The map in this leaflet is based on the Ordnance Survey Explorer series. Those sections of the walks marked red on the map go along the main Sandlings Walk route. To find your way around these sections just follow the nightjar waymarkers as in the photo opposite.

The blue section is not waymarked in any special way. For this part of the route you will need to use the map and information. So you can decide which parts of the circular walks you think are accessible, the route notes and the map tell you what to expect on the walk.

Mortlesham Route 3½ miles / 5½ kms

A – B Grass verge along road – no pavement.

B – C At B, turn left up drive towards ‘Mobile Home Park’. After 200m, bare right along grass Public Footpath (signed). Follow this path, running parallel to Mobile Home Park drive on left, and with fence and houses on right. Continue until reaching access point behind Industrial Estate, where chain link fence ends and panel fence begins. Turn right into Industrial Estate. Put-holed, compact chippings and then grass.

C – D Walk along Betts Avenue through Industrial Estate to Glositer Road. Concrete slabs then pavements.

D – E Cross Glositer Road by the side of Kingpin and go straight ahead, over footbridge across the dual carriageway. Cross another road and follow tarmac path to ‘Douglas Bader’ pub.

E – F Follow tarmac path around right hand edge of The Green, but before following this path between the houses, bear left across mown grass, heading towards trees beyond (at opposite end of The Green to pub). Slight slope just before F. Please respect cricket and football matches if in progress.

F – G Go straight through woods for several hundred metres and take a right turn just before reaching road. Worn earth path, some roots.

G – H At G, bear left and leave earth path to cross road – opposite ‘Mayfields’ – and continue along pavement, turning left into ‘Heathfield’, (the next road on the left). Continue on pavement to end of road. Turn right along path between house numbers 66 and 68.

H – I After 40m, turn left, then right after 100m, then right again, following the path along the back of the houses, at first between grass, then open heath towards radio mast in distance. Sand and grass path.

I – J Where path forks in front of houses and gorse, bear left along worn path through grass, heather and open scrub. Take right fork into wood and go through trees for 200m and then bear right to meet up with main Sandlings route at J. Worn earth path, some roots. Flat.

J – K Follow nightjar waymarkers to get back to A. Compacted dirt/grass/gravel paths. Flat. Dry.

K – L Tarmac/concrete path leading to minor road, (Police HQ access); pavement then tarmac/concrete path; flat.

L – A Sand/stone path. Flat. Dry.

The Rushmere, Kesgrave and Martlesham Sandlings circular walks have been developed as a link to the Sandlings Walk, a 60-mile long distance footpath between Ipswich and Southwold. The Sandlings Walk was created as part of the £500,000 grant from the Heritage Lottery Fund given to continue the protection and management of Suffolk’s Sandlings heaths.

The walks shown in this leaflet will help you to explore and enjoy some of the special qualities of those Sandlings heaths. The walks can be joined from the Rushmere, Kesgrave and Martlesham estates and started at any point. They are also easily accessible by bus, especially Super-route 66, which runs at regular intervals from Ipswich Station, through Ipswich town centre and on to Martlesham Heath via the Heath Road/A12 junction.

The Suffolk Sandlings once covered a large area to the east of Ipswich. The heathland areas that remain are still very important and many rare plants and animals and centuries of history can be discovered there; maybe a timber perched on top of a gorse bush, a silver-studded blue butterfly flitting across the heather or the remains of a Second World War airfield where Spitfires once flew.

If you would like to know more about the Sandlings Walk, contact:

THE SUFFOLK COAST & HEATHS UNIT
Telephone: 01394 384948
Email: mail@suffolkcoastandheaths.org
Website: www.suffolkcoastandheaths.org

If you would like to know more about the Sandlings heaths, contact:

THE SANDLINGS PROJECT MANAGER
SUFFOLK WILDLIFE TRUST
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Sandlings WALK
2 Walks Through Suffolk Heathland

Supported by English Nature and the Heritage Lottery Fund.
Rushmere, Kesgrave & Martlesham

**Rushmere Route** 5½ miles / 9 kms

- A  B  Dirt/stone path/track. Sometimes uneven and slightly undulating. Narrow between houses.
- B  C  Bucklesham Road, pavement both sides. Flat.
- D  E  Mainly compacted dirt/sand/stone track; some patches of loose sand. Occasionally undulating. Steep slope at E.
- E  F  Mainly flat field edge.

**Kesgrave Route** 1½ miles / 2½ kms

- F  G  Muddy path through woodland. Intermittent sections of boardwalk parallel to path width <1.2m. Slope at start, otherwise basically flat but uneven.
- H  I  Mainly flat, dirt/grass path. Dry.
- I  J  Uneven dirt path under trees. Dry.
- J  K  Sand/grass path across golf course. Basically flat; steep slope at J. Dry.
- K  A  Tarmac pavements alongside A1189. Flat.

**Martlesham Route** 3½ miles / 5½ kms

- A  B  Tarmac track. Flat.
- B  C  Pavement on A1189. Flat.
- C  D  Mainly compacted dirt path. Flat. Dry.
- D  E  Mainly flat. Dry.
- E  F  Uneven dirt path under trees. Flat.
- F  G  Tarmac pavements alongside A1189. Flat.

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