



PUB WALKS *with Darcy*

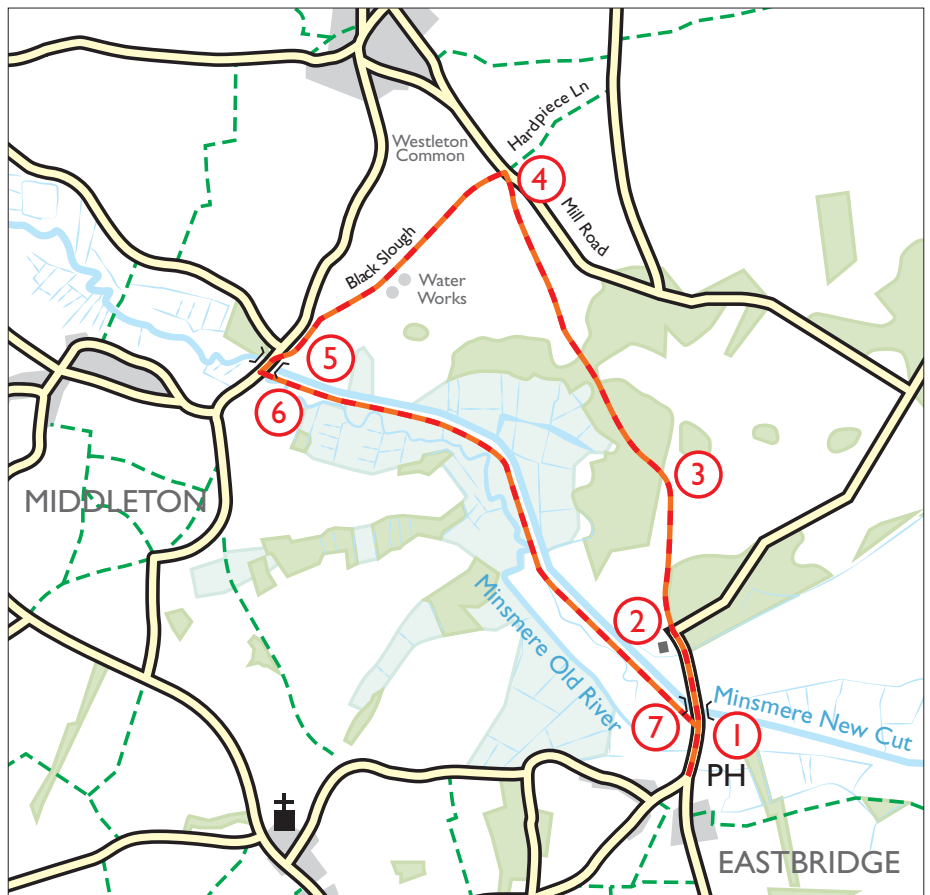
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This month Darcy returns to Eastbridge for a beautiful circular walk from The Eels Foot

Long before Springwatch brought the nation's attention to Minsmere, Eastbridge – a small hamlet on the edge of the reserve – was a favoured destination for a dog walk and a visit to the award winning pub The Eels Foot. Our previous 'Pub Walks with Darcy' route, published in July 2011, has proved to be an ongoing favourite with our readers and appears regularly in the top ten most visited walks on our website – if you haven't visited the site do so as we now have over 50 Suffolk walks all ending at a dog friendly pub!

For our return visit we have definitely found a path less travelled as the final section of the walk follows the Minsmere New Cut. From our experience of mapping the walk it is clear that this path is not heavily used which has both pros and cons. The big 'pro' is that it is a truly stunning setting. Walking beside the cut carpeted by flowering water lilies we were accompanied by squadrons of dragon flies glistening like air born jewels, butterflies too numerous to count as well as enough birdlife to keep even the most ardent twitcher busy for hours. Add to this the relative isolation and open vistas and you will be pleased you have discovered this less seen part of our county. The 'con' is that as the path is not heavily walked the grass – and yes occasional nettles- mean that it is best not walked in shorts (I can vouch for the error of that choice) and therefore most probably isn't suitable for small children. This warning isn't intended to deter but certainly is advice to prepare to ensure you can appreciate this special place.





THE WALK

Distance: Approx. 4 miles

Time: Approx. 1 hour 45 minutes depending on your pace

Terrain: Varied. Small section of quiet road walking, mainly paths and forest tracks. See note about section 6 below*

Stops: The Eels Foot

Ordinance Survey Map: Explorer 212 & 231

Start Point OS reference: 452 662

As always please keep your dog under close control and follow any advisory signs. For a printable version of this and previous walks go to: www.essentialssuffolk.com/dog-walks where you will also find more pictures of each walk route.

1. From the pub car park turn right and walk down the road for approx. 10 minutes until you reach a house on your left called 'Four Winds'.
2. At 'Four Winds' follow the track directly ahead of you (not the road to the right) and walk for approx. a further 10 minutes until you come to a wooden kissing gate and a footpath (FP) sign on your left.
3. Walk through the gate. After a few minutes walking along a straight path there is a short steep climb. Pass through another gate and follow the path which emerges to more open scenery. Keep left and follow the path until it meets up with the road (shortly after passing through some more gorse bushes).
4. Once at the road walk a few yards then turn immediately left down the grass track. Pass by the water works and follow the track ahead of you which, after a further 300yds, will emerge at the road.
5. At this point you need to turn left to reach point 6. Rather than walking on the road we strongly suggest that you turn left and walk on the field side of the hedge line. After 4 telegraph poles there is an exit from the field. With caution walk on the road for approx. 20 yds until you meet and cross a bridge and come to a FP sign on your left.
6. Turn left at the FP sign and follow the path. At one point early on in this stretch you meet a section with two wooden gates. Pass straight through and continue until you reach the road.*
7. At the road turn right and return to The Eels Foot

* As mentioned in the introduction the path from point 6 to point 7 appears seldom walked and therefore although the path is – in our experience – always clearly visible, at times you will be passing through tall grass with possible nettles. We would therefore suggest that long trousers are worn and that this section may not be suitable for small children. Should you not want to attempt this final stretch a 'there and back' walk from points 1 to 4 on the map would also make a very attractive and enjoyable route.

EELS FOOT

The Eel's Foot nestles in the pretty hamlet of Eastbridge in the heart of the Heritage Coast



Perfectly situated for birdwatching, walking and cycling a warm welcome is guaranteed.

Recently featured in The Telegraph's top 10 Best UK beer gardens, winner of Adnams best presented pub and voted for by EADT readers as Suffolk's pub of the year 2016

Serving a wide range of Adnams beers, spirits and wines with a traditional pub menu and modern European influenced daily specials. There are plenty of options for customers with specific dietary requirements, not forgetting children and of course plenty of treats for dogs!

OPENING HOURS

12.00pm till 3.00pm, 6.00pm till 11.00pm

Monday – Thursday

11.30am till 11.30pm Friday, Saturday and Sunday

(Food served all day Friday – Sunday)

01728 830 154

theeelsfootinn@hotmail.co.uk | www.theeelsfootinn.co.uk