

# Waveney Ramblers    Angles Way 22    Barnby and Carlton Marshes

OS Map: OL 40    Track: [TM 50891 91912](#)    [GPX for SatNav](#)    8.5 Miles    Updated:

Park at the Suffolk Wildlife Trust, Carlton, donation please.

Head west out of the car park.

Use the steel bridge west of the visitor centre to drop to marsh level.

Follow the path NW and soon west, then SW following Landspring Drain.

Turn left, south, along Sprats Water Lane. Cross the railway.

When the lane bends right, SW, turn off, left, SE, through woods.

Turn right, south and cross two golf course fairways.

At a barn, kink right and left and continue south along Marsh Lane.

Marsh Lane bends left and right and emerges at the A146.

The Carlton Crown is a few metres to the right if you are thirsty.

Cross the A146 and continue south into Chapel Road.

Turn right, SW, into Hedley Lane, transport museum left.

At the photovoltaic farm, kink right and left and head west, hedge left.

960 metres from the museum, turn right, then left.

Emerge on Mutford Wood (lane) and head west for 3/4 miles.

At a sharp left bend, turn right, NW, hedge left.

Kink left and right, NW, into a woodland path.

Head to Saint John the Baptist church.

Head NW to the A146 and cross over. Head west along Swan Lane.

Bear right, NW into Sidings Road which later becomes Wadehall Lane.

Turn right, NW, still in Wadehall Lane for 100 metres.

Turn right, north, and head to North Cove Nature Reserve.

Cross the railway and optionally divert via the reserve, left.

Continue north to the river.

Turn right, north, river left. The river meanders for 2.5 miles.

At the pipes and pumping engine, continue along the river path.

At the next left turn, head SE, away from the river, Sluttons Dyke left.

Head back to the car park.

This track becomes wider and easier to follow as you progress.

---

Please support rambling and the countryside.

Join the Ramblers at

<https://www.ramblers.org.uk/>

Disclaimers and Copyrights © 2024 Waveney and District Ramblers Group

<http://waveneyramblers.org.uk/>

Sketch maps, not to scale

Crown Copyright

<http://waveneyramblers.org.uk/>

OpenStreetMap

<https://creativecommons.org/licenses/by-sa/2.0/>

<https://www.openstreetmap.org/>

Corrections:

Please mail Neil at [nbauers@btinternet.com](mailto:nbauers@btinternet.com) or Facebook

<https://www.facebook.com/nbauers/>

# Angles Way 22 - Carlton Marshes 8.5 Miles Carlton Marshes outgrown-gaps.pipe

Follow trail on  
smartphone!

