A 4 mile (6 kilometre) walk on mostly level tracks. There are no stiles to cross but some sections can be muddy in the winter or after wet weather.

1. From the start at Cross Green car park, turn right down Cross Green, joining Kenton Road and walk to its junction with Priory Lane on the left.

2. Turn left into Priory Lane crossing the River Deben before its junction with Water Lane. At the T-junction turn right (Water Lane) as it becomes a bridleway and follow its path. Within 10 metres it bears left towards the allotment gardens known locally as Priory Field. The bridleway then gently climbs to pass the Millennium Wood on the right and follows the hedge as it bears right. Stay on the bridleway and ignore all footpaths around the wood.

3. At the end of the wood the bridleway passes through a hedge, before turning left, with the hedge on the left hand side. Follow the bridleway to the Kenton Road.

4. Then turn left to join the Kenton Road passing Mill Farm on the left, follow the road for 400 metres to buildings.

5. Turn right just before Hill Farm at the signpost marked bridleway, pass Waddlegoose Barn, ignore the first footpath signed on the right and walk on to the convergence of three tracks.

6. Turn left into the first track and proceed along a sheltered lane until it meets a track where it forms a T-junction.

7. At the T-junction turn right and follow the bridleway (a wide farm track) towards Grove Farm and open fields.

8. Just before Grove Farm turn right and follow the green lane to its junction at Waddlegoose Lane.

9. Continue ahead as the lane goes uphill to reach Crows Hall Cottages.

10. Facing Crows Hall Cottages turn right to join the metalled road. Good views down the valley across the Deben.

11. As the road bends left take the footpath to the right and follow the headland keeping the hedge to the right. Continue downhill to the end of the path.

12. At the end of the path turn right onto White House Lane.

13. Continue bearing left over the river, past Priory Lane, and return to the Cross Green car park.

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