

SUFFOLK COAST AND HEATH WALKS

3 long-distance routes in the AONB

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This guidebook describes three waymarked long-distance trails in Suffolk, which can be linked to form longer routes. The 60-mile (97km) Suffolk Coast Path extends from Lowestoft to Landguard Fort near Felixstowe, from where the 42½-mile (68km) Stour and Orwell Walk continues along the coast to Cattawade. The third route, the Sandlings Walk, covers 59 miles (94.5km) between Ipswich and Southwold and intersects the Suffolk Coast Path at various points.

The walks showcase the glorious scenery of the Suffolk Coast and Heaths Area of Outstanding Natural Beauty, from the heather and gorse of the heathlands to the estuaries, marshes, dunes and beaches of the coast. Easily accessible from London, it is a place of spectacular views and big skies. The Suffolk seaboard's rich maritime history has also seen it designated as a Heritage Coast.

Comprehensive route descriptions (including beach and inland options on the Suffolk Coast Path) and 1:50,000 OS map extracts are accompanied by practical advice to help plan a successful trip. Also included is information about the region's unique landscape, geology, plants and wildlife, as well as points of interest along the trails, from coastal forts to traditional English seaside resorts.

About the author

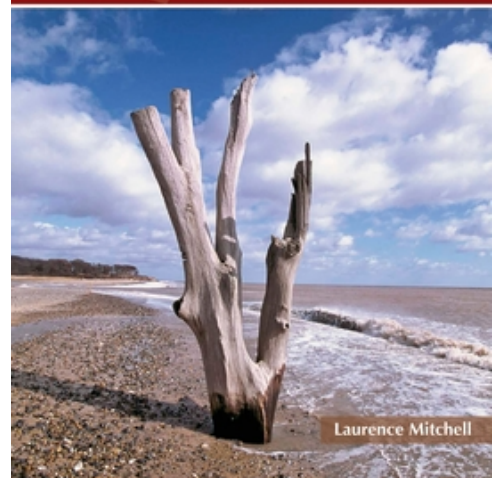
Originally from the West Midlands, Laurence Mitchell has been based in East Anglia for longer than he cares to remember. He worked as a geography teacher for many years before finally reinventing himself as a freelance travel writer and photographer. Laurence is especially interested in off-the-beaten-track destinations and has written guidebooks to Serbia, Belgrade and Kyrgyzstan as well as his own backyard of Norfolk and Suffolk, which he enjoys just as much as anywhere else. He is a member of the British Guild of Travel Writers and the Outdoor Writers and Photographers Guild.

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