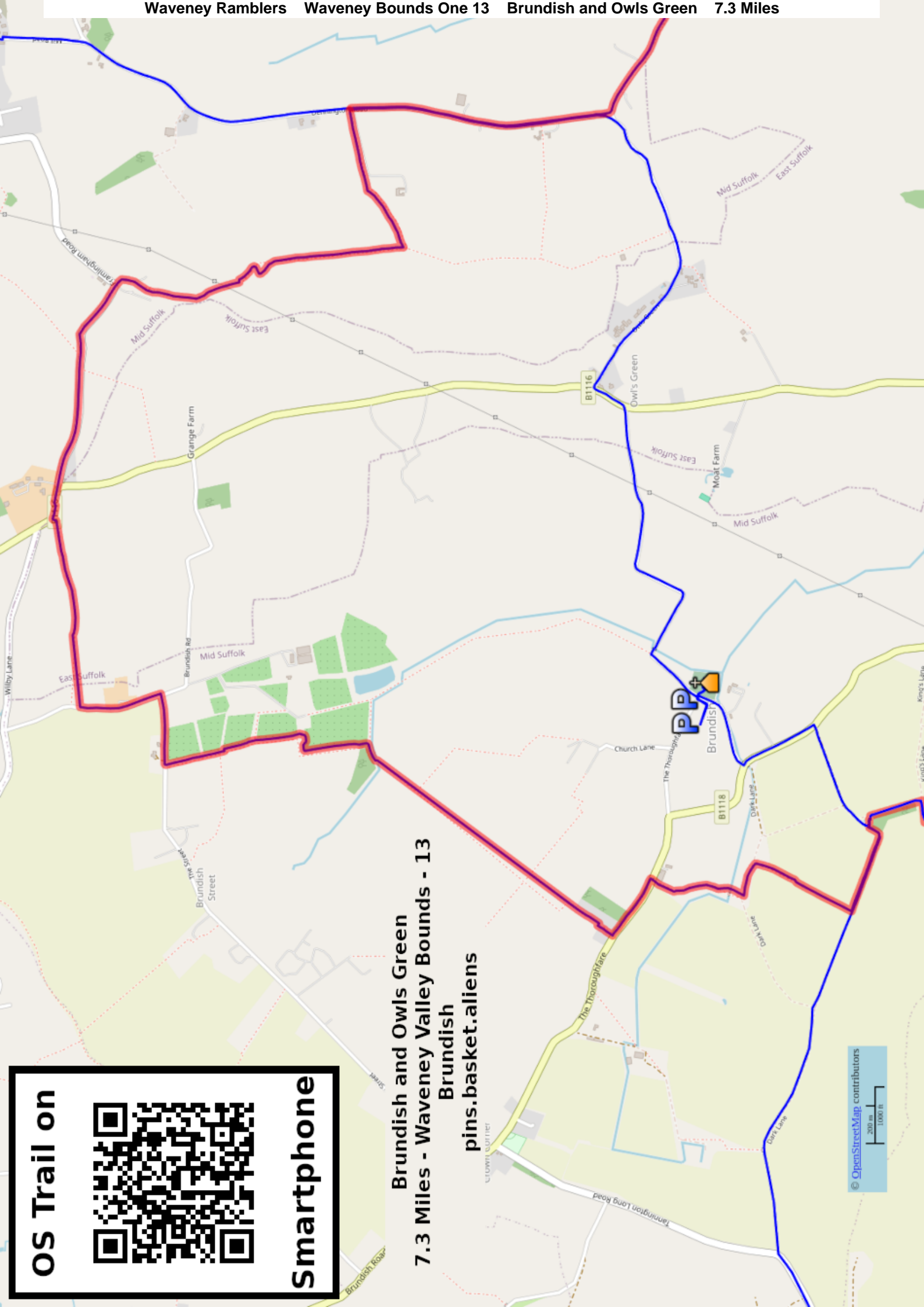
<https://creativecommons.org/licenses/by-sa/2.0/>

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

Corrections:

Please mail Neil at nbauers@btinternet.com or Facebook

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



OS Trail on



Smartphone

Brundish and Owls Green
7.3 Miles - Waveney Valley Bounds - 13
Brundish
pins.basket.aliens

Waveney Ramblers Waveney Bounds One 14 Saxtead Little Green Tannington

OS Map: X 230, 231 Track: [TM 24276 67446](#) [GPX for SatNav](#) 8.7 Miles Updated: 2024

Park near the church, Saint Ethelbert, Tannington.

Head north along The Street.

Turn right, NE, along Tannington Road.

Merge east into Worlingworth Road.

Turn left, north, and pass Tannington Hall and then NE, past The Woodlands.

At a left bend, leave the tarmac and head right, east, on a farm track.

The track bends right, slightly south of east.

At the end, turn left, NE, then right, east, and finally right, SE to go round some woodland.

Turn right, west, soon SW, then west again on another farm track (King's Lane).

Complete the loop and briefly rejoin the outward path.

Turn left, south, then left, SE, onto Dennington Road.

After a right bend, turn left, east, across a field.

Aim for the left edge of the woodland and walk a few paces, east, woods right.

Turn right, south through the woods.

Continue south, hedge left.

Near Tannington Lodge, kink right and left to continue south to Tannington Road.

Turn right, west, soon SW along Tannington Road.

Near Red Cottages, turn left, SW, soon south along Saxtead Road.

Just alter a driveway, left, turn left, SE, on a footpath.

Turn right, SW, along World's End Road.

Turn right, NW, along Chapel Road.

Turn left, SW, along Hollow Lane.

Turn right, NW/north, along Bullwood Lane. The lane bends left and soon right again, NW.

Cross Dog Lane and continue NW/north. This path kinks left and right a few times then north.

Turn right, NE, along Peartree Lane.

Merge into The Street, north, to return to the church.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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/>



Start



**Saxtead Little Green Tannington
8.7 Miles - Waveney Valley Bounds - 14
Tannington, Saint Ethelbert
tomato.snoozing.commoners**

OS Trail on



Smartphone

Waveney Ramblers Waveney Bounds One 15 Monk Soham and Bedfield

OS Map: X 230, 231 Track: [TM 22664 66397](#) [GPX for SatNav](#) 8.6 Miles Updated: 2024

Park at Bedfield, Saint Nicholas church, Church Lane.
There is alternative parking at the Bedfield playing fields.

Visit the church and depart from the SE corner of the graveyard.
Turn left, north, to Bedfield Hall.
Turn right, east, Bedfield Hall left. Continue east on a farm track.
At a left bend, turn right, south, along Bullwood Lane (Track).
The track kinks left and right a few times always going south or SE.
Cross Dog Lane and continue along Bullwood Lane (Track).
The track kinks left and right one more time.
At a T junction, turn right, west, soon SW, along Hollow Lane.
At tarmac, turn left, SE. At Soham Town Corner, turn right, SW, hedge left.
Continue SW to Windwhistle Farm. Bear right, NW, hedge right to Pye Hall.
After Pye Hall, the NW path bends left, west, later SW, hedge right.
Before Low road, cross bridges and follow the well maintained path to Low Road.
Turn left, south, and soon right, NW, towards Low Farm House.
Continue mostly west towards Waddlegoose Lane, NW.
Turn right, NE, across an open field towards Forsight Cottage.
Head north through a small belt of woodland. Converge with Low Road.
Head left, NW, along Low Road, then right, NE, hedge left.
Turn left, NW, along a tarmac lane and pass Grant's Farm and Wash Farm.
Continue NW then north into a cul de sac.
Turn right, east, on a footpath, hedge right to Bedfield Long Green.
Turn right, south, towards Bedfield.
Note the alternative parking at the playing fields.
Continue south, soon SE.
Turn left, east, into Church Road.
Turn right, SE, across a field. cutting off a corner.
Head SE through the farm buildings back to the church.



OS Trail on



Smartphone

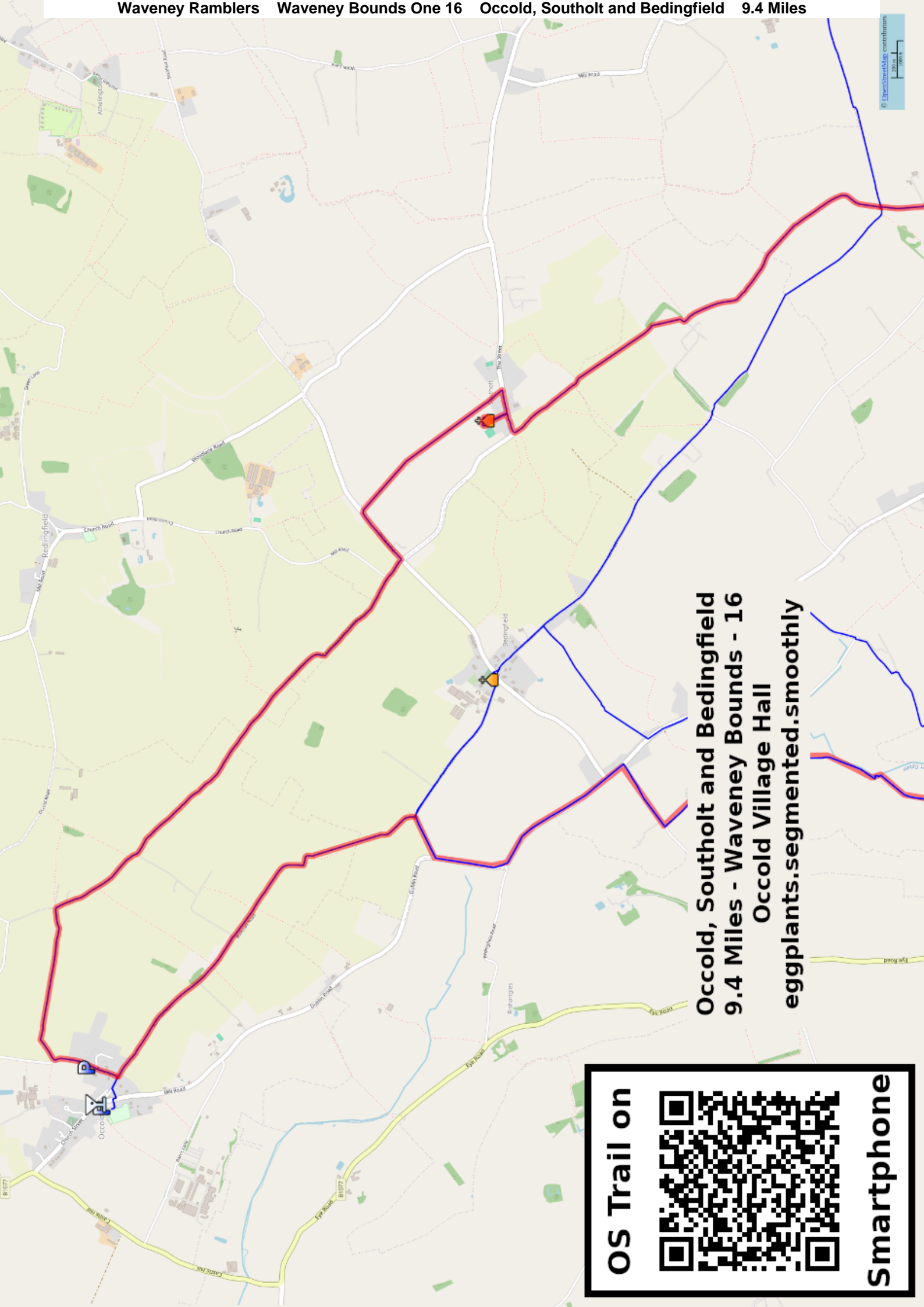
**Monk Soham and Bedfield
8.6 Miles - Waveney Valley Bounds - 15
Bedfield Saint Nicholas
thighs.invisible.smoke**

Waveney Ramblers Waveney Bounds One 16 Occold, Southolt and Bedingfield

OS Map: X 211, 230 Track: [TM 15659 70646](#) [GPX for SatNav](#) 9.4 Miles Updated: 2024

Arrange parking at Occold Village Hall.
For a smaller group, there is limited street parking nearby.

From the village hall, head south along Mill Road for a few paces.
Turn left, east, on a footpath round the back of the primary school.
Turn right, SE, along Bullshall Road all the way to Grove Farm.
Follow the track, right, SE, into Grove Farm.
Before the house, turn left, east, on a signed path crossing mown grass.
Follow the perimeter fence, SE, then cross an open field, SE.
The path had not been reinstated.
Merging, then following the power lines, SE, is approximately right.
At Plash Road, turn left, SE, and head to Bedingfield, village hall.
Optionally divert via the attractive Saint Mary's Church (open).
Head SE along Hall Road, past the village hall.
Near Bedingfield Hall, head SE on a footpath, trees right.
After the trees, continue ahead, across an open field.
After a gap, cross the next field, SE. Aim SE for the perimeter path, hedge right.
Continue SE across a paddock, to an unnamed road round Hartesmere Grange. Turn left, north.
Follow this road as it bends left, NW and fades to a field access track.
Continue NW towards the moated Bedingfield Hall.
Veer right, NW, to follow the moat on your left.
At farm buildings, turn right, NE, and very soon, cross a stile, NW, across grazing.
Aim for another stile in the NW corner.
Cross an open field, NW. Follow a field perimeter, NW, hedge right.
Turn right, east, along The Street.
Optionally turn left, NW, to visit Saint Margaret's Church (locked).
Return to The Street and continue a short way east.
Turn left, NW, hedge left, and soon over an open field.
Cross a bridge into the next field and continue NW.
The field exit was blocked by hedge and brambles but a field access, left, was available.
Head left, SW, along Park Road.
Turn right, NW, along Mill Road. At a right bend, continue off road, NW, hedge left.
This was a lovely clear path NW through hedging and trees. Follow a right, left kink, NW.
The path emerges onto Benningham Green, still NW.
Veer right, off the road, onto a woodland path, still NW.
Head through farm buildings. At the moat, right, turn left, west, buildings left.
Make a slight left right kink, west, sheds left.
Cross an open field, west.
Near Occold, the perimeter path turns left, SW, cutting off a field corner.
Turn left, south along Redlingfield Road. Turn right, NW, along Bullshall Road.
Turn left, west, along the alley behind the primary school.
Turn right, north, along Mill Road for a few paces.
Turn left, west, to return to the village hall.



**Occold, Southolt and Bedingfield
9.4 Miles - Waveney Bounds - 16
Occold Village Hall
eggplants.segmented.smoothly**

OS Trail on



Smartphone

Waveney Ramblers Waveney Bounds One 17 Bedingfield and Aspall

OS Map: X 211, 230 Track: [TM 17647 68009](#) [GPX for SatNav](#) 8.8 Miles Updated: 2024

This walk is in deepest rural Suffolk and parking is a problem. There are a few places in Bedingfield Street, Bedingfield Road. On this walk, none of the cross-field footpaths had been reinstated - a black mark for the land owners / managers.

Head SE along Bedingfield Road. Turn first left, NE, on a footpath.
Head NE to Hall Road (Rose Cottage). Turn left, NW, along Hall Road.
At Bedingfield, optionally divert to visit the interesting Saint Mary's church.
Continue ahead at the crossroads, west, along Plash Road.
Follow the road left, SW, towards Dublin Road.
Head south, soon SE, and pass the conspicuous water tower.
Turn right, SW, along Bucks Green.
Turn left, SE, towards Bedingfield House (moat).
Head SE passing the farm buildings.
Turn left, SW, soon south, towards Bucks Green Farm.
At the farm, veer left, south, following field perimeter tracks.
Drop down to the waterway - the river Deben.
Head a little west of south across an open field.
Continue south, hedge right. Cross the next open field, south.
At the bottom, there is confusion about the line to follow.
If the path has been reinstated, follow it roughly west.
Otherwise head west on either side of the hedge.
Turn left, SW, at a wide hedge gap and cross the field.
Head SW, soon west, and pass Aspall House (moat).
Cross the B1077 and head west across an open field, then west, hedge right.
Kink left and right at the end of the field.
If the path has been reinstated, follow it across the open field.
Otherwise, head due west to a footbridge and hedge gap.
Cross the bridge and head SW across another open field.
Turn left, SE, on an attractive narrow tarmac lane to Redhouse Farm.
Continue SE to Aspall. Turn left, NE, to the church of Saint Mary of Grace.
Optionally visit the church. Head NE out of the cemetery through a derelict lych gate.
Head NE on fieldside tracks.
At the dip, kink left and right, cross the river Deben and enter woodland and orchards.
Head NE to the B1077 and turn right, SE, to the fragrant Aspall Cider brewery.
Turn left NE, on a signed path through the brewery.
For safety, follow the well signed pedestrian route and look out for works traffic.
Follow this path NE, woodland left. After the last woods, cross an open field NE.
At the opposite hedge, turn left, north, soon NW, hedge right.
Continue NW on a wider track. Follow this right, NE, towards Green Farm.
Before a concrete loading area, veer left to avoid the private land.
Head NE, hedge right, farm right.
Continue NE on the tarmac lane. One source of the river Deben is approximately here.
Turn left, NW, along Bedingfield Road back to Bedingfield Street.

OS Trail on



Smartphone

**Bedingfield and Aspell
8.8 Miles - Waveney Bounds - 17
Bedingfield Street
brilliant.hope.winter**



Waveney Ramblers Waveney Bounds One 18 Debenham

OS Map: X 211 Track: [TM 16613 63147](#) [GPX for SatNav](#) 9.3 Miles Updated: 2024

Park at the Debenham Sports and Leisure centre.

Head roughly east along Gracechurch Street.

Turn left, NW, on a footpath. Drop down to the River Deben.

Turn right, east, river left, to The Butts.

Turn left, NW, up Little London Hill.

Follow this lane all the way to Aspall.

Optionally divert to look at the church of Saint Mary of Grace at Aspall.

Continue NW along Little London Hill.

At Red House Farm, turn left, SW, later west when the road turns into a track.

Continue on this tree-lined path, then west across an open field.

At the far end, turn left, south, hedge right.

Head south with a wiggle through a narrow wood, then south across an open field.

About a third of the way across, veer right and head SW to a field entrance gap.

At tarmac, turn right, NW, for 140 metres.

Turn left, south, hedge left. The hedge ends.

Cross the field south picking up a new hedge left.

Turn right, west, hedge left with the Mendlesham TV mast looming in the distance.

Head west on a tree-lined path. Continue west after a left right kink.

At Wetheringsett Road, turn left, south to the dip.

At Brook Lane, turn right, west, later SW all the way to the A140.

Turn left, south, along the A140, no need to cross over.

After 160 metres of A140, turn left, east, towards Read's Farm.

After 350 metres, turn right, off the road and head SE across the field.

There was no finger post and the path had not been marked over the field.

After 150 metres, veer left, east, still crossing the open field.

Cross a ditch and head east across another field. This one had the line marked.

Cross the Mickfield Hall access lane and head east across yet another field.

The footpath signpost should be visible ahead. Alternatively head east along the lane.

Turn left, north along Wetheringsett Road. The road bends right, then left, north again.

Turn right, east, across a field, towards Greenwood Farm.

At a hedge, left, veer left, NE, through a gap.

Go right, through a gate, NE, across the meadow. There was a welcome mown path.

Leave the meadow through a similar gate and go right, east, woods right.

Cross an open field, a little south of east.

At the opposite hedge, turn left, NE, hedge left.

When the hedge ends. Turn right, east, across an open field.

At a wide gap, the right of way crosses the field. The perimeter path might be easier.

At farm buildings, turn right, SE, woodland right. Cross yet another field.

At the lane, merge left, east. Follow the lane right, SE, then left, east, on a footpath.

Cross the final field, east, and merge, right, with Gracechurch Street.

Head NE back to the Sports and Leisure centre.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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/>

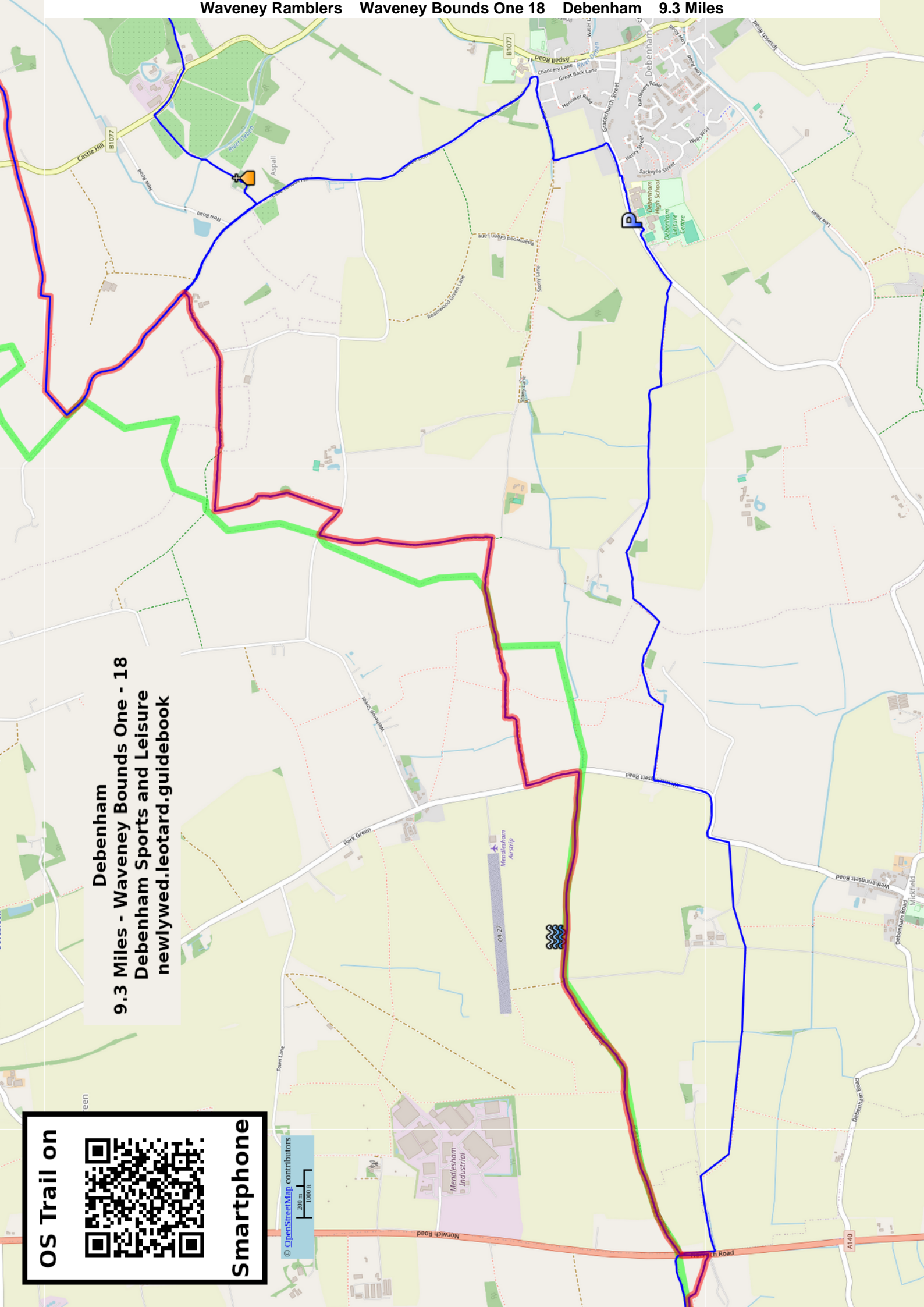
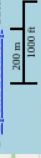
Debenham
9.3 Miles - Waveney Bounds One - 18
Debenham Sports and Leisure
newlywed.leotard.guidebook

OS Trail on



Smartphone

© OpenStreetMap contributors



Waveney Ramblers Waveney Bounds One 19 Mendlesham Green

OS Map: X 211, 230 Track: [TM 09565 63238](#) [GPX for SatNav](#) 8.2 Miles Updated: 2024

Park in the street in Mendlesham Green.

Head north into the play area. Head NE across the field. Head north, hedge right.

At the field corner, turn right, east. Cross a lane and head east across an open field.

At tarmac, turn right, south.

Turn first left onto a farm access, soon becoming a footpath, hedge right.

There are a couple of left, right, kinks including a sleeper bridge.

At the field end, go right, left, left to follow the field perimeters.

Turn right, east, hedge right. Continue to houses.

The footpath through the gardens is not so well signposted.

Head SE, then NE, then east to the road. Turn right, south, along Tan Office Lane.

When Tan Office Lane bends right, turn left, east for 240 metres.

Turn right, south and cross an open field. No signpost.

Aim for the concrete loading bay on the far side. Follow the line if it has been reinstated.

At the loading bay, turn left, east, along the main farm track.

At the A140, turn right, south, no need to cross the road.

After 150 metres, turn right, NW, across paddocks.

Several electric fence gates need to be unhooked and replaced to get through.

Head west on a footpath parallel with the earlier farm track.

This was congested with brambles at one point but passable with difficulty.

Back at the concrete loading bay, head west along the farm lane.

Near Westwood Hall, turn right, north, hedge right.

Head to Tan Office Lane. Go left, west, on the field perimeter, soon joining the tarmac.

Continue west to a T-junction.

Turn right, north, and follow the bends to Mendlesham Green.

Turn left, south, on a signposted footpath. The line does not match the OS map.

Turn left, east, gardens left, through a gate.

Turn right, south, hedge left. This path merges with the line on the OS map.

Go south towards Middlewood Green on good paths between fields.

Head south through the Whitehouse Farm buildings, then veer left SE.

Turn right, south onto a slightly busy road for 180 metres.

Turn right, west, towards Saxham Street. Keep the the right of ditches and hedges.

Just before Owl's Farm, turn left, west, over a footbridge.

At the farm, head through, then turn left, south, and head to a lane.

Turn right, west, along this lane.

At the main road, cross over and head west through Stowupland Town Farm.

Cross an open field a little north of due west.

Cross a ditch and continue across the next open field.

At Gipping Road (Mid Suffolk Path), turn right, NE.

At Saxham Street, turn right, SE, for 230 metres.

Turn left into a field and head NE, hedge left, still on the Mid Suffolk Path.

At the top, turn right along the Old Hundred Lane/Mid Suffolk Path for 170 metres.

Turn left, NE, across the open field. Aim for the finger post and stile.

Cross a few paddocks, NE, unhooking electric fences as necessary.

Emerge onto the main Mendlesham Green road and return to the street parking.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 Waveney and District Ramblers Group

<http://waveneyramblers.org.uk/>

Sketch maps, not to scale

Crown Copyright

<http://waveneyramblers.org.uk/>

OpenStreetMap

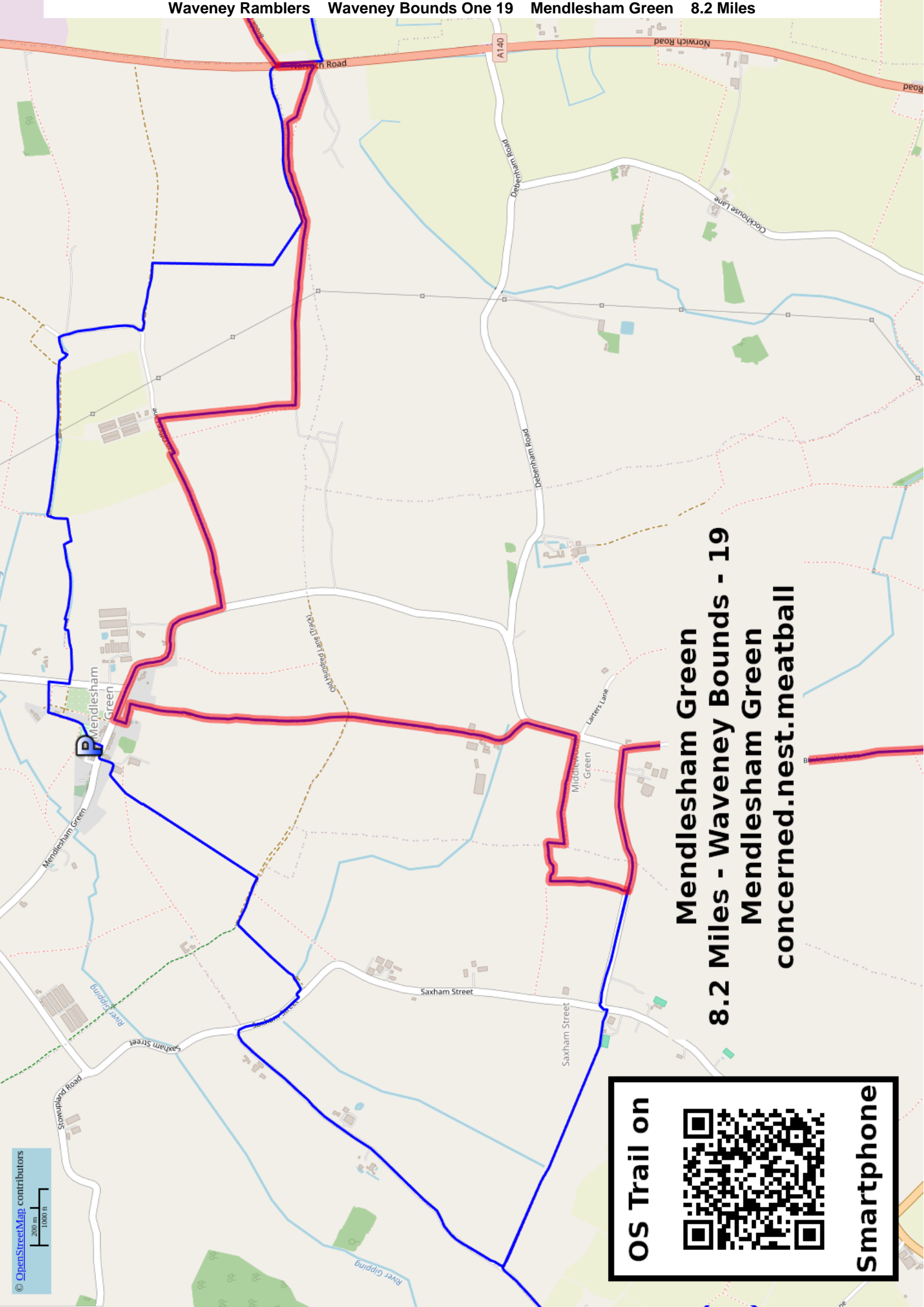
<https://creativecommons.org/licenses/by-sa/2.0/>

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

Corrections:

Please mail Neil at nbauers@btinternet.com or Facebook

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



Mendlesham Green
8.2 Miles - Waveney Bounds - 19
Mendlesham Green
concerned.nest.meatball

OS Trail on



Smartphone

Waveney Ramblers Waveney Bounds One 20 Stowupland and Saxham Green

OS Map: X 211 Track: [TM 06882 60321](#) [GPX for SatNav](#) 7.4 Miles Updated: 2024

Park in the street along Trinity Walk, Stowupland.

Head SE, along Trinity Walk.

At the end, turn left, NE towards Oxlip Way.

Turn right, SE, along Oxlip Way.

After the pond right, turn left, NE, on a footpath.

Continue north, then NE on the field perimeter.

Kink left and right, to continue NE, hedge left.

Head past the Walnut Tree farm buildings.

At a Rendall Lane, Turn right and quickly left, NE, hedge right.

Kink and continue NE, hedge left.

Turn left, NW, to Gipping Cottages. Head north passing Gipping Farm.

Continue NE along Gipping Road (Mid Suffolk Path).

Soon after Gipping Farm, turn right, a little south of east and cross a field.

Cross another open field to reach Stowupland Town Farm.

At Saxham Street, cross over and head east on an unnamed lane.

Turn right, south along Blacksmith's Lane and head to Forward Green / A140.

Turn left, SE, along the A140 for 120 metres on the pavement, left.

Cross the A140 and head SW. Aim for Creeting Saint Peter.

The footpath emerges on Chapel Lane. Continue left, SW.

The A14 noise starts to get intrusive on this leg.

Head SW, passing Elm House Farm and Roydon Hall.

Just before Creeting Saint Peter, turn right, west.

Turn right, NW, along Creeting Lane.

Turn left, NW, watercourse right. Head NW uphill.

Turn left, west, drain right for 170 metres.

Turn right, north, before and avoiding the A1120.

Cross the A1120 and head NW on an urban footpath.

Head NW to the green, then right, NE, towards the school.

Follow this path right, SE, then left, NE, to the school parking.

Head NE, school parking left.

Turn left, NW, playing fields right, trees left.

Turn right, NE, playing fields right, houses left.

Turn left, NW, into Trinity Walk to return to the parking.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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/>

Stowupland and Saxham Green 7.4 Miles - Waveney Bounds One - 20 Stowupland mice.longingly.deal

OS Trail on



Smartphone



Waveney Ramblers Waveney Bounds One 21 Stowmarket

OS Map: X 211 Track: [TM 06882 60321](#) [GPX for SatNav](#) 9.7 Miles Updated: 2025-04

Park in Stowupland, Trinity Walk.

Head SE to the end of Trinity Walk. Turn right, SW.

Just before the High School, turn left, SE, playing fields left.

Turn right, SW, High School parking right.

At the perimeter, turn right, NW, towards the school buildings.

Turn left, SW, buildings right. The path bends right, NW and soon enters open ground.

Turn left, SE, towards the A1120. Cross the main road and continue SE.

About half way to Creeting Lane, the path bends left, east, soon right, SE again.

Turn right, south, along Creeting Lane and head through Creeting Saint Pater.

Cross the overbridge across the A14 and continue south on Pound Road.

Turn right, west, along Mill Lane.

Turn first left, south, along Creeting Hall Lane.

Well before the hall, turn right, west, on a footpath between fields.

The path bends left, SW, and drops down to the River Gipping through flood meadows.

At the derelict lock and weir, turn right, west, and follow the river path, river left.

Follow the pleasant river path mainly SW as far as it goes.

You'll pass the Muntons Maltings and other industrial sites.

The river path crosses several roads and continues.

Note the Stowmarket railway station near the end of the river path.

Turn left, west, along Stowupland Street.

Turn right, north, along Regent Street. Veer right to continue along Regent Street.

Turn right, NE, along Crown Street and cross the railway lines.

Turn left, NW, on a footpath parallel with the railway.

Turn right, NE, along Spring Lane.

Turn left, north, along Newton Road, B1113, (caution traffic). Cross under the A14.

It's possible to walk on a field perimeter bank to avoid some of the traffic.

Scramble down the bank to turn left, NW, to continue along the B1113.

When the B1113 gets closest to the railway lines, turn left and cross the tracks.

Turn right, north, on a lane, soon a footpath, and stay close to the railway lines.

Turn left, west, towards Dagworth Hall. Before the hall, turn right, north, Hall left.

Follow the lane as it bends right, east, under the railway lines.

Follow Dagworth Lane, east. Cross the Stowmarket Road and continue east along Whitehall Road.

After one field, turn right, south, ditch right, towards Stowupland. The path bends left, SE.

Cross the River Gipping. Then right, SW, along Stonebridge Lane for a few paces.

Turn left, SE, on another footpath between fields, later east, then SE again on a widening track.

Veer left off the track, hedge left, to avoid Green Farm.

Head through a gate, farm buildings right.

Head diagonally east across the playing fields and turn left, NE, along Thorney Green Road.

Turn right, SE, into Reeds Way. Turn left, NE, towards Trinity Walk.

In Trinity Walk, return to your parking place.

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2025 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/>

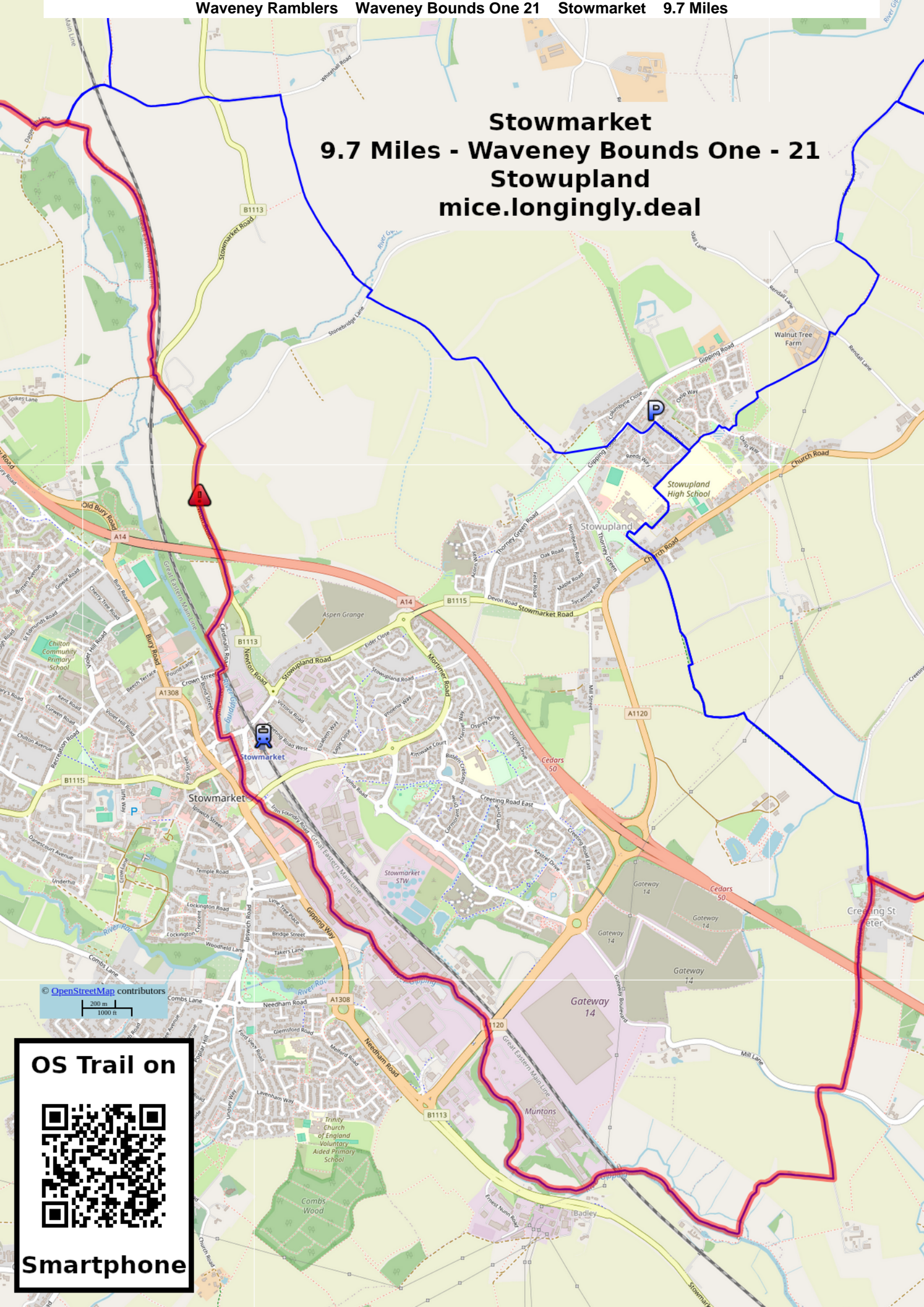
<https://www.openstreetmap.org/>

Corrections:

Please mail Neil at nbauers@btinternet.com or Facebook

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

Stowmarket 9.7 Miles - Waveney Bounds One - 21 Stowupland mice.longingly.deal



© OpenStreetMap contributors

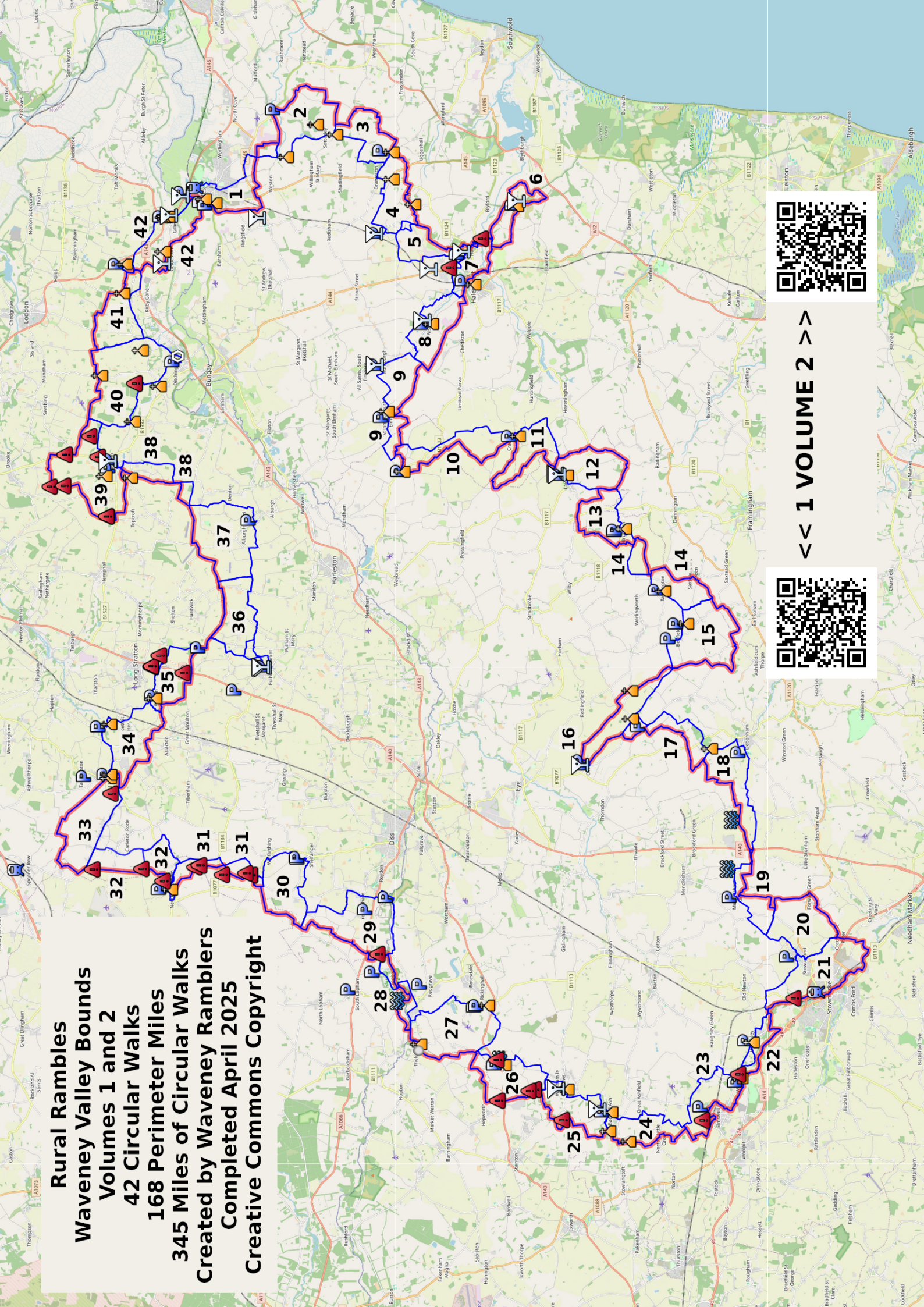
200 m
1000 ft

OS Trail on



Smartphone

Rural Rambles
Waveney Valley Bounds
Volumes 1 and 2
42 Circular Walks
168 Perimeter Walks
345 Miles of Circular Walks
Created by Waveney Ramblers
Completed April 2025
Creative Commons Copyright



<< 1 VOLUME 2 >>

