

Local Adnams pubs

In partnership with
ADNAMS
SOUTHWOLD

HORSE AND GROOM Tel: 01502 675279
London Road, Wrentham, NR34 7HE

Location: Village		Restaurant/dining room	Yes
Garden/courtyard	Yes	Bar meals	Yes
Children welcome	Yes	Accommodation	-
Disabled access	-	Dogs welcome	Yes
Parking available	Yes	Credit cards welcome	Yes

FIVE BELLS Tel: 01502 675249
Southwold Road, South Cove, Wrentham

Location: Village		Restaurant/dining room	Yes
Garden/courtyard	Yes	Bar meals	Yes
Children welcome	Yes	Accommodation	Yes
Disabled access	Yes	Dogs welcome	Yes
Parking available	Yes	Credit cards welcome	Yes



**Suffolk Coast
& Heaths**

Area of Outstanding Natural Beauty



This leaflet has been produced with the generous support of Adnams to celebrate the 40th anniversary of the Suffolk Coast and Heaths AONB.

"Adnams has been proud to work with Suffolk Coast and Heaths for many years on a variety of projects. We are based in Southwold, just inside the AONB and it is with this beautiful location in mind, that we have great respect for the built, social and natural environment around us. Over several years we have been working hard to make our impact on the environment a positive one, please visit our website to discover some of the things we've been up to.

We often talk about that "ah, that's better" moment and what better way to celebrate that, than walking one of these routes and stopping off at an Adnams pub for some well-earned refreshment.

We'd love to hear your thoughts on the walk (and the pubs!), please upload your comments and photos to our website adnams.co.uk."

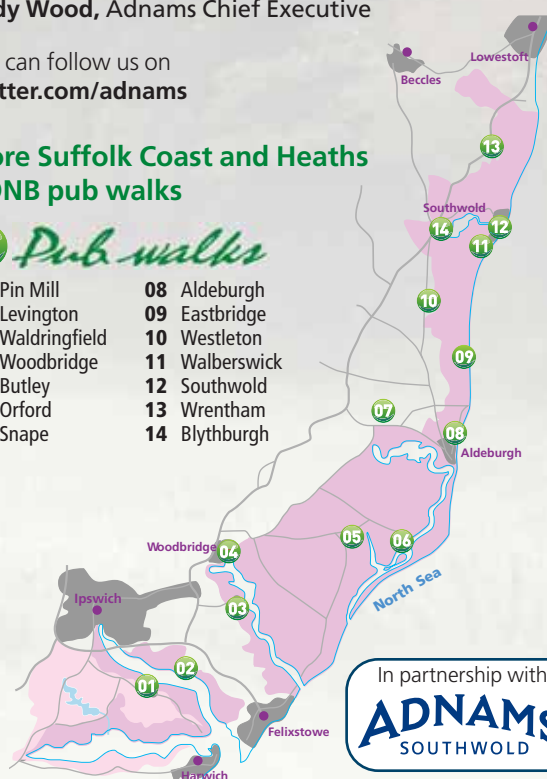
Andy Wood, Adnams Chief Executive

You can follow us on
twitter.com/adnams

More Suffolk Coast and Heaths AONB pub walks



- | | |
|------------------|----------------|
| 01 Pin Mill | 08 Aldeburgh |
| 02 Levington | 09 Eastbridge |
| 03 Waldringfield | 10 Westleton |
| 04 Woodbridge | 11 Walberswick |
| 05 Butley | 12 Southwold |
| 06 Orford | 13 Wrentham |
| 07 Snape | 14 Blythburgh |



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St Andrew's Church,
Covehithe

**Suffolk Coast
& Heaths**

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Wrentham Route overview

The longer version of this walk (5.5 miles/8.9km) starts at the Horse and Groom in Wrentham and also visits the Five Bells in South Cove. For a shorter walk (4.5 miles/7.2km), you could simply start from and return to the Five Bells. There is an optional extra 2km when you get to Covehithe, to visit the Broad and beach.

It is an easy walk, mainly on country lanes and byways, which are not usually busy but may have farm traffic. The pubs are both on busy roads, but you are soon away from the traffic and into the countryside.

Even in wet weather, it is unlikely to be a very muddy walk. Dogs may not get much of a run until you get down to the beach, but

Further information

Suffolk Coast and Heaths AONB

Tel: 01394 384948 www.suffolkcoastandheaths.org

East of England Tourism

www.visiteastofengland.com

Public Transport


Coastlink bus service: 01728 833526

www.suffolkonboard.com, 0845 606 6171

please keep them away from the bird reserve areas. Both pubs have car parks, but check before leaving your car there, especially if you plan to walk first, and visit the pub later. The Five Bells has a camp site too! Alternatively, you could park at Covehithe, but space is very limited there.

Wrentham

South Cove – 5.5 miles/8.9km

 From the Horse and Groom turn right and walk 300 metres alongside the busy A12 to the crossroads in Wrentham. Turn right into Southwold Road and carry on until you reach a cottage on the right with a Greco/Roman façade **1**. Cross the road to footpath opposite (turning left off road).

Alternatively, start at Five Bells **2**, on the Southwold Road: turn left out of pub, and about 150m on you will see the cottage (as above) on your left, footpath off to the right.

Take the well-marked path straight across field, and at field edge, turn right.

In these open fields, you may see some migrating Wheatears and Wagtails in spring and autumn. They are most likely to visit our east coast during or after easterly or north-easterly winds, in periods of low pressure and rain.





After 100m turn left by a large oak 3. Follow this broad path, passing Field Farm on the left, to a T-junction with a generous byway 4 (Green Lane) – note, these tracks can be used by motor vehicles, and you may well meet farm traffic.

Turn right and follow the byway to a crossroads with a metalled lane, where you turn left 5 and follow to the hamlet of Covehithe. Turn right at the junction 6 and pass St Andrews Church.

The impressive but ruined **St Andrews Church**, probably dating from the 15th century, did not serve an exceptionally large congregation at any time, despite its size. Along with Blythburgh and Southwold, it was built at a time when local landowners made hefty donations to the local church, to demonstrate their status and ease their passage into the next world. A smaller church was built within the ruins of the old, after the Civil War, and it still contains the damaged but salvaged 15th century font.



Walkers can continue to the end of the road (400m), from where Southwold is visible in the distance, to the right. Please note, the beach and cliffs are not accessible from here.

The coastline suffers from **severe erosion** at this point. Below you, the underlying geology is soft and sandy – not ideal cliff material. The North Sea attacks the base of the cliffs, the top becomes unstable and eventually slumps, the beach receives the debris, the sea removes it – and starts all over again. The cliff line has receded about half a kilometre in the last 150 years and the church may be at risk within the next 100 years.

The cliffs have been designated as part of a larger **SSSI (Site of Special Scientific Interest)**, extending from Pakefield to Easton Bavents, for their geological significance. The soft cliffs are cut in the shelly sands of the **Norwich Crag**, topped with the pebbly **Westleton Beds**, and when the beach has been scoured by the sea, clays rich in fossils are exposed.



Retrace your steps back past the church to the road junction 6.

(Continued overleaf)


The Suffolk Coast and Heaths Area of Outstanding Natural Beauty (AONB) is one of Britain's finest landscapes. Located on the coast of East Anglia and covering 403 square kilometres, the AONB extends from the Stour estuary in the south to the eastern fringe of Ipswich and to Kessingland in the north.

www.suffolkcoastandheaths.org



Wrentham

Optional diversion to the seaside

 This adds about 2km to your walk. For a complete change of scene, take the footpath to the south just before the junction. It leads down to Covehithe Broad and a delightful secluded beach, through a fragment of heath. This is part of Benacre National Nature Reserve – dogs on leads please.

To return, retrace steps to Covehithe village, and back to road junction .

Covehithe Broad is one of several 'percolation lagoons' on this coast, where a bay has been cut off by the shingle deposited on the beach.




Fresh water drains into the lagoon from the land, and salt water percolates into it through the shingle, as well

as occasionally flowing over the top. Saline, but less so than seawater, it produces yet another variety of habitat.

There are **extensive reedbeds** and some open water – a paradise for birds. Ducks and wildfowl abound. Migrants may be seen too, heading inland for shelter in northerly and easterly winds.

Look out for Swallows heading south in the autumn. Sand Martins nest in the **sandy cliffs**, and Sedge and Reed Warblers frequent the reedbeds.



 From the junction  bear right at the junction – signposted “Wrentham 2”. Follow this lane past woods on left, then – opposite a wood on right – turn left into Byway  (the other end of Green Lane).

After 400m turn right on footpath – you are now retracing your steps: along the track to the large oak, turn right, turn left across field and back to the Southwold road opposite the Greco/Roman cottage. Beware of traffic when emerging on to this sometimes busy road – there is no footpath this side.

Go left for the Five Bells – 150m. Go right to crossroads in Wrentham then left along A12 for the Horse and Groom.

