

9

STOKE-BY-NAYLAND TO STRATFORD ST MARY

5.2 miles (8.4km)



Walk Highlights

The route descends to the valley of the River Box, considered by many to be the most attractive of the tributaries of the Stour. From the top of Snow Hill Lane there is a wide panorama north east along the valley of the River Brett, another of the Stour's attractive tributaries.

At Low Lift, water from the Stour is abstracted for transfer to south Essex. A raised footbridge over a weir leads to the old main road through Stratford St Mary and is also the viewpoint of Constable's 'Stratford Mill' of 1820, popularly known as 'The Young Waltonians'. The low-lying meadows either side of Stratford St Mary may be flooded in winter.



View of Stoke-by-Nayland

POINTS OF INTEREST ALONG YOUR WALK

1. Stoke-by-Nayland – occupies a commanding hilltop position and is dominated by the magnificent 15th century church. The 120-foot tower is visible from miles around, and was clearly an influence on John Constable who depicted this and other church towers within the valley. The village is awash with delightful historic timber-framed buildings.



2. River Stour Tributaries – on the ridge between the Box and Brett valleys, you can enjoy panoramic views before descending down a green lane to the valley bottom.

3. Thorington Hall – is a 15th, 17th and 18th century timber framed house. A private residence owned by the National Trust, which in 1815 was captured in a sketch by Constable. There are large fireplaces in every bedroom, uneven floors and creaking wooden staircases.



4. Stratford St Mary – an important staging post for horse-drawn carriages between London and Norwich. The main street would once have seen flocks of thousands of geese and turkeys on their way to London markets in an early 1800s autumn. To protect their feet for the long walk they were walked through hot pitch and sand to make durable 'slippers'! As many as 300 droves (1,000 birds) went through each year.

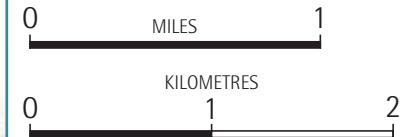
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ROUTE KEY

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



1 MILE = 1.6093 KILOMETRES

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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

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