

Fleggburgh. This whole area is known as 'Flegg Island' because it was an island in Roman times when sea levels were much higher and a wide estuary covered the land to the west.

- 1 Thurne. A small riverside village. A short walk along the dyke leads to a restored mill and river views. Just outside the village is the church of St Edmund, King and Martyr. The 13th century tower has a 'squint hole' which may have been used to send messages to St Benet's Abbey, 1 ½ miles across the marshes.
- 2 Clippesby Hall Holiday Park: cycle hire centre; coffee shop: Open Easter – end October.
- 3 Filby Broad is one of the Trinity Broads which are unconnected to the river system and used as storage reservoirs by Essex and Suffolk Water. There is a boardwalk and bird hide on the north side of the broad.

