



## Waveney Valley Walks - Knettishall Heath Country Park



The open landscape of Knettishall Heath was created about four thousand years ago when our bronze age ancestors cleared the forest for cultivation and grazing livestock. Since then the land has been used for sheep and rabbit grazing.

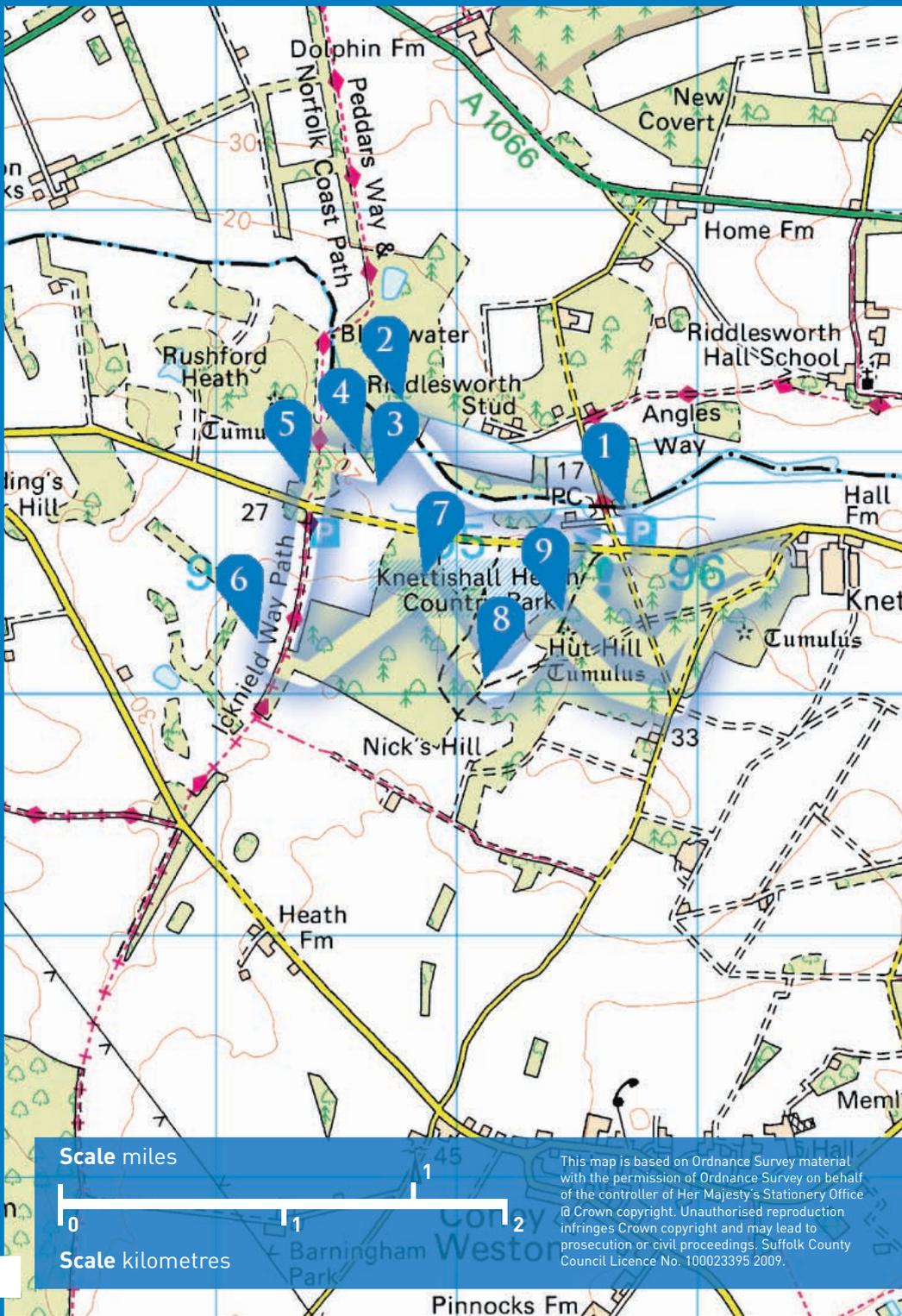
In 1950 there would have been virtually no woodland. When myxomatosis virtually wiped out the rabbit population in 1953 and following the decline of sheep grazing in the 1960's, tree seedlings invaded the open heathland and developed into the mature woodland you can see today. Suffolk County Council established the Country Park in 1974 to maintain its value to wildlife and to make it an enjoyable place to visit. Look out for the resident herd of Exmoor ponies as well as Black sheep and Jersey cattle.

This walk follows the waymarked trails that have been set out in the country park. The walk covers sections of each of the trails. A leaflet is also available from dispensers in the car park. Be sure to take your binoculars on this walk. Knettishall is at one end of the long distance footpath 'The Angles Way'.



### WALKING ROUTE INFORMATION

<b>Car park</b>	Knettishall Heath Country Park - main car park
<b>Starting point</b>	Car park
<b>Length of walk</b>	4 miles or 3 miles with shortcut
<b>Type of walk</b>	Easy - family friendly
<b>Terrain</b>	Heathland, pasture, tracks, and footpaths - all contained within the Country Park
<b>Refreshment stops on walk</b>	None



- 1 The walk starts from the car park. Head towards the information office and toilet block. To the left you will see the start of the Riverside Trail (Blue). Take the right fork and follow the path along the river bank for about 800m. Continue until the path turns a sharp left away from the river bank.
- 2 Turn left with meadows on your left and woodland on your right and keep straight ahead until reaching a footbridge.
- 3 Cross the footbridge and walk straight ahead ignoring the Riverside Trail which turns left at this point. Keep ahead until reaching the Heathland Trail (Green). Confusingly the waymark trails only point in one direction and you are walking in the opposite direction.
- 4 Turn right at the waymark and follow footpath through woodland, turning left at a footpath junction and eventually crossing a road to a car park.
- 5 Keep straight ahead through car park with open heathland on your left and farmland on your right until reaching a line of trees.
- 6 Turn left along the edge of the trees and then bear left to continue following the Heathland Trail for approx 200m until reaching a junction of footpaths.
- 7 Turn right passing an 18th century rabbit warren on your left and then straight ahead at footpath/track crossroads. With heathland on your left walk slightly uphill until reaching path from your right.
- 8 Turn left and continue on this path. You will pass Hut Hill on your right – a bronze age burial mound – easily identified by the lone Scots Pine at its summit. Continue walking down the hill until reaching a junction with a sharp right. This is the Woodland Trail (Yellow). At this point you can return to the main car park by walking straight ahead.
- 9 Turn right and follow the woodland trail as it weaves through the woods and across two roads until eventually returning you to the car park.



**FURTHER INFORMATION**

A number of events are organised at Knettishall Country Park including children's treasure trails, heritage events, nature study events and ranger guided walks. Details of all events can be found on the website: [www.suffolk.gov.uk/countryparks](http://www.suffolk.gov.uk/countryparks)

