

© Gill Moon



4 Kessingland Beach is a designated Site of Special Scientific Interest (SSSI) due to its geology. The cliffs include freshwater deposits of gravel, clay and sand which were laid down between 600,000 and 700,000 years ago. Fossils of sabre toothed cat, hippopotamus, steppe mammoth and rhinoceros have been found in this layer. The discovery of flaked flints indicates very early human activity. The beach was awarded a Seaside Award in 2024, and is a popular spot for wild swimmers, wind surfers and kite surfers. The cliffs are unstable, so please keep away when you explore the beach.

5 The sand dunes on the beach are covered in Marram Grass. This has long roots which help to prevent the sand from blowing. During the early part of World War II, anti-tank defences and gun batteries were installed at Kessingland, which have been removed over time.



Highlights

1 The Hundred River Valley was once the location of the port of Kessingland. At the time of the Norman Conquest, Kessingland was one of the richest coastal towns in Suffolk. Over the centuries, the sea blocked the mouth of the Hundred River with tons of shingle and trade became impossible. The valley is now a peaceful place of marshes and farmland.

2 St Edmund's Church is one of the finest in the region. A notable feature is the huge 98-foot (30 m) tower, which was built in the 1400s as a beacon for fishermen working off the coast. A ship's wheel is attached to the pulpit, recognising the village's link with the sea.

3 Sir Henry Rider Haggard (1856 - 1925) is famous as the author of bestselling novels King Solomon's Mines, the Allan Quatermain Adventures and She, which sold more than 80 million copies since its release in 1887. He had a holiday home in the village called Kessingland Grange. The house no longer exists, but it was located at the end of Rider Haggard Lane.



Kessingland lies on the north Suffolk coast within the Suffolk & Essex Coast & Heaths National Landscape.

The Parish includes coast, cliffs and productive farmland.

Fossils of extinct mammals and evidence of very early human activity have been found here.

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



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Kessingland Explorer Guide



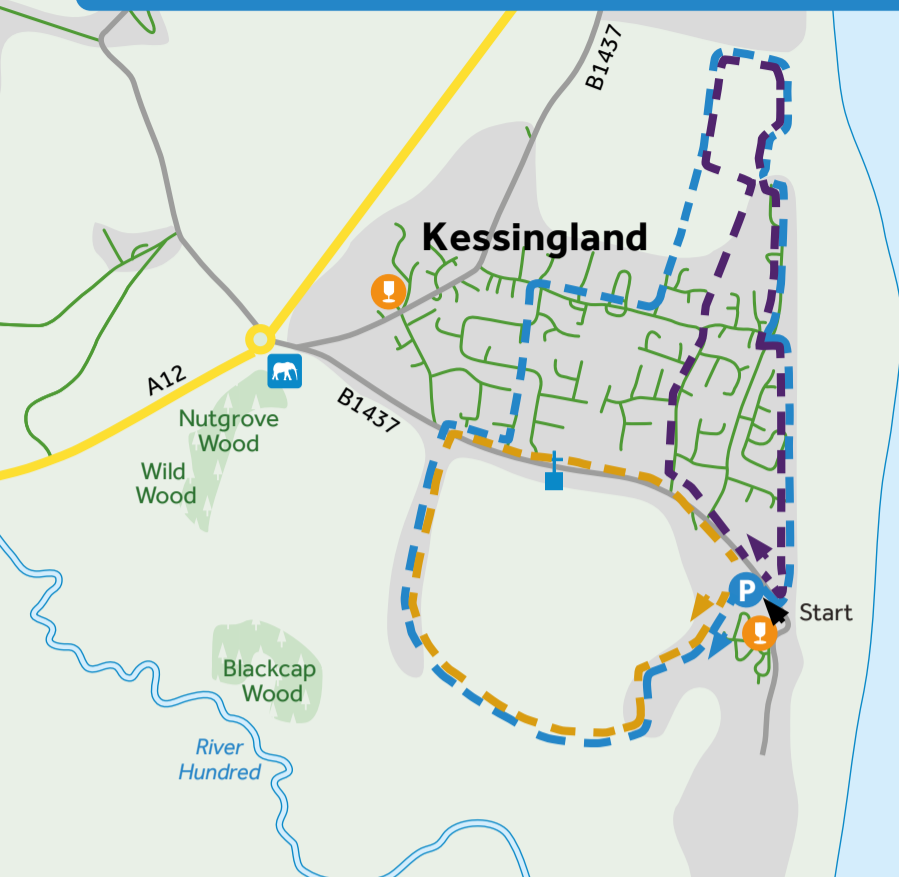
Discover walks, history and beauty in the coastal village and Parish of **Kessingland**



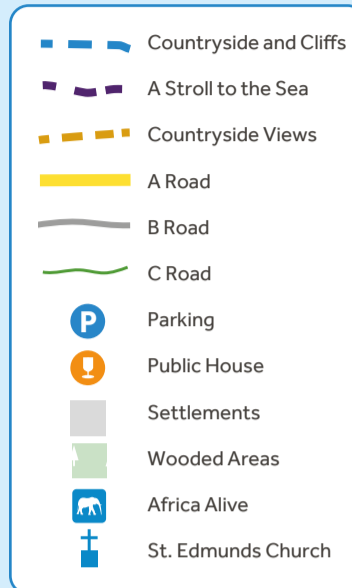
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Kessingland Explorer Guide

These three walks explore Kessingland's quiet countryside and beautiful coastline, taking in some lovely views on the way.



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



Some walks take you onto or across public highways. Please be aware of traffic



Countryside and Cliffs

Terrain:

Paths and tracks can be muddy after rain. Please be aware of traffic. We recommend high visibility clothing. The path along the cliff is exposed and prone to erosion. The cliffs are unstable, so please keep well away.

Distance:
4.6 miles (7.4 km)
Time:
2 hours 30 mins



Leave Beach Car Park and turn left along pavement. Almost immediately turn sharp left down track (Marsh Lane). This soon becomes path behind houses. Re-join another track and keep right. Continue past sewage works. Track becomes path at entrance to private fishing lake. Keep on path through open countryside. Go straight at two cross tracks, some distance apart. Shortly after second cross tracks, path joins tarmac lane. Continue on lane until main road. Cross road and turn right along pavement.

Just before St. Edmund's Church on right, take path off left beside entrance to industrial estate. Keep straight past houses and between fences, crossing a residential road. Path joins Lloyds Avenue. At T junction at end of Lloyds Avenue, turn right. Continue past shops and school. Turn left into Clare Road and follow right pavement.

After entrance to Griffith Close, follow path as it goes behind hedge. Continue beyond houses across field. At path T junction, turn left (to shorten route by 1 mile, turn right). At next path junction, turn right. Follow path, ignoring left turn over footbridge, to T junction with track. Turn right. At cliff and steps, turn right along path (descend steps to visit the beach). Path runs parallel with cliff, then heads inland around garden.



At cross paths, turn left. Follow path through trees, ignoring right split. When track reached, turn right. Follow track between hedges and houses. Soon after Rider Haggard Lane, take path off left between hedge and fence. Descend steps to beach and turn right. Follow path through dunes parallel with low cliffs. When promenade reached, continue until road joins from right. Turn sharp right and follow road past Sailor's Home Pub back to car park.

A Stroll to the Sea

Terrain:

Paths and tracks can be muddy after rain. Please be aware of traffic. We recommend high visibility clothing. The path along the cliff is exposed and prone to erosion. The cliffs are unstable, so please keep well away.

Distance:
2.9 miles (4.7 km)
Time:
1 hour 30 mins



Turn left out of car park. After short distance, turn right down Wash Lane. Keep on lane until sharp left bend. Enter Rider Haggard Lane and almost immediately take footpath off left. Follow path into countryside. At cross paths, turn left. Follow path, then take next path off right. Follow path, ignoring left turn over footbridge, to T junction with track. Turn right. At cliff and steps, turn right along path (descend steps to visit the beach). Path runs parallel with cliff, then heads inland around garden.

At cross paths, turn left. Follow path through trees, ignoring right split. When track reached, turn right. Follow track between hedges and then houses. Soon after entrance to Rider Haggard Lane on right, take path left between hedge and fence. Descend steps to beach and turn right. Follow path through dunes parallel with cliffs. At promenade, continue until road joins from right. Turn sharp right and follow road past Sailor's Home Pub back to car park.



Countryside views

Terrain:

Paths and tracks can be muddy after rain. Some sections on roads. Please be aware of traffic. We recommend high visibility clothing. The path along the cliff is exposed and prone to erosion. The cliffs are unstable, so please keep well away.

Distance:
2.1 miles (3.4 km)
Time:
1 hour

Leave Beach Car Park and turn left along pavement.

Almost immediately turn sharp left down track (Marsh Lane). This soon becomes path behind houses. Re-join another track and keep right. Continue past sewage works.

Track becomes path at entrance to private fishing lake. Keep on path through open countryside. Go straight at two cross tracks, some distance apart. Shortly after second cross tracks, path joins tarmac lane. Continue on lane until main road. Then turn right and follow road back to car park.



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.