



## Suffolk Coast and Heaths Walks 3 long-distance routes in the AONB Cicerone Guides

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By Laurence Mitchell

Cicerone Press Limited. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 6.7in. x 4.6in. x 0.5in. The three long-distance routes in this guide - the Suffolk Coast Path, the Stour and Orwell Walk and the Sandlings Walk - explore some of the most appealing landscapes in southern England largely within the Suffolk Coast and Heaths AONB. Easy for those with moderate fitness levels, they can each be walked in a long weekend or all three combined to complete a circuit of the entire Suffolk Heritage Coast, visiting Lowestoft, Felixstowe, Cattawake, Ipswich and Southwold. The Suffolk Coast Path stretches along the coast between Lowestoft in the north and Landguard Fort, close to Felixstowe in the south, a total distance of 55-60 miles (89-97km) depending on whether beach walking or inland options are followed. The Stour and Orwell Walk continues where the Suffolk Coast Path ends, starting at Landguard Point threading for 43 mile (69km) around the estuaries of the Stour and Orwell rivers to finish at Cattawade, close to the Essex border. The Sandlings Walk (59 miles 94.5km) thoroughly explores the heathland region that lies immediately inland from the Suffolk coast. With the exception of the first stage, between Ipswich and Woodbridge,...



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