At the exit to Kessingland Beach car park turn right, follow the road to the beach and, immediately after the bus terminus, turn left onto the promenade. Climb the first set of public steps and go right along the cliff top. Follow the path where it turns sharp left inland. Continue to the metalled road (Green Lane) and turn right. Go straight ahead where, first, Green Lane becomes a track, followed by a further metalled section and then more track. Pass a tall white semi-detached property on the left, at the end of the built-up area, ignore a left fork and, very soon, take the clear path to the left through a small wooded area.

On leaving the wood, continue inland with a field on the left and soon a hedge to the right. Ignore all paths left and right. Eventually the path bends right and then left past a farm gate, followed soon by sharp turns left and right. Continue straight ahead through the hedge to reach the B1437 London Road and turn right. Continue past a 40mph sign for about 150m and cross the road at the footpath sign pointing half left. To access the footpath, go round the metal farm gate onto a wide grassy path.

Head towards a barn, but turn sharp right before reaching it. Keep on the track, now running between a hedge (right) and a ditch (left). Then turn left on reaching a wide concrete track. Pass under the A12 bypass and up the other side, turning right along the track at the top. This soon turns sharp right again, in front of a large open field. Instead go straight ahead across the field; if unclear aim for a tall isolated tree at the far side of the field. Cross the footbridge and turn left with the hedge on the left. Where the path starts to go downhill the path switches to the opposite side of the hedge. At the bottom of the slope, go straight ahead at a path T-junction, bearing slightly right across a small open field, up to the A12 dual carriageway.

Cross the A12 straight away taking particular care with dense fast-moving traffic. Avoid crossing if the central reservation is already full of walkers. Continue on the footpath directly opposite, up a short slope and then along a gravel path with new housing on the right. Turn right where the path ends at the short metalled service road, cross Kessingland High Street and then go down Church Road opposite. Follow the road round to the right, passing Catchpole Close on the left, as far as an angled cross junction.

Take the metalled lane with a footpath sign opposite (Cooper's Lane). Follow it downhill with 2 wind turbines to the right. Near the bottom of the hill the metalling ends and the lane bears round to the left. Continue forward, between low hedges either side, ignoring the signposted footpath on the right, and other minor paths to both sides. Also go straight ahead at a prominent crossing track. At the end of an open field to the right, pass through a pair of low concrete posts, turning left through an avenue of small trees and bushes. The route becomes a lane and passes a sewage works on the left and the entrance to Kessingland Marshes on the right (open to the public). Where the lane turns sharply right, go straight ahead behind newish houses and then up the bank to regain the car park.