

Cavenham Heath

The Wild West of Suffolk!

Discover the wilds of Cavenham Heath with acres of stunning heathland and woodland landscapes, superb in late summer when the land turns a beautiful shade of purple as the heather starts to bloom.



The heath offers 3 trails; a Woodland Trail which is a very peaceful easy access route, a Heathland Trail which is more adventurous but offers wonderful views across the Lark Valley and a Wetland Trail, a more demanding route alongside the River Lark.

There are no facilities at Cavenham Heath itself – this really is the wilds of Suffolk, but close by are some excellent pubs in Tuddenham.

Facilities

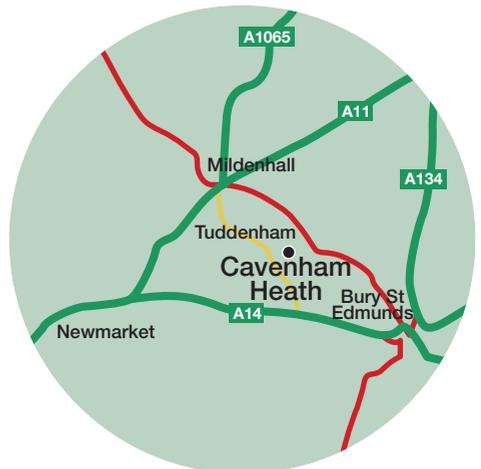
- **Parking**

Directions

Access to the reserve is via a minor road from Tuddenham village.

Tuddenham is located 4 miles south of Mildenhall and 10 miles from Bury St Edmunds.

Turn at the village green and continue past houses, a pond and a farm on to a firm track. This leads to a small car park at the start of the Woodland Trail. The track continues to the River Lark where it is possible to explore the Heathland Trail.



Easy access trail

0.6mile/1km



From the small car park simply follow the Woodland Trail. The short loop is easy access and takes you through woods with great bird watching. The trail is generally on wide paths with some log seats along the way. Towards the end of the loop veer left to return to the car park.

A path off the loop (0.5mile/ 0.7km) leads to an old WW2 pill box. This path is over very bumpy ground so not suitable for wheelchair users or pushchairs.

Easy going trail

2.5miles/4km



The Heathland Trail follows a numbered route from the Woodland Trail car park. The route is on natural surface throughout with accessible gates (NKS Key) at entrances to the heath. The track in some sections is rutted so can be quite bumpy. You could access the far end of the trail near the River Lark although parking at the end is very informal.

