

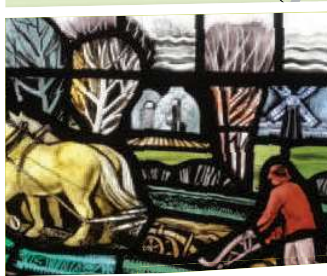
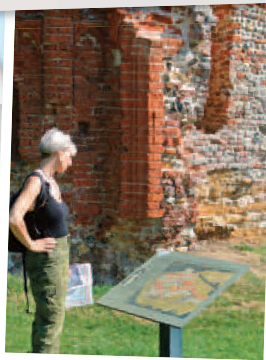
LEISTON-CUM-SIZEWELL

Coast & country that's yours to discover

Explore Leiston's Historic Abbey Sites

Walk through the Suffolk Sandlings designated Area of Outstanding Natural Beauty around Leiston to discover the remnants of monastic sites with connections to the 12th century.

Stock up for your picnic in Leiston perhaps, then visit ruined Leiston Abbey (free entry) and Eastbridge with its refreshing smugglers' inn. View the original abbey's 'Hermit's Chapel' near the coast (detour - up to 3 miles) and return via the nature reserves of Kenton Hills, Sizewell Belts and Leiston Common.



The Pocket Guide to Leiston maps/itineraries are produced in association with Leiston Together & Leiston Town Council with thanks to funding partners East Suffolk Council

The information in this guide is provided in good faith and is correct to the best of the publishers' knowledge at the time of going to press, but is subject to alteration.

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ABBNEY ROADS

7 miles (11 kms)



Start: Leiston Visitor Information Centre (Leiston Film Theatre, High Street IP16 4BZ).

Please use OS Explorer Map 212 for detailed reference!

In 1173 Henry II presented the manor of Leiston to Earl of Suffolk, Rannulf de Glanville who quickly founded a

Premonstratensian monastery of austere and frugal 'white' monks on the Minsmere marshes. It was the abbey's first site, but only ruins of its 'Hermit's Chapel' remain. Severe flooding in 1362, led to the abbey being rebuilt inland under the patronage of Robert de Ufford, Earl of Suffolk. At the Reformation (1537), some of the abbey escaped demolition - the Lady Chapel was used as a farm granary and other walls protected the animals. Subsequently some ruins were converted to dwellings. Restoration work over the last century has made Leiston Abbey one of Suffolk's best kept secrets - especially when you approach it across the fields!

Terrain & Access: Flat, some gentle inclines. Field-edge, cross-field, woodland footpaths; boardwalks; sandy tracks; tarmac roads. Gates, stiles.

Note: Sizewell Belts Marshes - No dogs. Terrain can be wet. Detour via Lovers Lane.

From Leiston Visitor Information Point (IP16 4BZ) turn left (High Street). Left at traffic lights (Cross Street). Straight ahead at crossroads (Victory Road). Road becomes footpath, bearing right to Church Road. Enter St Margaret's churchyard (left). Keep right in front of church to gate (marked 'private') by old Leiston Hall. Stay in churchyard, following hedge-side footpath to Waterloo Avenue. Cross road. Turn right. After St Margaret's Crescent, take footpath (left) by iron railings.



Cross railway line to reach Westward Ho. Turn right, past Geater Nurseries. Take footpath (immediately left) between wall and hedge of Summerhill School (signed 'Hill Farm'). As it opens out to concrete hard-standing, keep straight ahead. Track (Neave's Path, named after Leiston Quakers), becomes cross-field path to Aldhurst Farm / Abbey Lane. Turn right down road to footpath (left) to **Leiston Abbey**.

Continue ahead to thatched tithe barn (left). Look for hedge gap in far-right corner of grassed area. Footpath leads through copse, past old pits, across fields to B1122. Turn left along wide verge. Cross road to turn right into Potters Street. Pass Theberton House and Stables (left).

At Keepers Cottage (left), take footpath (right). Turn left down green lane (signed/guided), then briefly right on bridleway. Turn left at gatepost into field (houses ahead; play area far-left), keeping right to find stile to narrow path. At junction of paths, go left to reach village sign in **Eastbridge**. Turn right on road. At T-junction, turn right to pass Eels Foot pub (1533).

Detour to coast / Minsmere RSPB reserve and Leiston Old Abbey chapel remains ('The Hermit's Chapel') on Minsmere Levels: take path (left) marked Minsmere Sluice. Retrace steps.

Turn left onto green lane, bearing right by The Round House. Pass **Upper Abbey /thatched aisled barn**. Keep ahead for **Kenton Hills** (Suffolk Wildlife Trust reserve) car park (left).

Enter woods by information boards in corner of car park. Turn right at first junction of paths by pines (Kenton Hills). Keep right. Take another right (signed 11) to boardwalks and gate onto **Sizewell Belts**.

Follow path across grazing marsh to gates and water. Turn right, along waterside to gate (left) leading uphill to **Leiston Common**. As grassy common turns to bracken, follow sign (right) to go diagonally back on yourself on a cross-common path towards telegraph pole and gate.

Turn left down track to meet road (Lovers Lane). Turn right to go past Recycling Centre. Cross road to footpath (left) to meet Valley Road at Carrs Cottage. Follow Valley Road under railway bridge. Turn left back onto High Street.

