

LEISTON-CUM-SIZEWELL

Coast & country that's yours to discover

Explore Leiston's Nature Reserves & Beaches

Discover Leiston's woodland paths, marshes, heaths and shingle beach – all within the Suffolk Sandlings designated Area of Outstanding Natural Beauty. Rich in flora and fauna, changing colours with the seasons, there's always so much to enjoy.


Visit Leiston, Kenton Hills, Sizewell Belts, Sizewell Beach and village and Leiston Common. Why not have lunch, afternoon tea or stock up for a picnic in Leiston? Sizewell also has a tearoom and a pub for refreshments en route.



Don't forget your binoculars!

Minsmere



Don't forget to pop into the Visitor Information Point 

WOODS & WAVES



5 miles (18 kms)

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

Alternative start: Kenton Hills car park (Suffolk Wildlife Trust Reserve), IP16 4UP – join route at Lovers Lane to go into Leiston.

Please use OS Explorer Map 212 for detailed reference!

Enjoy a coast and country walk of many colours - past pines and reedy marshes, tree belts and shingle stretches, sea greens and heathland purples. Listen up for booming bitterns. Look out for lizards, Dartar dragonflies or a flash of kingfisher or Silver Studded Blue.

Follow parts of the Sandlings Way, via Kenton Hills to Sizewell Beach, passing the power station to Sizewell Gap, returning via Leiston Common.

Terrain & Access: Flat, some gentle inclines. Woodland footpaths; boardwalks; sandy tracks; shingle beach; tarmac roads. Gates.

Turn left from Leiston Visitor Information Point (IP16 4BZ) along High Street. Straight ahead at crossroads, right into Valley Road. Just after the railway bridge, at Carrs Cottage take footpath left. Turn left at Lovers Lane, then as road bears left, take track (right) signed Kenton Hills to reach nature reserve car park (right).

Enter woods by information boards in corner of car park. Go straight ahead to Kenton Hills. Left at junction of paths by pines. Right at T-junction (Sandlings Way/Walk) to Goose Hill marshes. Path leads right between Goose Hill and marshes.

Take path signed 6 (right – still Sandlings Way). Over boardwalk bridge. Path bears left. At sandy heathland keep straight ahead. Concrete anti-tank blocks, beach/sea straight ahead.

Before reaching shingle beach, turn right by information board (signed Sandlings Walk / Suffolk Coast Path). Continue parallel to beach, past Sizewell Power Station. At tearoom (right), keep straight ahead. Right onto road, past pub.

After a few metres, cross to Sandy Lane (right), signed 19/bridleway. By driveway to house, path turns left and narrows. Through kissing gate (signed 17) to path junction of paths / triangle.

Take right fork to find footpath (left) running along edge of Reckham Lodge to Leiston Common*.

Straight ahead through bracken to the Common. Carry on this cross-common path towards telegraph pole /gate. Left down track to meet road (Lovers Lane). Right past Recycling Centre. Cross road to footpath (left) to meet Valley Road at Carrs Cottage. Follow Valley Road under railway bridge. Left back onto High Street.

*** To return Kenton Hills from Leiston Common :**

Go right, across the common towards Sizewell Belts. Take downhill footpath (left of a bench) to a gate. Turn right along the waterside, then left across the marsh to gate on far side. Path leads up, over boardwalks to T-junction (signed 11). Turn left. At junction of paths (pines right), go left again, then straight ahead back to the car park.

Note: Sizewell Belts Marshes - dogs not permitted; terrain can be wet. Please detour via Lovers Lane.

More themed routes available: visit-leiston.co.uk

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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Leiston Together

