



# PUB WALKS with Darcy

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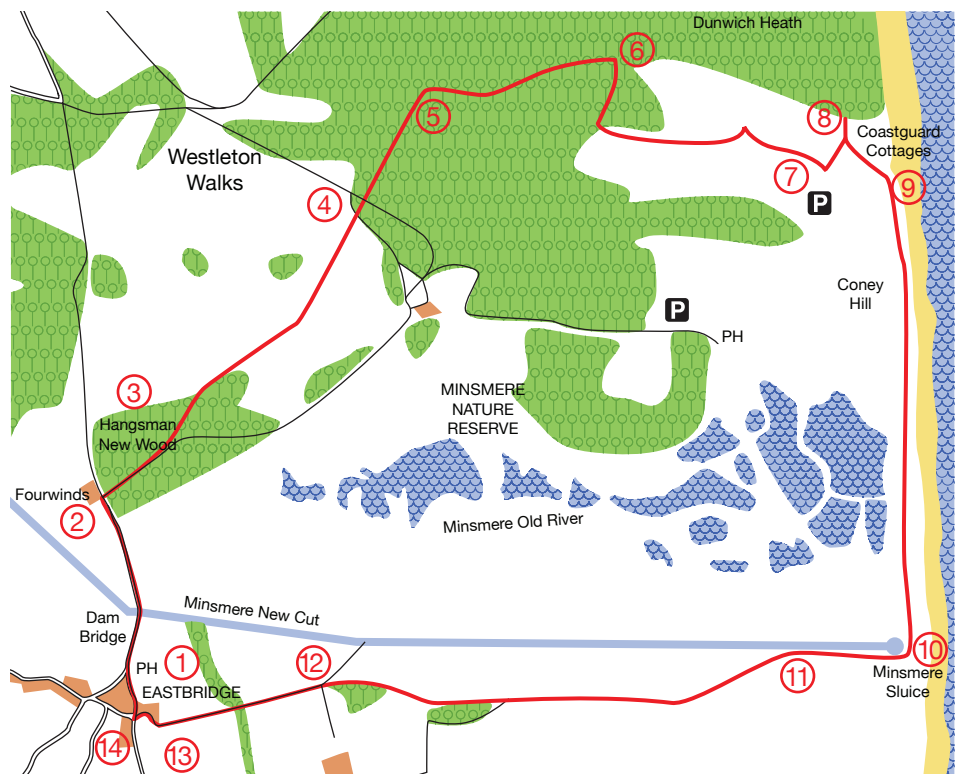


With summertime here this month's dog walk is one that offers you the chance to linger in some of Suffolk's most beautiful surroundings. Starting and ending at the Eels Foot in Eastbridge this walk combines forest, heath, meadow and beach and once walked will, we're sure, become a favourite route for years to come

**A** few weeks ago in the cyber world of Twitter a discussion began about whether dogs had, or could remember, their favourite walks. My opinion was

100 per cent yes. Regular readers of Places & Faces will recognise that this month's walk is our third route that explores this beautiful part of our county with previous walks starting in Dunwich and Westleton. While Darcy appears to enjoy every walk the extra spring in her step when she senses the heath and coast is near is palpable and her post walk leaf, squirrel and seagull chasing doggy dreams are always the most vivid. Starting at the Eels Foot the walk begins with a gentle stroll along the quiet road leading toward RSPB Minsmere. After about only 200yds the road crosses over Minsmere New Cut, stunning at this time of year as the water lilies are in bloom but also a spot where I have previously stood in awe as I witnessed Marsh Harriers swoop majestically over the fields. Having left the road the path leads to open fields, then forest and heath before an opportunity, should you desire, to take a mid-walk break at The National Trust tea rooms. After a stretch of walking on or by the beach the path returns to Eastbridge over easy paths by picturesque meadows.

The route is generally gentle however if the tide is in the walk along the beach on shingle can become more testing at which point you may want to consider the path above the dunes. ■



## THE WALK

**Distance:** Approx. 5 ½ miles

**Time:** Approx. 2 to 2 ½ hours depending on your pace

**Terrain:** Varied. Mainly flat with stretches on minor roads and beach

**Stops:** The Eels Foot, NT Tea rooms

**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 [placesandfaces.co.uk/dog-walks](http://placesandfaces.co.uk/dog-walks)

1. From the Eels Foot car park turn right and walk along the road for approx. 10 minutes
2. When you reach a house on your left called "Four Winds" the road bears right with a signpost showing 'Bridleway'. Follow the road to the right.
3. After approx. 300yds as the road turns to the right as the bridleway continues straight ahead to the left of the road. Follow the bridleway.
4. Passing initially through a wooded area the path opens up with views over fields to the sea to the right. After approx. 10 minutes you will meet a single track road. Cross over following 'Bridleway'
5. After a short walk (immediately before a 5 bar gate) a footpath turns to the right. Follow the footpath.
6. Follow the path until you reach a kissing gate. Pass through the gate and turn right. Follow the path, keeping right when other choices may be available, until you reach the Centenary Pond observation deck.
7. At the Centenary Pond you have a choice whether to continue directly to the next stage of the walk by taking the path immediately to the right after the observation deck (which leads to the beach) or to take a brief detour to the National Trust (NT) tearoom at Coastguard Cottage where water is available for dogs. If choosing to visit the tea rooms turn left and take the gravel path and continue up the hill.
8. Assuming a stop at the NT tearooms to return to the beach walk past the visitor information centre and head downhill towards the beach.
9. Having reached the beach there are two choices. The first is to walk along the beach the second is to take the path that runs parallel, and to the right of the beach. Walk toward Sizewell until you come to the 'Minsmere Sluice' This will take approx. 20 minutes. If you have walked along the beach the Sluice point is marked by a red triangle on a post at the end of a concrete breakwater. At this point turn right and walk inland over the beach edge.
10. At the Sluice take the gate to the left.
11. After approx. 250 yds you will encounter two wooden posts. At this point follow the path to the left. Shortly after there are another two posts and then the path turns immediately right follow the path eventually reaching a kissing gate which you pass through.
12. After approx. 5 minutes the path turn left and then immediately right through a gap in the hedge and a wooden gate. Take this turn which will then lead you through a series of fields ultimately coming out at a house called Long Drift.
13. At Long Drift turn left which will bring you to the road.
14. At the road turn right and return to the Eels Foot.



## The Eels Foot Inn

The Eels Foot nestles in the pretty hamlet of Eastbridge in the heart of the Heritage Coast



Enjoy Adnams Cask Ales and wines or sample a glass of Suffolk Aspalls Cider and while away an afternoon with the family in the beautiful garden where the children can be entertained with the new play equipment in the shape of a 'Traction Engine' slide.

Serving delicious home cooked food made with locally sourced produce wherever possible.

Come in and enjoy the comfortable, relaxed surrounding of the Eels Foot where all the family, including your canine companions are welcome!

**Open: 12.00pm till 3.00pm, 6.00pm till 11.00pm**  
**Monday - Friday**  
**11.30 am till 11.30pm Saturday and Sunday**

website: [www.theeelsfootinn.co.uk](http://www.theeelsfootinn.co.uk)  
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