

5 CLARE TO LONG MELFORD

8.5 miles (13.7km)



POINTS OF INTEREST ALONG YOUR WALK



1. Clare Castle – accommodated 250 people and hundreds of horses in the 14th century. The enclosure contained servants' quarters, stables, malt houses, a wood yard, beautiful gardens, fish ponds, swan pools and vineyards. Easily defended with the river on one side and marshy lands on the other, the 100ft Saxon Motte, used as a look out, remains along with a few slices of castle wall.



2. Cavendish – this beautiful Suffolk village with its Green and pastel coloured houses is a frequently photographed gem. The church is one of 4 churches in the country where the chancel is built at a lower level than the nave. Above the pulpit is an hour glass for timing sermons and in the upper tower there's a room where the priest would have lived.

3. Sue Ryder – established her first nursing home in Cavendish in 1953 for survivors of Second World War concentration camps after serving in the First Aid Nursing Yeomanry. The Sue Ryder Foundation has become an important provider of care across the country and in 1979 she became a life peer. She is buried in Cavendish churchyard.



4. Kentwell Hall – one of England's finest moated Tudor houses was built between 1500 and 1540 and is privately owned. It includes gardens and a farm and is open to the public. Look out for the Longhorn cattle as you continue on your walk.

5. Long Melford Church – completed in 1484 it had 72 stained glass windows, but during the Protestant Reformation in the 16th Century much of it was destroyed. The upper windows in the clerestory could not be reached so survived and the glass has since been moved to fill the lower windows



6. Melford Hall – is owned by the National Trust and is a romantic turreted brick Tudor mansion which had links with Beatrix Potter.



www.dedhamvalestourvalley.org

Walk Highlights

Undulating high ground on the Suffolk side of the valley gives splendid views on the way to Cavendish, where the church tower rising behind thatched cottages on the green is a much-admired view. Across the valley on the Essex side Pentlow tower, built in 1859, is a prominent landmark. At Glemsford see the massive 15th century corner post on the timber-framed house adjacent to the Angel pub.

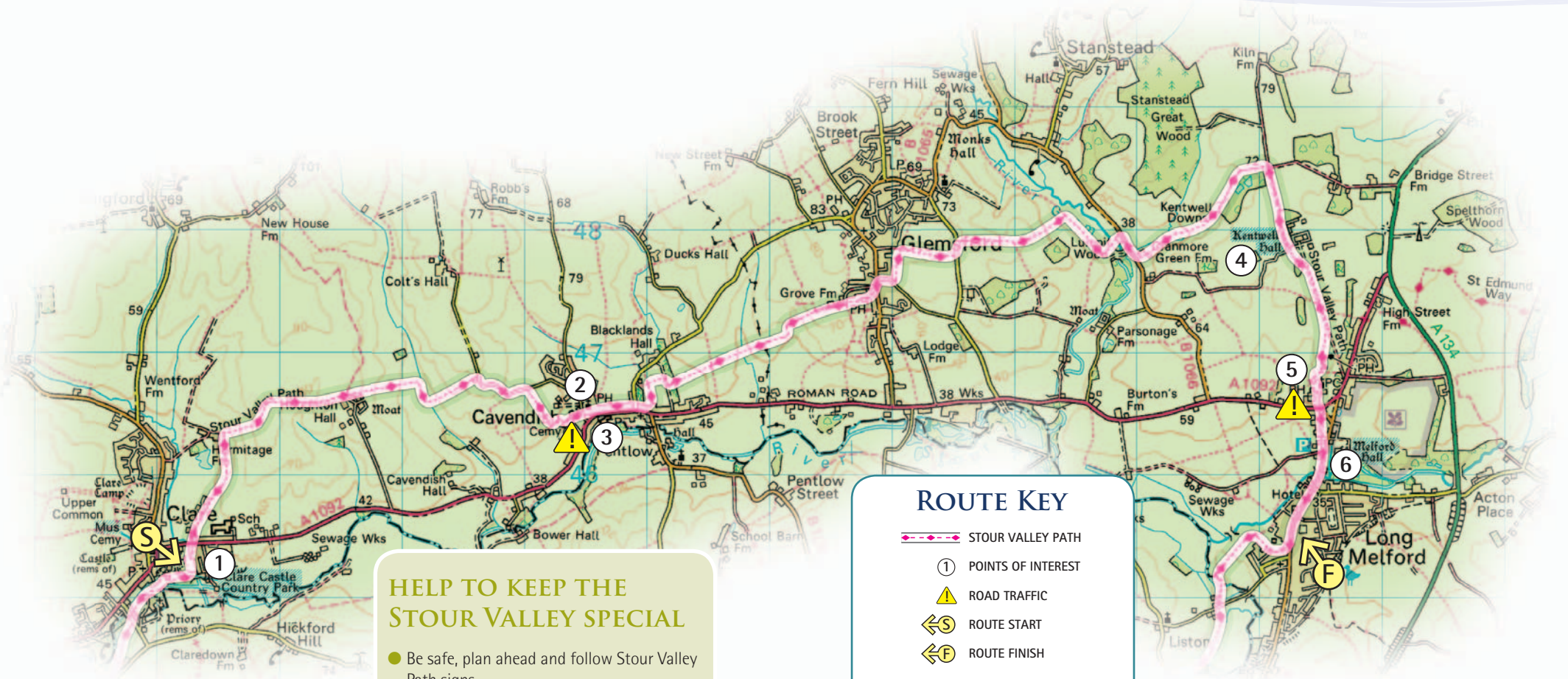
The Path descends into the Glem valley before passing close to Kentwell Hall, one of the two Tudor mansions that grace Long Melford, the other being the turreted Melford Hall. The parish church is of cathedral proportions, one of the finest in all England.



Buttercup Meadow

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HELP TO KEEP THE STOUR VALLEY SPECIAL

- Be safe, plan ahead and follow Stour Valley Path signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home with you
- Keep dogs under close control
- Buy local and support local businesses
- Use public transport whenever possible

ROUTE KEY

- STOUR VALLEY PATH
- POINTS OF INTEREST
- ROAD TRAFFIC
- ROUTE START
- ROUTE FINISH

0 1
MILES

0 1 2
KILOMETRES

1 MILE = 1.6093 KILOMETRES

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