

Sutton Heath is a beautiful area of lowland heath, forest and farmland, rich in history. Paths criss-cross the Heath and lead through areas of heather and woodland.



Highlights



1 Sutton Heath is a special place for locals and visitors alike, with miles of walking paths popular all year round thanks to the favourable terrain. Lowland heath is one of the rarest and most threatened habitats in the world, home to numerous animals, insects and plants. Birds such as stonechat, nightjar and woodlark can be seen, depending on the time of year. Reptiles such as common lizards enjoy the dry, sandy soil.

If you visit in the evening, you may see bats above the clearings and deer slipping through the woodland. Ponies and sheep are used to graze the Heath to keep the vegetation under control.

To the north of the Heath, MoD Woodbridge is the large military base that started life during World War II as an emergency landing strip for damaged aircraft. During the Cold War it was used by the United States Air Force, along with nearby Bentwaters, as a base for fighter aircraft. Today it is used by the British Army.

2 The heathland was first created when Stone Age people cleared the wildwood to graze animals. Since then, people have had a huge influence on the landscape. There is evidence of a medieval rabbit warren and a shepherd's garden.



The Suffolk Sandlings is one of our most important landscapes, taking its name from a narrow band of light, sandy soils that run roughly north-south from Southwold to the eastern fringe of Ipswich.

During World War II, anti-glider trenches were dug to prevent enemy gliders landing on the Heath. Almost 80% of Sandlings heathland has been ploughed for agriculture over many years, but the remaining heathland is now protected and conserved.

3 Sutton Hoo a few miles north west is the awe-inspiring Anglo-Saxon royal burial site, managed by the National Trust and accessed from the road to Woodbridge. The 255-acre estate offers far-reaching views over the River Deben and is home to one of the greatest archaeological discoveries in British history.

The discovery in 1939 revealed one of Europe's most impressive medieval graves and revolutionised our understanding of early English history.

The most iconic among the treasures is the Sutton Hoo helmet. The helmet took the conservation team at the British Museum many years to reconstruct and where it can be found today.

The story behind the discovery was featured in the film, *The Dig*, on Netflix. You can walk around the Royal Burial Ground and enjoy panoramic views of both the burial site, and the Suffolk landscape, from the 17-metre viewing tower.

The Suffolk & Essex Coast & Heaths National Landscape

The Suffolk & Essex Coast & Heaths National Landscape stretches from Kessingland near Lowestoft, down to Parkeston near Harwich on the Stour Estuary in North Essex. It is one of Britain's finest landscapes, nationally important for wildlife and beloved by residents and visitors alike.

The National Landscape conserves and enhances the natural beauty of the area through nature enhancement, landscape restoration, creating habitats for wildlife, volunteering activities such as beach cleans and hedge planting, and providing funding for community projects.



Scan the QR code to find out more about the Suffolk & Essex Coast & Heaths National Landscape or you can visit coastandheaths-NL.org.uk. Get in touch on **01394 445225**.

Key to map

- National Landscape area
Estuaries are also included
- Additional project area
- Town and villages
- Woodland
- Heathland
- Main roads
- Railways/stations
- Suffolk Coast Path
- Stour and Orwell Walk
- Sandlings Walk



Visiting Sutton Heath

Ordnance Survey Explorer Map No. 212 (Woodbridge and Saxmundham) or Explorer Map No. 197 (Ipswich, Felixstowe and Harwich)

Car: Access via the B1083 from the A12

Bus information: Visit traveline.info or suffolkonboard.com

Train information: The nearest station is Melton (2 miles away). Train timetable at nationalrail.co.uk



Crown copyright. All rights reserved. Suffolk County Council Licence 2024. Licence number LA10023395

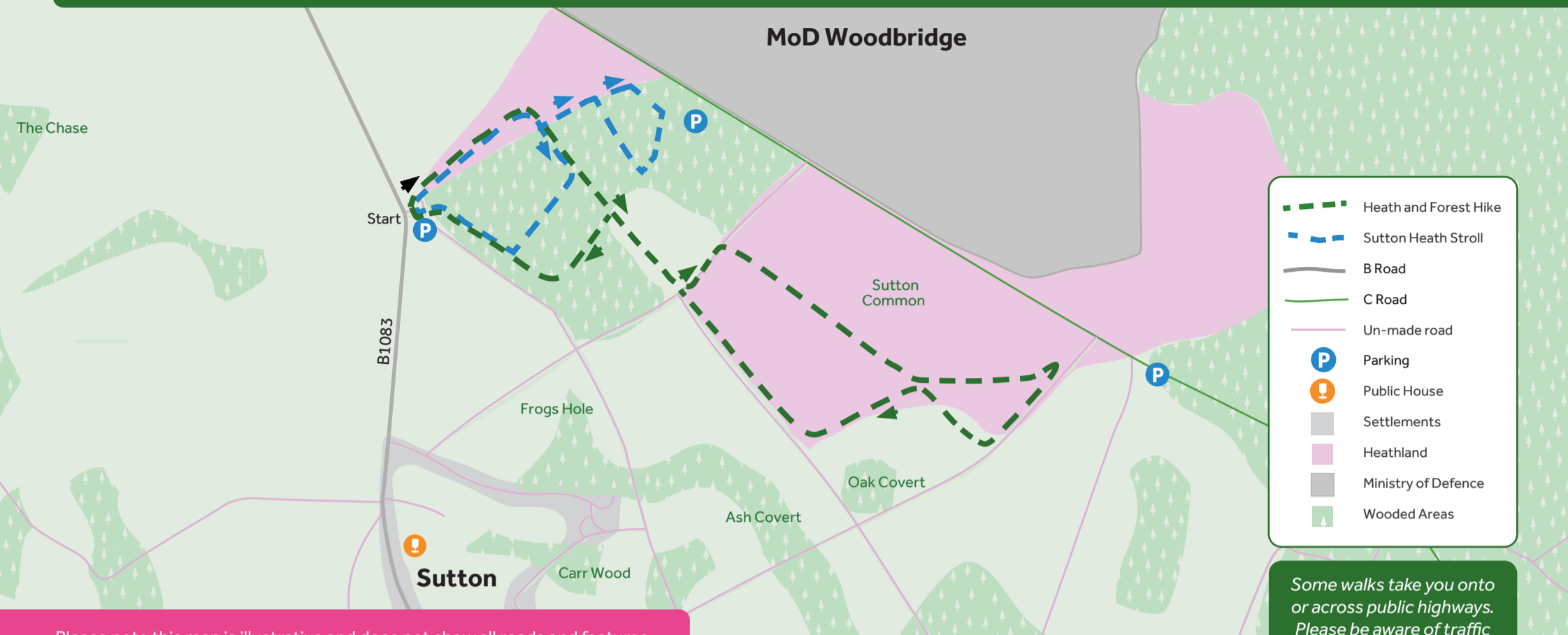
Sutton Heath Explorer Guide



Enjoy beautiful walks exploring heathland, following in the footsteps of royalty

Sutton Heath Explorer Guide

Two wonderful walks across open heathland, past twisted pines trees and through sun dappled woodland.



Please note this map is illustrative and does not show all roads and features

Heath and Forest Hike

Terrain:

Paths and tracks can be muddy after rain. Because of grazing animals and ground nesting birds, please keep dogs on leads. The route follows Public Rights of Way and permissive routes.

Start from the Sutton Heath Southern Car Park off the B1083 road. Follow track that leads away opposite car park entrance. Keep straight until cross paths, then turn right. Follow track straight over another cross paths and through woodland. Continue past field on left until you reach major cross tracks, with sewage works opposite.

When you reach corner of heath beside sewage works, go through gate to cross tracks and continue straight on path opposite, keeping field to right. When you reach gate on left, turn left and follow path beside fence. As woodland on left thins, turn right and follow path across heath back to car park.

Distance:
4 miles (6.4 km)

Time:
2 hours



Sutton Heath Stroll

Terrain:

Paths and tracks can be muddy after rain. Because of grazing animals and ground nesting birds, please keep dogs on leads. The route follows Public Rights of Way and permissive routes.

Start from the Sutton Heath Southern Car Park off the B1083 road. Follow track that leads away opposite car park entrance, beside information boards. Keep straight until cross paths, then turn right. After short distance, turn left at cross paths.

Follow path, ignoring wide track that leaves on right. When path splits, take middle path to reach second car park. From car park, turn right before information board and follow path through forest.

When you reach open forest track, turn right. At T junction, turn left along path followed earlier. When cross paths reached, turn left. Follow path through woodland until kissing gate on right. Go through gate and follow winding path across heath until path junction. Turn right and follow path back to car park.

Distance:
2 miles (3.2 km)

Time:
1 hour



Countryside Code

The Suffolk & Essex Coast & Heaths National Landscape has a network of footpaths and bridleways.

To protect you, other people, wildlife, and the landscape, please make sure you:

- Stick to marked footpaths
- Leave things as you find them
- Do not light fires or BBQs
- Take all litter home with you
- Please keep dogs under close control at all times and on lead as advised

Scan the QR code to find more advice and visitor guides, or visit

coastandheaths-nl.org.uk/exploring.

