

The Suffolk Coast & Heaths AONB

The Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) is one of Britain's finest landscapes. It extends from the Stour estuary in the south to the eastern fringe of Ipswich and then north to Kessingland. The AONB covers 403 square kilometres, including wildlife-rich wetlands, ancient heaths, windswept shingle beaches and historic towns and villages.

How to get to Wickham Market (Campsea Ashe) Station & Snape Maltings

 Ordnance Survey Explorer Map No. 212 (Woodbridge and Saxmundham).

 **Snape Maltings:** access via the B1069 from the A1094 and A12. Parking can be limited on busy days – please use walkers' car park.

Wickham Market Station: the car park is very small, so only rail access is recommended.

 Sat Nav postcode
Snape Maltings: IP17 1SR

Wickham Market Station is on the East Suffolk Line (hourly service Ipswich to Lowestoft).

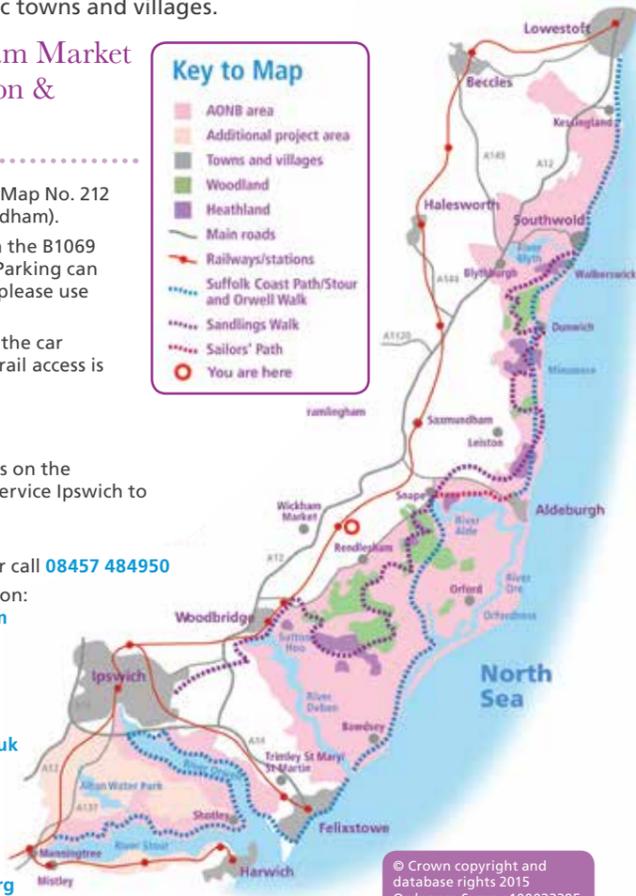
 Train information:
www.nationalrail.co.uk or call 08457 484950

Public transport information:
www.suffolkonboard.com
or call 0345 606 6171

www.traveline.info
or call 0871 200 2233

 Visitor information from
www.thesuffolkcoast.co.uk

Suffolk Coast & Heaths AONB
01394 445225
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The Snape & Orford Cycle Explorer Guide has been produced with the generous support of Adnams. They also sponsor a number of cycling events across the region. Cycling is a fun, inclusive and healthy way to enjoy the beautiful county we live in, and it's made even better by a refreshing drink in one of the Adnams' pubs at the end of your adventure.

Snape & Orford

Cycle Explorer Guide

In partnership with



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Follow quiet lanes through the Suffolk Sandlings to discover Snape Maltings, Orford and the ancient St. Botolph's Church at Iken.



Route Highlights

1 *Snape Maltings* rises above the marshes like a great ship. The huge complex was built in stages from 1846. The great Eastern Railway arrived in 1859, ensuring the Maltings remained a viable business for many years. However, they eventually closed in 1965.



This provided an opportunity for Benjamin Britten, Peter Pears and Eric Crozier, who had established the Aldeburgh Music Festival in 1948. They were looking for a permanent home for the event, so they converted the Maltings into a concert hall. Since then, Snape Maltings has become an internationally famous venue for music and the performing arts. The opening of the Hoffmann Building in 2009 is the latest development. As well as the concert hall and shops, the Maltings offers tempting places to eat.



2 *The River Alde* has one of the most beautiful estuaries on the east coast. The river flows through a landscape of wide marshes and low hills under a huge Suffolk sky. In the past, barges would have transported goods to and from the Maltings at Snape. The mudflats provide a vital habitat for many species of resident and migrant bird.



3 *St. Botolph's Church* is an ancient place. The thatched nave is over 800 years old and the site has been a place of religious significance for at least 1,350 years. It is said to be the location where St. Botolph founded a monastery in AD654 to convert the pagan tribes of East Anglia to Christianity. Inside the church, are the remains of a Saxon cross, which may date from this period.

4 *Orford* has numerous beautiful buildings. The roads are arranged in a distinctive grid pattern, a layout which dates from the Norman period. Until the 16th Century, the fishing industry and wool trade brought prosperity to Orford. However, the growing shingle spit of Orford Ness cut off the harbour and the town lost its trade.



Opposite Orford Quay is Orford Ness. The strange pagoda-like buildings were used to develop and test weapons during the Cold War. Orford Ness is now owned by the National Trust and is the best preserved area of vegetated shingle in Europe, a globally rare and extremely fragile habitat. St Bartholomew's Church traces its history to 1170 and some fine remains from this time can be seen in the churchyard.



5 *Orford Castle* was commissioned by Henry II and completed in 1173. It was built to assert Henry's authority over the powerful Suffolk Barons. Only the castle keep remains today, but originally there would have been a surrounding wall or bailey. One reason the castle has survived is because it is an effective navigation mark for shipping.

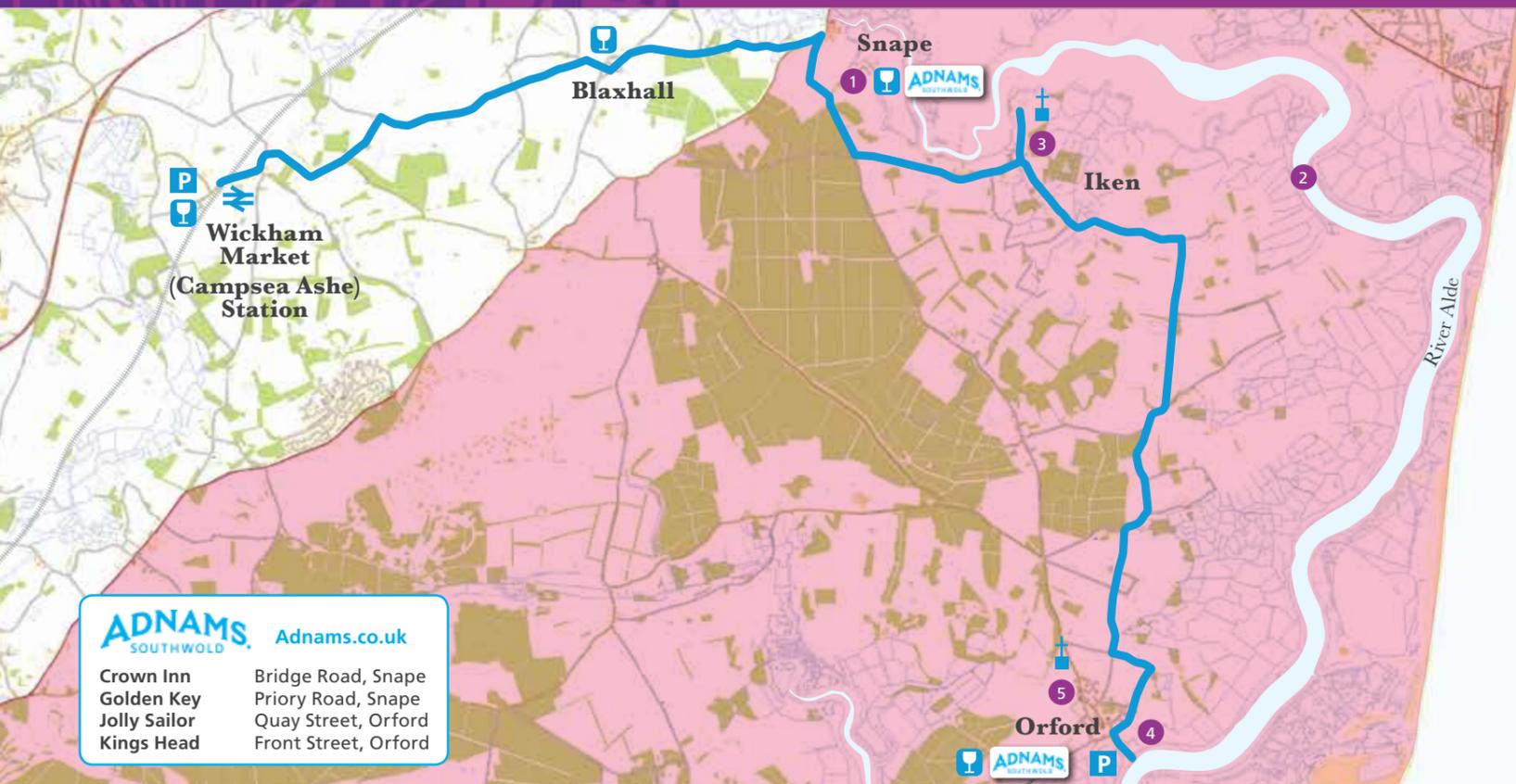


Images: Front cover – A cyclist pauses at Orford Quay. A. Snape Maltings Concert Hall – A world famous venue for music. B. The River Alde – Beautiful and mysterious. C. St. Botolph's Church, Iken – An ancient building. D. St Bartholomew's Church, Orford. E. Looking towards Orford Ness – A place with an intriguing history. F. Orford Castle – A fine Norman keep.

Snape & Orford

Suffolk Coast & Heaths Cycle Explorer Guide

This route can be started/finished at Wickham Market (Campsea Ashe) Station or Snape Maltings. On the way, you will discover an ancient church and a castle set within the beautiful Sandlings landscape.



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- Route
- B Road
- C Road
- 'Highlights' Location
- Parking
- Public House / Refreshments
- Train Station
- Church
- AONB

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Crown Inn Bridge Road, Snape
Golden Key Priory Road, Snape
Jolly Sailor Quay Street, Orford
Kings Head Front Street, Orford

Wickham Market (Campsea Ashe) Station to Orford, via Snape Maltings.

Distance: 24 miles/39 km (complete journey, there and back)
(15 miles/24 km if the route is started at Snape Maltings).

Start: Wickham Market Station or Snape Maltings car park

Time: 5 hours if started from Wickham Market Station/3.5 hours if started from Snape Maltings (longer if more time spent at Snape, Iken and Orford).

Terrain: Route mainly follows minor roads. Several short sections on roads with 60mph speed limits. Some short hills.



until left turn signposted *Orford*. Take turning and continue to crossroads. **Turn left** and **then right** at the next junction to reach Orford. At junction with main street, **turn left** and continue to quay.

Leave Orford Quay and **retrace route** up street. Take **first left** and follow road **around to right** to visit castle. Leave castle and continue straight ahead up hill, past *Crown and Castle Hotel*. Continue to far side of village square and **turn left** in front of *Kings Head Inn*. Follow road for short distance then **turn right**, signposted *Iken*. Follow road to crossroads, then **continue straight**. From here, **retrace route followed earlier** back to Snape Maltings or Wickham Market (Campsea Ashe) Station.

Starting at Snape Maltings

This section of route follows *Suffolk Coastal Cycle Route 41* – which is well signposted. Leave Snape Maltings and **turn left**. Just after Maltings, bear left, signposted *Orford*. Follow this road (taking care of traffic). After some distance, take **first left**, signposted *Iken*. Continue along minor road and take first left to visit Iken Church.

Leave church, retrace route and **bear left** at junction. Continue on road, ignoring first right. After some distance, take **second right**, signposted *Orford*. Continue on road, ignoring all exits,

crossroads and then **bear right** to reach Blaxhall. Go **straight over** next crossroads and then left at junction. Continue through village and **turn right** at junction. Follow road until junction with main road, then **bear left** (taking care of traffic). Continue to Snape Maltings on right.



Starting at Wickham Market (Campsea Ashe) Station

Leave station and turn right. Follow road and **bear left at church**. Keep on road, ignoring first left. At second right bend, **continue straight** on minor road, signposted *Blaxhall and Snape*. **Turn right** at crossroads. **Continue straight** over next



Safe Cycling Guidance

- Make sure your bicycle is safe to use
- Wear a hi-vis jacket and a helmet that comply with current standards
- Obey the rules of the road and follow the Highway Code
- Be courteous and acknowledge people who give way to you
- Give way to pedestrians, wheelchair users and horse riders
- Ride in single file to let vehicles overtake if the road is busy or narrow
- Don't assume everyone can see or hear you
- Ring your bell or call out to warn others of your approach
- Try to reach the start of your ride using bike or public transport
- Please cycle on roads, byways, cycle paths – not on Public Footpaths

Thank You



Images: A. Snape Maltings – Boats moored at the quay. B. *The Family of Man* - Barbara Hepworth's famous sculpture at Snape Maltings. C. Iken Church – Viewed from across the River Alde. D. Cottages in Orford – Covered in summer flowers. E. Orford Quay - Colourful boats.