The car park in Wenhaston is located down a narrow road, west, beside the Primary School. There is a lot more parking in the field left of and behind the pavilion.

The walk starts NW across the playing fields, keeping to the right hand perimeter. Leave the playing fields by the NW corner. The path wiggles right and left through a hedge gap. Head roughly west between two fields then bear right, NW, paddock left. At tarmac, cross over and head NW, hedge right. At the next tarmac, cross over and head west, hedge right. Kink right and left. Continue west, trees left. Cross a stile. Continue west along the diagonal path to the right. Head through the NW gap, west, hedge right. Head west through the metal gate, hedge right. A few paces later turn right through the hedge gap. Head north, hedge left. Go through the gap, over the sleeper bridge and cross the open field, NW. Aim to the right of the brick farm buildings opposite. Cross the footbridge and bear left across the gold course. Keep left.

Leave the golf course through the gate. Cross a footbridge and head right, north, along Wash Lane, gravel. At the road, turn left, west, towards Walpole and Heveningham. Merge with another road and continue west towards Halesworth. Opposite a wide farm entrance, turn right, up steps. Go through the kissing gate, NW, diagonally across the field. Aim for the arches of the railway bridge. Cross the footbridge, through the hedge gap and head west across the open field. Cross under the railway by the left arch. Cross the river and join a tarmac footpath, north. Before the path crosses under the railway, turn left, NW, towards warehouses. Continue on this path, NW, across multiple roads including Saxons Way, passing the Co-op, left. Head NW, along Steeple End, church right. Bear right, north, past the church tower to the Market Place.

Continue north, then turn left, west, along Cheddiston Street for a few metres. Turn right, north, along Rectory Lane. Cross the river. Turn right, east, along Rectory Street. Turn right, south, along the pedestrianised Bridge Street.

Re-cross the river and turn left, east, under the brick arch. Cross the car park, keeping left. Cross under the A144, river left, toilets right. Head east, then right, south, following the river. Turn left over the footbridge, then right, south, skatepark left. Continue south along the N1 cycle route, water both sides. Ignore the turning to Folly and Holton Road. Head SE, river left, still on tarmac. Continue south, railway left. Go through a kissing gate, over a brisge, then left, east, under the railway.

In the meadow, turn off the tarmac cycle path and head east, water left. Kink left and right, through a kissing gate and across a bridge. Head SE, water right. Continue mostly east for a mile via several fields, bridges and gates, always with the river right. At tarmac, cross over and continue the easterly route, past the wier, river right for another mile. Cross multiple fields via gates, stiles and hedge gaps. Towards the end of this leg, the path and river bend SE. At Blyford Lane, tarmac, turn right, south and cross the river. Ignore the right turn to Mells. Head past houses, then left up steps.

Head east, along a raised path with a vertical drop down to a driveway. At the end of the field, turn right, south, under power lines. At the second oak tree, turn left, east, between fields, no hedges. Go through the gap and kink left and right. Head east, hedge left. Follow the garden perimeter, hedge left, NE, then right, SE. Head south along the gravel track and pass the pole-top transformer. Stay on the track when it bends right, SW. Cross Narrow Way and bear left, south, cemetary left. The path bends right, SW, mansions right. At tarmac, turn right, north. There's a parallel gravel track, left, for a few useful metres. Turn left after Wenhaston Primary School, west, along the narrow road, back to the car park.

For refreshments, the Wenhaston Star is 300 metres south of the Primary School.