

## WHEEL FRIENDLY WALK

Distance: 5.5 km 3½ miles

**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. All these venues have outside seating on the level so are suitable for wheelchairs. The White Horse Kirton, open for lunches Wed – Sat 12-2.30. Sun 12-4.30.

This walk is designed specifically for people using wheelchairs or electric buggies. It could also be used by those with pushchairs though this is a long walk. However there is a playground half way through with benches. Being wheel friendly, it could equally be used by cyclists, but they should dismount when going over the pedestrian bridge over the A14. This is a circular walk along hard surface tracks, pavements and roads without pavements. However you will be retracing some of your route at the beginning and end. It is mainly on the level, but there is a ramp up and down the footbridge over the A14. Though this route is suitable for an electric buggy, you will need an able-bodied companion to help open gates and to help you up and down the ramp over the footbridge. It is recommended that a wheelchair user wear long trousers or a long skirt as there is low overhanging vegetation on some of the pavements. Also wear a fluorescent jacket for the roads without a pavement. All the road crossings suggested have dropped kerbs as we have tried this route out with a wheelchair owner. It would be best to avoid doing this walk on week days during term time between 3pm and 3.45pm because of the number of cars parked along Kirton Road to pick children up from the primary school. Please bear in mind that there are no public toilets on the route but you could stop and have a drink at the White Horse Kirton which is near Kirton Green.

① From the **village sign**, take the path north-east along St Martins Green, crossing over **Cavendish Road** and keep on the left hand side of **Old**

**Kirton Road**. The path is fairly smooth. Cross over Red House Close on your left. Continue along the path until you come to **Mill Lane**.

② There is a dropped kerb opposite 58A, cross over Old Kirton Road and then cross over Mill Lane, watching out for traffic. About 50m on your right you will see barriers which is the start of the footbridge over the A14. You should be able to slalom around the barriers. This is a fairly steep slope up the bridge and it does have potholes. There is also a little ridge here so you may have to have a 'run' at it. Cross over the footbridge. There are negotiable barriers again on the far side.

③ After crossing the footbridge, pass the Trimley St Martin village notice board on your right. Continue north along **Kirton Road**. You will pass Roselea Nursery Farm shop on your left. There is a bench here should your helper need a rest. Continue on the pavement until you reach **Trimley St Martin School** on your right.

④ There are dropped kerbs opposite the entrance to the school and there is good visibility to cross the road here. Continue along the narrow pavement on the right of Kirton Road. You will pass **The Old Mill House** and Stables Gallery on your right. Continue along the pavement until it reaches Back Road.

⑤ Cross over Back Road. The road you are on now changes its name to Trimley Road. Continue on the narrow pavement. You will pass two fairly new small estates. The first is **Durilda Green**, and the second is **The Maltings**. Continue until you reach Kirton village green.

⑥ At the apex of where three very short roads meet in front of you is **Kirton Forge**. When you get to the end of the green take the path just past the bus shelter to the right. Then cross over Falkenham Road. You will now be going along Rectory Lane (this is the road that runs at right angles to Trimley Road). This is quite narrow and there are no pavements.

⑦ At the end of Rectory Lane is a T junction. Turn left for a visit to **Kirton Church**. There is a war grave memorial on the right of the path to the church door. Now retrace your steps and then go straight ahead along Church Lane. You may choose to go along this very narrow country lane with no pavements as there are lots of interesting old houses.

⑧ Alternatively if you want a safer, less interesting route you could go through some barriers on the right, which are about 50 metres from the start of Church Lane and weave your way through Meadowlands Estate following the blue route on the map. This route will take you to Falkenham Road where you need to turn right where you will be at point ⑩.

⑨ At the end of Church Lane, turn right on to Falkenham Road for about 200 metres. Just before you reach the new estate on your left, called The Paddocks. Cross over the road at the dropped kerbs. At this point you may wish to visit **Kirton Methodist Chapel**. If so follow the next set of instructions. If not follow instructions from Point ⑩.

Cross over the entrance to Paddocks Close and continue walking along the pavement to Oakdene. Using the dropped kerbs cross over this road and continue along Falkenham Road. At this point there is no pavement. However it is only a short distance to reach the Methodist Chapel on your left. ⑪ Then return the way you have come to Paddock Close.

⑩ Turn into Paddocks Close. There is a pavement on the left hand side of the road with a dropped kerb. Continue to where the road bends around to the right. On the corner on the left hand side is a gate to a children's playground. There are benches here. To continue on the route follow the road round to the right. At the end of the road bear round to the left (the main part of Paddocks Close goes to the right). This goes round to the right where the road finishes. This now becomes a sandy footpath with fences either side. There are wooden gates either end of this path so this is where your companion will need to help you. You may see ponies or horses in the paddocks here. The gate at the far end of the path takes you into Durilda Green. There is a pavement here with a dropped kerb. Follow the road round to the left and it eventually joins Kirton Road.

⑫ Turn left here and continue along the road until it reaches point ⑤. Now retrace your steps going past the school where you cross the road, then over the footbridge and Old Kirton Road back to the village sign.

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

