

## 4

KEDINGTON  
TO CLARE

8 miles (12.9km)

POINTS OF INTEREST  
ALONG YOUR WALK

**1. Stour Mere** – this lake, once 20 acres in size, was believed to be the source of the River Stour. The mere, now much smaller is an important wetland site for wildlife, especially birds.



**2. Sturmer Pippin** – a local variety of apple which was named after the village of Sturmer in 1831. Orchards common in East Anglia in those days are now rare and those that still exist are recognised for their conservation value.

**3. Stoke by Clare Church** – has one of the smallest pulpits measuring 50cm across and a well preserved 'doom' on the east wall. A doom is a picture of the Last Judgement, with Christ often seated on a rainbow with souls being weighed below and being despatched to join the blessed or the damned.



**4. Clare Priory** – the first Augustinian house (1248) in England where friars were involved with preaching and healing in the local community until the Reformation. In 1538 the buildings went into private ownership until the Friars returned in 1953.



**5. Clare Ancient House Museum** – one of the smallest museums in the country with a fascinating display about Clare and its inhabitants. Parts of the house date back to the 15th century and feature decorated exterior plasterwork.



**6. Clare Church** – despoiled by William Dowsing following the order from Parliament in 1643 to destruct altars, pictures and images in churches. Dowsing, a local lad, carried out this work in Suffolk and kept a diary; at Clare 'we broke down 1000 pictures superstitious: I broke down 200'. The heraldic glass in the east window was left untouched and can still be seen.



## Walk Highlights

The village name Sturmer is derived from 'Stour mere', where the watery habitat provides an oasis for bird life in a largely arable countryside. Cattle graze the meadows at Baythorne End so close control of dogs is essential. Stoke by Clare is approached by an idyllic riverside path opposite the mellow brickwork of Stoke College. The main village street widens to run along the side of the green from where the Path follows the side of the old railway line.

From high ground on the Essex side of the valley views can be enjoyed towards the ancient town of Clare nestling beneath the remains of the 13th century keep, the grounds now an attractive country park. A huge Suffolk church stands close to the market place. Make time to explore the village and enjoy its amenities.



Riverside Path

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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
- ① POINTS OF INTEREST
- ROAD TRAFFIC
- ROUTE START
- ROUTE FINISH

0 MILES 1

0 KILOMETRES 1 2

1 MILE = 1.6093 KILOMETRES

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