

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 Rendlesham Forest Car Park or Felixstowe Station

Ordnance Survey Explorer Map No. 197, Ipswich, Felixstowe and Harwich.

Rendlesham Forest car park: access via the B1084 and A1152 from the A12. The car park gets very busy on summer Sundays and bank holidays.

Rendlesham Forest car park: IP12 3NF

Felixstowe Station is on the Felixstowe branch line (hourly service from Ipswich).

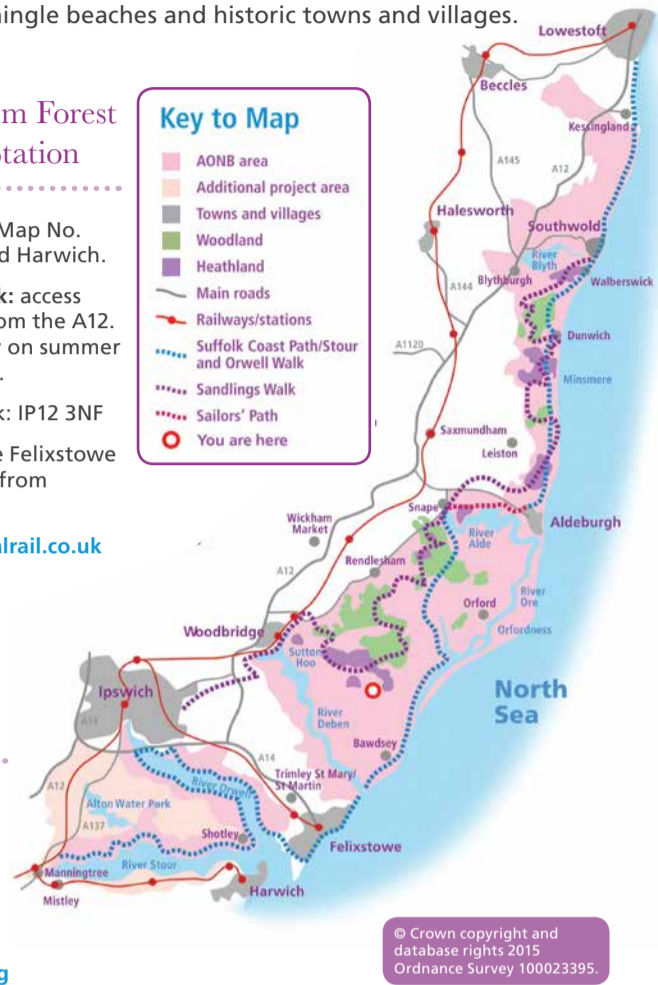
Train information: www.nationalrail.co.uk or call 08457 484950

Public transport information: www.suffolkonboard.com or call 0845 606 6171

www.traveline.info or call 0871 200 2233.

Aldeburgh Tourist Information: www.suffolkcoastal.gov.uk/yourfreetime/tics or call 01728 453637

Suffolk Coast & Heaths AONB 01394 445225 www.suffolkcoastandheaths.org



© Crown copyright and database rights 2015 Ordnance Survey 100023395.



Website: Adnams.co.uk
Twitter account: @adnams

The Rendlesham Forest & Shingle Street 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.

Research, text and some images by Simon Peachey. Printed on recycled, FSC, ECT, Carbon Balanced paper.

Rendlesham Forest & Shingle Street

Cycle Explorer Guide

In partnership with
ADNAMS
SOUTHWOLD



This cycle route starts amongst the tall pines of Rendlesham Forest and visits peaceful Shingle Street. An optional diversion includes bustling Bawdsey Quay.



Rendlesham Forest & Shingle Street

Suffolk Coast & Heaths *Cycle Explorer Guide*

Take a trip from the natural to the supernatural! Rendlesham Forest was the setting for the UK's most famous UFO incident, whilst the coast at Shingle Street is a great place for wildlife. If you have time, learn about Suffolk's very own breed of horse at the Suffolk Punch Trust.

Route Highlights

1 Rendlesham Forest was planted as a commercial forest in the 1920s and 30s. Today it is managed by the Forestry Commission, which balances the need to harvest timber with recreation and wildlife conservation. Woodland birds, including nightjar, crossbill and woodlark, live in the Forest. The Forest was the setting for the well-known UFO incident which occurred on 26th December 1980. Servicemen at RAF Woodbridge saw lights in the trees. They reported discovering a conical object, about the size of a car, floating in a forest clearing. It disappeared as they approached! You can find out more about this story by following the *Rendlesham Forest UFO Trail*.



2 The Suffolk Punch Trust is dedicated to preserving the Suffolk Punch breed of heavy horse. The breed is very old, dating back to the 16th Century. It is noted for its strength and stamina, making it ideal for agricultural work. The Hollesley Bay Stud is the oldest Suffolk Punch stud in the UK and dates from 1759. In 1938 it became a prison farm of the nearby HM Prison Hollesley Bay. The Suffolk Punch Trust took over the farm in 2006 following a successful fundraising campaign. The Visitor Centre is open during the summer months, where you can find out more about this beautiful breed of horse and the farming traditions of East Anglia (entry fee applies).



3 Shingle Street is a coastal hamlet beside a huge shingle beach. Many buildings date from the early 19th Century, including the Martello Tower which was built as a defence against Napoleonic raids. During WWII, the village was evacuated. A number of mysteries and strange happenings were later reported. These included a failed German invasion and the discovery of burnt bodies on the beach. Today, Shingle Street is a fantastic location for bird watching and the nearby salt marsh provides a habitat for many species of bird, including oystercatcher and ringed plover.



4 Bawdsey was the location of the world's first fully operational Radar Station. The team of research scientists working on Radar moved to Bawdsey Manor in 1936. The station became known as RAF Bawdsey and huge transmitter and receiver towers were built. The station was instrumental in detecting Luftwaffe raids during WWII. On some Sundays and Bank Holidays, you can visit the Bawdsey Radar Museum to find out more. Bawdsey Quay is a beautiful location to stop and enjoy the Deben estuary.

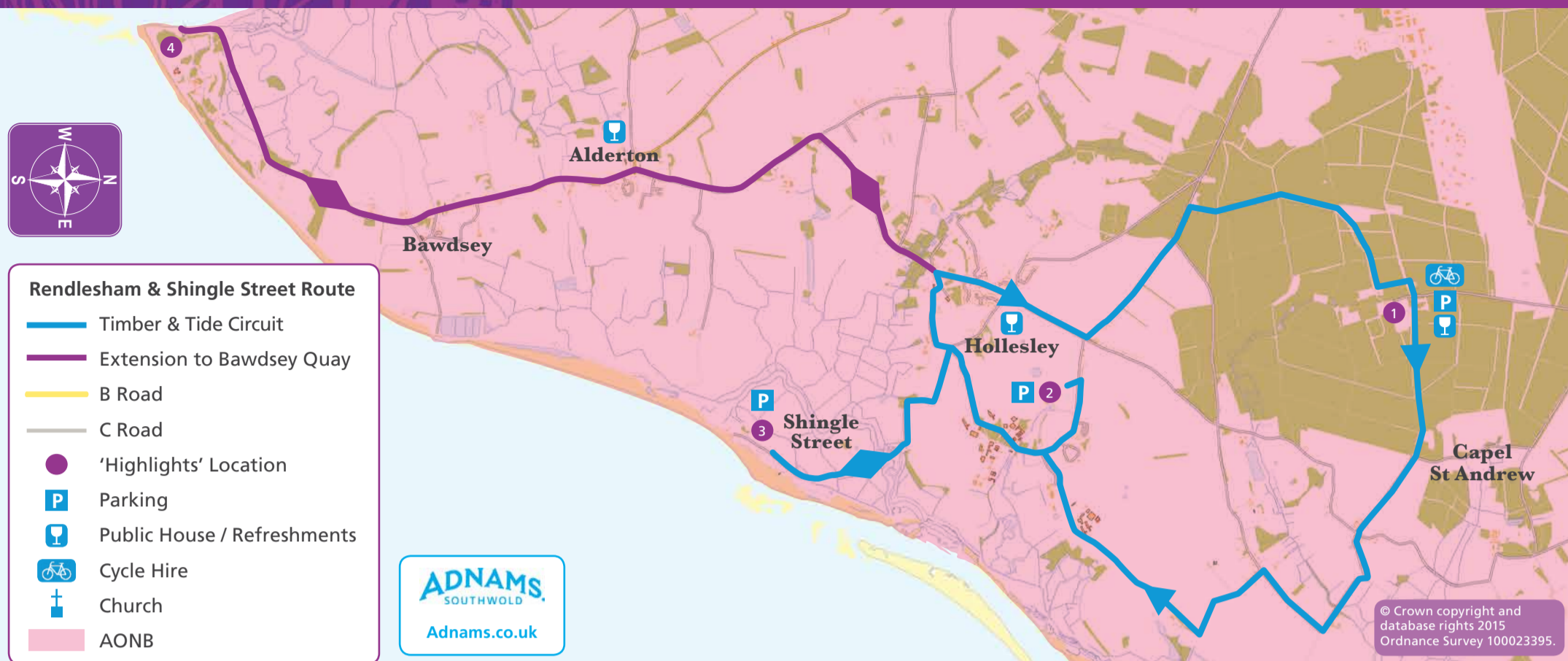


Images: Front cover – Admiring the view at Bawdsey Quay; A. Rendlesham Forest – Many trees are grown for timber. B. Crossbill – Look out for these birds in Rendlesham Forest, usually flying close to treetop height (photo Tony Pick). C. Suffolk Punch Horses - Ploughing a straight furrow (photo Suffolk Punch Trust/Nigel Baker). D. Shingle Street – Quirky houses. E. Shingle Street - Lots of shingle! F. Bawdsey Radar – In the 1940s, the tall radar masts towered over Bawdsey Quay (photo Bawdsey Radar Trust).

Rendlesham Forest & Shingle Street

Suffolk Coast & Heaths Cycle Explorer Guide

The recommended starting point for this route is Rendlesham Forest car park. However, if you want to leave the car at home and travel by train, you can start from Felixstowe Station and catch a ferry (May to September only) across the River Deben to join the route at Bawdsey Quay. Tel: 07709 411511 (Ferryman) or 01394 282173 (Boatyard)



Timber & Tide Circuit

Rendlesham Forest car park – Hollesley - Shingle Street (with an optional diversion to Bawdsey Quay).

Distance:
 • 12.5 miles/20 km
 (22.5 miles/36 km if the Bawdsey Quay diversion is included;
 27.5 miles/44.5 km if the route is started/finished at Felixstowe Station).

Start: Rendlesham Forest car park or Felixstowe Station.

Time: 3 hours if started from Rendlesham Forest car park/5 hours if Bawdsey Quay diversion followed/6 hours if started from Felixstowe Station (allow more time to visit the Suffolk Punch Trust Visitor Centre).

Terrain: Route follows minor roads, village roads and B roads, some with 60mph speed limits. Some sections on forest tracks and bridleways with variable surfaces. Some short hills.



Rendlesham Forest and Shingle Street – (starting from Rendlesham Forest main car park)

Leave Forest car park and follow signs for campsite. When surfaced road ends, continue straight along track, keeping campsite to right. Track follows line of wooden pylons.

At road junction, continue straight ahead on minor road. At staggered crossroads, go straight across. Follow lane, keeping right at sharp bends. Enter Boyton and take next left. Follow lane then track. At bottom of hill, turn right and follow track through farm, eventually passing high fence of HM Youth Custody Centre. At T junction, turn left (turn right to visit Suffolk Punch Trust Visitor Centre, 600m on left). Continue past buildings of HM Prison Hollesley Bay. At 4 way junction, turn left, signposted Shingle Street.

From Shingle Street, retrace route to 4 way junction and turn left. Follow road into Hollesley. Turn right here to continue on main route. However:

If you want to follow 10 mile/16 km diversion to Bawdsey Quay: Turn left and follow signs for Cycle Route 41, ignoring all exits. In Alderton, turn left at T junction. Follow road to Bawdsey and then Bawdsey Quay.



(*) From Bawdsey Quay, follow road back to Alderton. Shortly after Swan Inn, turn right, signposted Cycle Route 41. At next junction, bear right. Continue on road, ignoring next left turn. Bear left at next junction through Hollesley to re-join route.

Continue through Hollesley and then straight at first set of crossroads. Turn left at second set of crossroads beside water-tower. Continue along road, ignoring first right.

Take next right on to track (sign says private road, no vehicles or horses – but cycles are allowed). Follow track through forest, ignoring all exits. At Tangham Cottages in centre of forest, bear right at Y junction. Continue along track. Bear left past forest offices and back to start.

Rendlesham Forest and Shingle Street – (starting from Felixstowe Station)

Adds: 15 miles/24.5 km, including Bawdsey Diversion

Leave station and turn right at traffic lights. At roundabout, go straight across. Keep on this road, ignoring all exits, following signs for Felixstowe Ferry. At Felixstowe Ferry, use ferry boat (May to September only) to reach Bawdsey Quay (remember to check operating times for return journey!). Join Bawdsey diversion at this point (*). Retrace route back to Felixstowe Station at end of cycle ride.

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
- Ride in single file to let vehicles overtake if the road is busy or narrow
- Don't assume everyone can see or hear you
- Give way to pedestrians, wheelchair users and horse riders
- Ring your bell or call out to warn others of your approach
- Please cycle on roads, byways, cycle paths – not on public footpaths
- Try to reach the start of your ride using bike or public transport
- Take care of the deep water at Bawdsey Quay

Thank You



Images: A. Rendlesham Forest – Cycling through the forest. B. Sea Campion – A summer flower of the Suffolk Coast. C. Bawdsey Quay – A great destination for a cycle ride. D. Bawdsey Manor – The base for Radar research in the 1930s. E. Rendlesham Forest – Amongst the trees are beautiful clearings.

