This 150 mile route in 36 circular legs approximately follows the Suffolk coast and estuaries of the rivers Stour, Orwell, Deben, Ore, Alde, and Blythe. The route includes large parts of the Stour and Orwell Walk and the Suffolk Coast Path. The circular legs are typically around ten miles and total around 320 miles. The recorded route is from Catawade to Hopton.

Walks ...
SC 01 Catawade and Stutton, 9.4 Miles
SC 02 Holbrook and Alton, 10 Miles
SC 03 Shotley 9.73 Miles
SC 04 Shotley and Pin Mill, 9.9 Miles
SC 05 Pin Mill and Wherstead, 10 Miles
SC 06 Orwell Bridge, 6 Miles
SC 07 Ipswich, 9.2 Miles
SC 08 Nacton, 9 Miles
SC 09 Levington, 8.6 Miles
SC 10 Felixstowe West, 9.8 Miles
SC 11 Felixstowe Old, 9.7 Miles
SC 12 Felixstowe Ferry 9.6 Miles
SC 13 Hemley and Newbourne 9.5 Miles
SC 14 Waldringfield and Martlesham 9 Miles
SC 15 Melton 10 Miles
SC 16 Sutton Hoo 9.8 Miles
SC 17 Sutton and Shottisham 10.4 Miles
SC 18 Alderton 7.4 Miles
SC 19 Bawdsey 8.8 Miles
SC 20 Shingle Street 8.3 Miles
SC 21 Boyton 10 Miles
SC 22 Chillesford 7.45 Miles
SC 23 Orford 9.2 Miles
SC 24 Iken 10.7 Miles
SC 25 Snape 7.2 Miles
SC 26 Church Common 10.7 Miles
SC 27 Thorpeness 9.5 Miles
SC 28 Minsmere 9.2 Miles
SC 29 Dunwich 8 Miles
SC 30 Walberswick 9 Miles
SC 31 Southwold 5.7 Miles
SC 32 Potters Bridge 8.6 Miles
SC 33 Benacre 7.5 Miles
SC 34 Kessingland and Pakefield 9.3 Miles
SC 35 Lowestoft and Ness Point 10 Miles
SC 36 Hopton 10 Miles