Start from Reydon Church car park. Please leave the parking places nearer the church clear.

This walk is best in good weather and at high tide, or low if you like to watch waders feeding.

Head west into the churchyard. Follow the footpath beside the church past the southern entrance. Walk round the Church, right, and take the footpath that leads diagonally across a large field heading NW and later north. Follow this path to the hedgerow gap and then turn left, west, and soon right, north, to Rissemere Lane East (armac).

At the road, turn left and walk west for half a mile. Bear right, where the Reydon Lane joins. After about 200 metres, follow the leafy tunnel byway to the left, west, signed "Reydon Wood" by the Suffolk Wildlife Trust. A few metres before the path bends left, SW, you can make a 0.6 mile circular detour through the wood to see the bluebells in May, or in any season, just because it's a lovely wood. Alternatively head SW until you reach the busy Wangford Road, B1126. Turn right and head west for 130 metres along the Wangford Road.

Turn first left, south, by a group of houses, into Mardle Road. Walk a mile down Mardle Road to the A1095, Halesworth Road. Pass "Toad Hall", "Reydon Grange" and "Wangford Farm". At a fork in Mardle Road, take the right hand branch, SW, towards Blythburgh. As Mardle Road dips down, 40 metres before it meets the Halesworth Road, turn right into the car park of the Suffolk Wildlife trust "Hen Reedbeds".

30 metres into the car park turn left, south, onto a footpath past reedbeds, parallel with and usefully avoiding the busy road. Turn left over a footbridge and cross over the main road with extra care. Turn right, south, and follow another roadside path to steps up to a flood barrier bank. Go through the gate and head SE, estuary right, on the footpath by the side of the Blyth Estuary. Walk 1.7 miles towards Southwold. Pass two bird hides belonging to the Suffolk Wildlife trust, situated on the left as you walk mostly SE with a few wiggles in the path. If the footpath is overgrown, the track below may be better and more sheltered. In late July there is a good sea lavender display.

Continue on the estuary bank path, past the disused mill. Soon you will meet a low concrete wall. Follow this to a gate where the concrete is replaced by metal sheet piling. Go through the gate, left, north, until you reach another gate at a gorse bank. Turn right, east, gorse bank left. After 30 metres, take the first path left, NE, shrubbery both sides. Merge left onto another path, a little east of north. Soon you will have the School playing fields on your left and a housing estate on your right. At the A1095 Halesworth Road, turn left, west, for 200 metres.

Turn right, north, into "Keen's Lane". Head north to "Gorse Lodge". Ignore lanes to the right. Veer off, slightly to the right, north, along the footpath, garden fence left and hedge right. Follow this path, hedge left, all the way back to Reydon Church. There is a gap in the fence into the churchyard allowing you to return to the car park without walking along the road.

This walk may be linked with Walk 1 at Keen's Lane giving around 11 miles.