

WHEEL FRIENDLY WALK

Distance: 5.4km 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.

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. It is mainly on the level, but there is a ramp up and down the footbridge over the A14. This route is suitable for an electric buggy, but if you have a manual one it would be an idea to bring a companion 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 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

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 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 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 left. A short way along is the junction with Church Lane.

⑨ At the end of Church Lane, cross over Falkenham Road (again no pavements) and turn left. A few metres on your right is Alley Road.

⑩ Turn right here and go to the end of the short road.

⑪ If you have a standard size wheel chair and don't mind going over grass turn right here to go to the Recreation Ground. There is also a playground and benches so anyone with young children may welcome a break here. This green route on the map will take you to Back Lane. The route we suggest is to go a very short way along a footpath at the end of Alley Road. (Do not follow the footpath to the end as you will not be able to get out because of tight barriers.) Turn left into a tarmac passage way which leads into Guston Gardens. There is a tricky little ridge for a wheelchair here, so if you don't have an electric one or help, you would be better to go through the Recreation Grounds. Turn right here and keeping on the pavements on the right make your way to Back Lane.

⑫ Turn right here. Again this road doesn't have any pavements and can be busy but so long as you stay on the right side, you should be safe as it is a wide road. Continue along the road until it reaches Kirton Road at 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.