

TWO SISTERS STROLL

Distance 1½ miles/2.4km

Start: Trimley St Martin Village Sign. It is on the green at the junction of the High Road and St Martins Green.

Buses and bus stop: Felixstowe Flyer buses numbers 75 and 77 from Felixstowe and Ipswich Cattle Market stop very close to the Village Sign.

Eateries: The Hand in Hand, Trimley St Martin and The Mariners, Trimley St Mary (both pubs). Goslings Farm Shop has a café serving breakfasts, lunches and snacks.

This is a very easy short, circular walk along pavements and across field tracks and through a wood. It is mainly on the level, but there is a short flight of steps involved. The name 'Two Sisters Stroll' comes from the legend that two wealthy sisters each wanted their own church so they were built side by side. One is in the Parish of Trimley St Martin, the other in Trimley St Mary.

① From the **village sign**, take the High Road south towards Felixstowe. At the roundabout cross over **Howlett Way** and continue south on the High Road. The large building on your right is **Reeve Lodge**. Later on your right you will see **Gun Lane**. Opposite this on the left hand side of the road is a large **Holm Oak** which marked the entrance to a tollgate in the past. You will then pass Morrisons Daily (also a **Post Office**). Opposite this is **Eagle House**. Next door is **Shoemakers Cottage**. You then pass **Church Lane** and the two **Trimley churches** on your left. There is an interesting **War Memorial** in the churchyard of the first church, **St. Martins**. Opposite the churches is the **Mariners Pub**.

Also on the right is **Trimley Welcome Hall**. You will pass an interesting cottage on your left, **Lime Cottage**. On the other side of the High Road is an area called **Street Farms**.

② Take the next left along **Thurmans Lane**. Continue along here until you reach **Mill Farm** (the last house on your right.)

③ Just beyond Mill Farm turn left on to the bridleway which crosses the fields. This touches upon a small part of what was known in former times as **Earl Bigod's Way**. Continue heading north, take the first footpath to your right through the woods where in spring time bluebells delight the eye. When you come to footpath signpost you should be able to see a **WW2 Pill Box** in the field. Continue to follow the woodland walk until it reaches just short of Howlett Way.

④ At the end of the path through the woods you will see a slope ahead of you. Just before this take the path to the left which joins the farm track. Almost immediately, at the corner of the farm track take a path to the right and go up the steps (ignore the wide farm track to the left as this is no right of way). Then turn left to proceed along Howlett Way.

⑤ Walk along the verge until reaching an island refuge. Cross over and walk to the roundabout. Turn right on to the High Road. Retrace your steps back to the village sign.

N.B. *The words that are emboldened can be referenced in a separate Gazetteer also found in this section of the website.*