

PUB WALKS

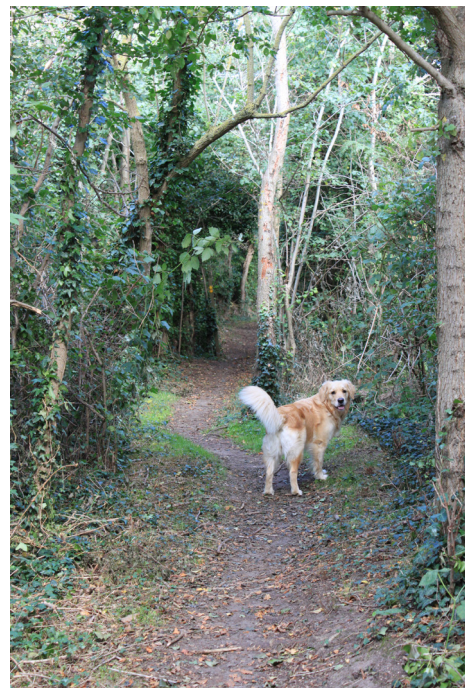
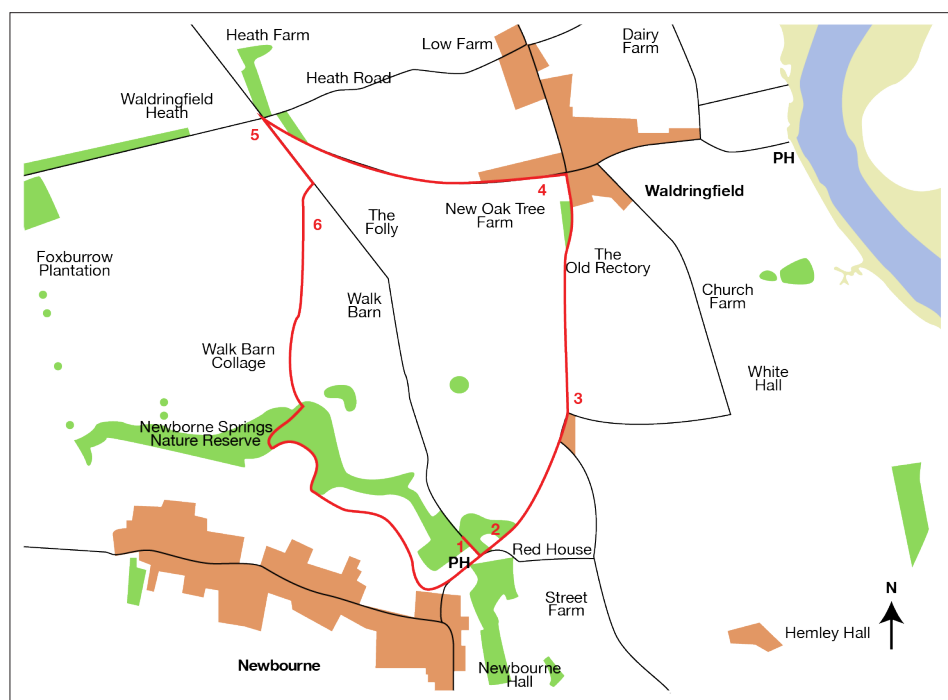
with Darcy

Meet Darcy - like most two-year-old golden retrievers she loves nothing better than to stretch her legs exploring the beautiful Suffolk countryside. As enthusiastic walkers, and her owners, we're always keen to find new routes, preferably with a dog-friendly pub for mid-way map consultations, or end of walk refreshments.

Better still are walks offering both options. In this series we'll be bringing you our favourite Pub Dog Walks (or 'POGs' as we fondly refer to them) and would love to hear from you if you've tried and enjoyed them too.

This circular walk around Newbourne and Waldringfield is a real favourite of ours. Starting with some very easy to follow farm tracks we eventually walk down into the Newbourne Springs nature reserve. Made up of a variety of habitats, from heath on

the tops of the slopes to alder carr swamp in the valley bottom, the reserve is home to a wealth of animal and plant life. Parking is free at Newbourne Springs where you'll also find an information centre in the Old Pump House. There are two great options for refreshment on this walk. At the half-way point in Waldringfield it's just a short diversion from our route to soak up the magnificent views of the river Deben from The Maybush and ultimately we reach the The Fox, one of the prettiest village pubs I've visited. Dogs are very welcome at both. ■



THE WALK

Distance: Approx 2 $\frac{3}{4}$ miles

Time: 1 Hour to 1 $\frac{1}{2}$ hours depending on your pace

Terrain: Moderate; farm tracks and woodland paths

Stops: The Maybush (PH), The Fox (PH)

Ordinance Survey Map: 197

Start point OS reference: 275 433

For a printable version of this walk go to placesandfaces.co.uk

1. Starting at the Newbourne Springs Nature Reserve car park turn right. At the T junction turn left along the lane and take the footpath signposted to your left on the bend in the road.
2. After 50 yards or so there is a short but steep climb. Follow the path through the trees and out on to the open field. Continue straight ahead across the field to join the road, turn left. (To avoid the initial slope stay on the road for approximately quarter of a mile and you'll re-join the route at point 3).
3. After approximately 100 yards at the bend in the road turn left through a gate and back onto the footpath which stretches straight ahead to another gate and across the next field to a wooded area. Follow to the end of the wooded path.
4. To visit The Maybush turn right and follow the road for about half a mile to the river. To continue on our route turn left along the farm track and at the fork (March House) keep to the right by the houses. The path continues along the edge of the fields until you meet the road.
5. Turn left along the road (almost back on yourself). The public footpath allows you to walk on the field (other side of the hedge) should you wish. After 250 yards turn right signposted Rattle Row Farms.
6. Keep to the farm track but as it bends to the right (just after some silos) keep straight ahead through woodland. Cross the stile where you enter the Newbourne Springs Nature Reserve and then head to your right descending steps to the valley floor. Continue to follow the path around the springs. As you exit the denser part of the wood keep left and pass through the kissing gate to the grazing land (dog on lead at this point please). Keep straight ahead to another kissing gate and then straight along the path to the road and The Fox inn.
7. From The Fox keep left along the road and turn left into Woodbridge Road and you're back at the Newbourne Springs car park.

Useful links: www.debeninns.co.uk
www.suffolkwildlifetrust.org

The Fox



Imagine a chocolate box style village pub, beaming with a rainbow of flowers around the door. Add a loyal clientele and great food and you'll wish you had discovered us sooner.

**The Fox, The Street, Newbourne,
Woodbridge IP12 4NY. Tel: 01473 736307**

The Maybush



The Maybush Inn is perched on the banks of the River Deben in Waldringfield, near Woodbridge. The busy riverside pub and restaurant affords panoramic views across the river and beyond.

**The Maybush, Cliff Road, Waldringfield,
Woodbridge IP12 4QL. Tel: 01473 736215**

Deben Inns

At Deben Inns we aim to run individual pub/restaurants of quality and value with the emphasis on good food and service in informal and pleasant surroundings.

Each pub has a different menu and our chefs are encouraged to put their own ideas into action keeping each pub individual. Local produce, meats and fish are used wherever possible. Real Ales and Fine Wines are chosen to complement our settings and menus with beers and wines predominantly sourced from Adnams of Southwold. All of the pubs welcome families and dogs, cater for the disabled and have the benefit of superb alfresco dining facilities.

**For current offers and menus visit
www.debeninns.co.uk**