

A flexible 'out and back' tidal route starting and ending at Waldringfield Suffolk following the river upstream past Woodbridge to Wilford Bridge.

Key Info



Scan or visit
bit.ly/Deben-Trail
to find the map in Mapometer
and download the GPX file

Start and finish:

Pay & Display car park behind Maybush Inn, Cliff Road,
Waldringfield IP12 4QL

Distance: 10 miles

Time: 2.5 - 5 hours Using the tides effectively will greatly assist this
paddle – aim to reach Wilford Bridge at about high tide

Locks/Portages: 0

OS Map: Explorer 197 Ipswich, Felixstowe and Harwich



- 1 From Waldringfield, once clear of the foreshore and boatyard, bear towards the left and follow the river upstream.
- 2 As you clear the point choose your track across the wider part of the river according to conditions – strong winds over tide can prove challenging so a more sheltered route through the salt marshes on the left might be advisable.
- 3 As the river narrows again you will pass Methersgate Quay on the right and track through a number of moorings on route towards Kyson Point ahead of you.
- 4 At Kyson Point you will pass Martlesham Creek on the left and swing right through the New Cut towards Woodbridge. You should see Tide Mill ahead of you.
- 5 Near Woodbridge Railway Station and adjacent a number of 'live-aboard' boats there is a small beach area where it is good to stop for five minutes, end your paddle and be picked up or turn around back to Waldringfield. There is also a great café on the quayside.
- 6 Continuing the trail upstream follow the river through the moorings as it winds around the entrance to the Tide Mill Yacht Harbour.
- 7 Then head up river past a myriad of small boatyards taking a turn to the left then the right as you approach the wetlands nature reserve.
- 8 From here Wilford Bridge is ahead of you – pass underneath at about the top of the tide to say you made it, take a breather, then head back on the ebb.

Find more
paddling trails at:
gopaddling.info

Parking: Drive past the Maybush Inn to the bottom of the road and turn right in to a small area at the top of the slipway. Unload water craft on to the foreshore then take cars up to the Pay & Display carpark behind the Maybush Inn.

This trail works very well as an out and back trail or one way, if collection can be arranged, with breakouts in Woodbridge and the turnaround point at Wilford Bridge.

This versatile trail is a tidal open water part of the upper River Deben in Suffolk being well suited to touring craft, sea kayaks and canoes. It is recommended that paddlers set out 90 minutes before high tide to get the best of travelling up-stream on the flood and back on the ebb.

The Deben Estuary is designated under various national and local schemes as a Site of Special Scientific Interest; Special Protection Area; under the Ramsar International Convention on Wetlands and as part of the Suffolk Coasts and Heaths Area of Outstanding Natural Beauty (AONB).

Over the 12km covering the tidal stretch of the Deben between Felixstowe Ferry at the mouth of the river and Wilford Bridge north of Woodbridge the landscape of the estuary ranges through coastal levels, saltmarsh and intertidal flats to estate sandlands.

Depending on the time of year RSPB members report seeing a fantastic range of wild birds including Avocet, Redshank, Curlew, Lapwing, in addition to, Common, Herring and Black-headed Gulls, Little Grebe, Dunlin, Grey Heron and Little Egret.

Another treat for paddlers is the occasional sighting of a seal as it pops its head above the water often very close by.

Admiralty EasyTide -

www.ukho.gov.uk/easytide/EasyTide/SelectPort.aspx

River Deben Association - www.riverdeben.org

Woodbridge Historic Tide Mill -

<http://woodbridgetidemill.org.uk>



Winter Warmer: The Maybush Inn is a busy riverside pub with panoramic views across the river and beyond. A varied menu offering locally sourced meat, game, seafood and vegetarian options.

<http://www.debeninns.co.uk/maybush/>

Safety and Licenses

We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.

Paddle Safe:

Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & sunscreen!

Paddle Responsibly:

Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

#DontDrinkandDrown

www.rls.org.uk

An important campaign by the RLSS encourages people to remember the effects of alcohol and the potential implications around water safety. 'Don't drink and drown' reminds people to be mindful of their alcohol consumption which is especially important for paddlers to remember too.

Visit our website
britishcanoeing.org.uk
for more information

Licenses: The waterways on this trail don't require you to have a licence to paddle on them. However if you paddle regularly you should consider becoming a member of British Canoeing. A British Canoeing membership gives you a whole range of benefits including a licence to paddle on 4500km of Britain's waterways and Civil Liability Insurance, worth up to £10 Million. For more information on British Canoeing membership visit britishcanoeing.org.uk