



The Suffolk Coast & Heaths AONB

The Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) is one of Britain's finest landscapes. It extends from the Stour estuary in the south to the eastern fringe of Ipswich and north to Kessingland. The AONB covers 403 square kilometres, including wildlife rich wetlands, ancient heaths, windswept shingle beaches and historic towns and villages.

Visiting Kessingland

 Ordnance Survey Explorer Map No. 231 (Southwold and Bungay)

 Car: access via the B1437 from the A12.

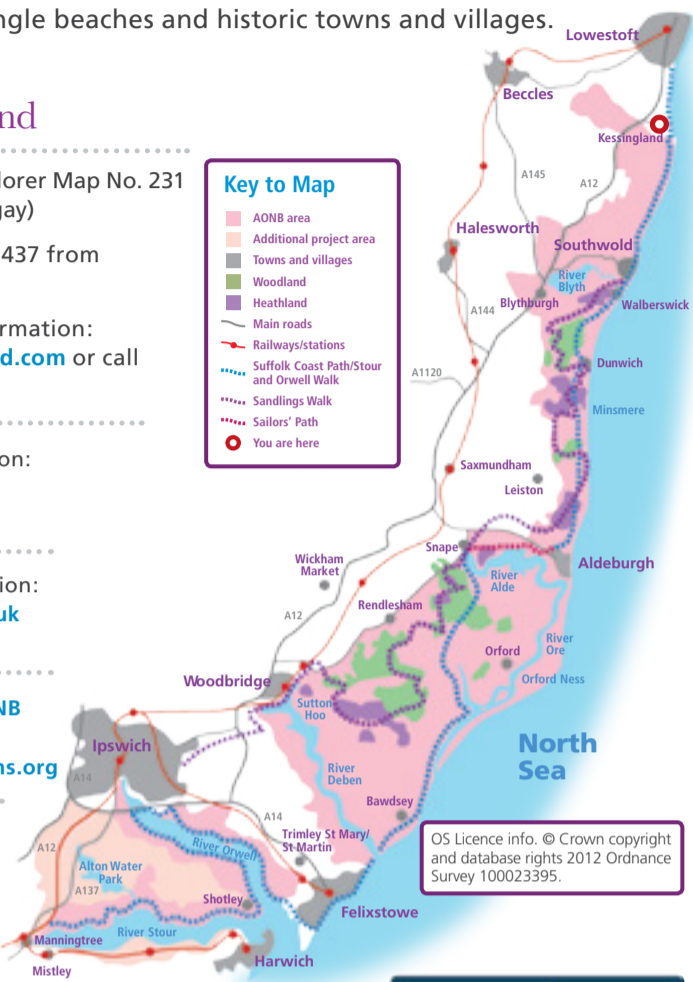
 Public transport information: www.suffolkonboard.com or call 0845 606 6171

Lowestoft Tourist Information: www.lovelowestoft.co.uk 01502 533600

Southwold Tourist Information: www.visit-sunrisecoast.co.uk 01502 724729

Suffolk Coast & Heaths AONB 01394 384948 www.suffolkcoastandheaths.org

Suffolk Coast & Heaths AONB is a partner of the BALANCE project, part-financed by the European Union through the Interreg IV A 2 Seas Crossborder Programme.



Key to Map

- AONB area
- Additional project area
- Towns and villages
- Woodland
- Heathland
- Main roads
- Railways/stations
- Suffolk Coast Path/Stour and Orwell Walk
- Sandlings Walk
- Sailors' Path
- You are here

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Research, text and some images by Simon Peachey. Printed on Recycled FSC, ECF, Carbon Balanced paper.

Kessingland Explorer Guide



Three wonderful walks exploring the coastal village and Parish of Kessingland.



Kessingland

Suffolk Coast & Heaths *Explorer Guide*

Highlights of Kessingland

- The Hundred River Valley** was once the location of the port of Kessingland. At the time of the Norman Conquest, Kessingland was one of the richest coastal towns in Suffolk. Over the centuries, the sea blocked the mouth of the Hundred River with tons of shingle and trade became impossible. The valley is now a peaceful place of marshes and farmland.
- The Wind Turbines** are a striking, if very controversial feature of the landscape. The 125m high structures were erected in 2011 and supply enough power for 3,000 homes. Although they provide green energy, local opinion has been divided.



- St Edmund's Church** is one of the finest in the region. A notable feature is the huge tower, which was built in the 1400s as a beacon for fishermen working off the coast. A ship's wheel is attached to the pulpit, recognising the village's link with the sea.



- Sir Henry Rider Haggard (1856 - 1925)** is famous as the author of best selling novels King Solomon's Mines, the Allan Quatermain Adventures and She. He had a holiday home in the village called Kessingland Grange. The house no longer exists, but it was located at the end of Rider Haggard Lane.



Many of his novels were influenced by the time he spent in South Africa, where he worked for the colonial government. His character Allan Quatermain is said to be the template for the film character Indiana Jones.



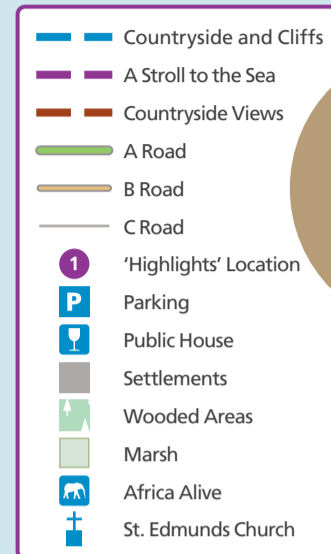
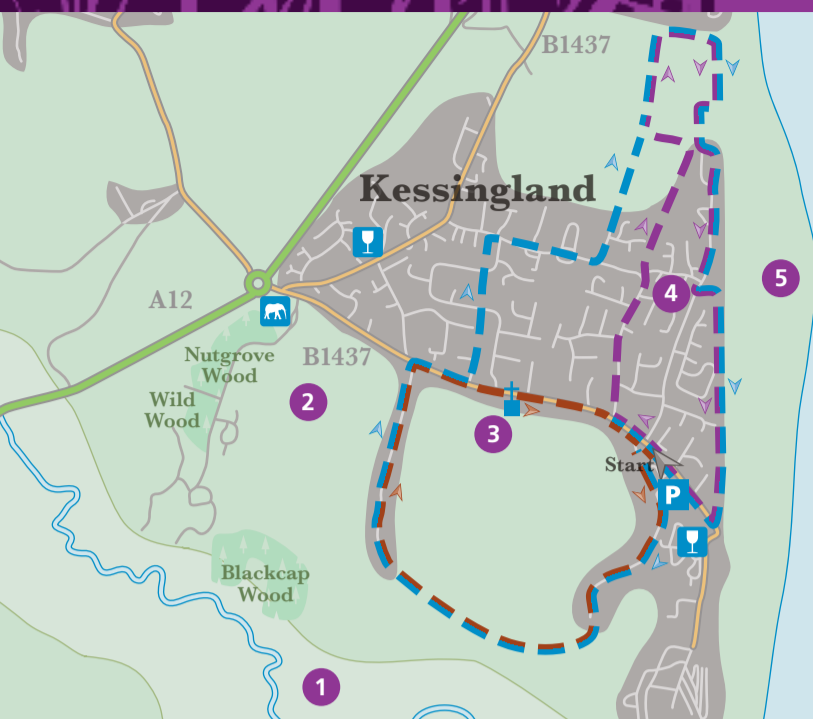
- Kessingland Beach** is a designated Site of Special Scientific Interest (SSSI) due to its geology. The cliffs include freshwater deposits of gravel, clay and sand which were laid down between 600,000 and 700,000 years ago. Fossils of sabre toothed cat, hippopotamus, steppe mammoth and rhinoceros have been found in this layer.

The discovery of flaked flints indicates very early human activity. The cliffs are unstable, so please keep away when you explore the beach.



The sand dunes on the beach are covered in Marram Grass. This has long roots which help to prevent the sand from blowing.

Images: Front cover – Kessingland Beach. A. Hundred River Valley – once home to a thriving port. B. Wind Turbines – a controversial addition to the landscape. C. St Edmund's Church – the huge tower was a beacon for fishermen. D. Rider Haggard Lane – Kessingland's famous resident is remembered. E. Sand Dunes – a feature of the beach. F. Marram Grass – helps to stabilise the dunes – Michael Dietrich/Imagebroker/FLPA.



Dogs are welcome, please keep them under control and on lead as advised

'Countryside and Cliffs'

Distance
4.6 miles (7.4 km)

Time: 2 hours 30 mins

Terrain: Paths and tracks can be muddy after rain. Please be aware of traffic. We recommend high visibility clothing. The path along the cliff is exposed and prone to erosion. The cliffs are unstable, so please keep well away.



Leave Beach Car Park and turn left along pavement. Almost immediately turn sharp left down track (Marsh Lane). This soon becomes path behind houses. Re-join another track and keep right. Continue past sewage works. Track becomes path at entrance to private fishing lake. Keep on path through open countryside. Go straight at two cross tracks, some distance apart. Shortly after second cross tracks, path joins tarmac lane. Continue on lane until main road.



Cross road and turn right along pavement. Just before St. Edmund's Church on right, take path off left beside entrance to industrial estate. Keep straight past houses and between fences, crossing a residential road. Path joins Lloyds Avenue.

At T junction at end of Lloyds Avenue, turn right. Continue past shops and school. Turn left into Clare Road and follow right pavement.

After entrance to Griffith Close, follow path as it goes behind hedge. Continue beyond houses across field. At path T junction, turn left (to shorten route by 1 mile, turn right). At next path junction, turn right. Follow path, ignoring left turn over footbridge, to T junction with track. Turn right. At cliff and steps, turn right along path (descend steps to visit the beach). Path runs parallel with cliff, then heads inland around garden. At cross paths, turn left. Follow path through trees, ignoring right split. When track reached, turn right.

Follow track between hedges and houses. Soon after Rider Haggard Lane, take path off left between hedge and fence. Descend steps to beach and turn right. Follow path through dunes parallel with low cliffs. When promenade reached, continue until road joins from right. Turn sharp right and follow road past Sailor's Home Pub back to car park.

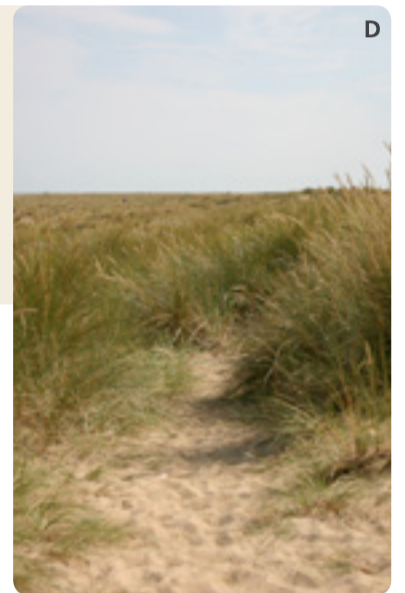


'A Stroll to the Sea'

Distance
2.9 miles (4.7 km)

Time: 1 hour 30 mins

Terrain: Paths and tracks can be muddy after rain. Please be aware of traffic. We recommend high visibility clothing. The path along the cliff is exposed and prone to erosion. The cliffs are unstable, so please keep well away.



Turn left out of car park. After short distance, turn right down Wash Lane. Keep on lane until sharp left bend. Enter Rider Haggard Lane and almost immediately take footpath off left. Follow path into countryside. At cross paths, turn left. Follow path, then take next path off right.

Follow path, ignoring left turn over footbridge, to T junction with track. Turn right. At cliff and steps, turn right along path (descend steps to visit the beach). Path runs parallel with cliff, then heads inland around garden. At cross paths, turn left. Follow path through trees, ignoring right split. When track reached, turn right.

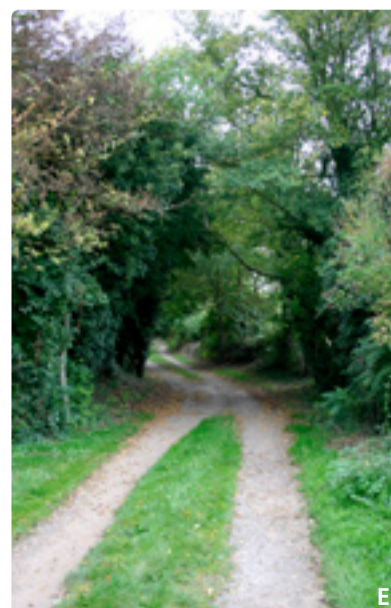
Follow track between hedges and then houses. Soon after entrance to Rider Haggard Lane on right, take path left between hedge and fence. Descend steps to beach and turn right. Follow path through dunes parallel with cliffs. At promenade, continue until road joins from right. Turn sharp right and follow road past Sailor's Home Pub back to car park.

'Countryside Views'

Distance
2.1 miles (3.4 km)

Time: 1 hour

Terrain: Paths and tracks can be muddy after rain. Some sections on roads. Please be aware of traffic. We recommend high visibility clothing. The path along the cliff is exposed and prone to erosion. The cliffs are unstable, so please keep well away.



Leave Beach Car Park and turn left along pavement. Almost immediately turn sharp left down track (Marsh Lane). This soon becomes path behind houses. Re-join another track and keep right. Continue past sewage works. Track becomes path at entrance to private fishing lake. Keep on path through open countryside. Go straight at two cross tracks, some distance apart. Shortly after second cross tracks, path joins tarmac lane. Continue on lane until main road. Then turn right and follow road back to car park.

Images: A. Beautiful Countryside – great for walking. B. Kessingland Beach – sweeping views towards Lowestoft. C. The Promenade – a popular place to enjoy a seaside stroll. D. Sand Dunes – a feature of the beach. E. Country Lane – one of many lovely paths near Kessingland.

