

Create your own adventure!

With over 500 miles of footpaths, bridleways and byways within the Stour Valley, you are spoilt for choice when it comes to planning where to walk. Use these recommended websites to find a walk to suit you:

www.dedhamvalestourvalley.org/visiting/visitor-information/visitor-guides/walk-guides

www.discoversuffolk.org.uk

www.essexhighways.org/transport-and-roads/getting-around/public-rights-of-way/essex-walks.aspxwork

To help you along the way, refer to Ordnance Survey Explorer 196 (Sudbury, Hadleigh & Dedham Vale) or OS Explorer 210 (for the upper valley, Newmarket & Haverhill), which shows the excellent network of public paths throughout the area.



Countryside CODE

We all have a responsibility to care for the countryside and here are a few simple suggestions to help you protect, respect and enjoy the area:

- Plan ahead and follow any signs.
- Leave things as you find them.
- Take your litter home.
- Always clean up after your dog.
- Some livestock in fields so please keep dogs under close control.



VISITING THE STOUR VALLEY

The Stour Valley includes the Dedham Vale Area of Outstanding Natural Beauty (AONB) and is one of Britain's finest and most cherished landscapes. Picturesque villages, rolling farmland, rivers, meadows, ancient woodland and a wide variety of local wildlife combine to create what many describe as the quintessential traditional English lowland landscape. The area has a rich history and has been the inspiration to many writers and artists. One of the best ways to enjoy and experience this special landscape, is to get out there and walk in it.

VISITING THE STOUR VALLEY



Please consider travelling sustainably where possible. There are good links to the Stour Valley on the Gainsborough rail line between Marks Tey and Sudbury, and there are bus routes throughout the area. For up to date local public transport timetables, contact Traveline on: www.traveline.info or 0871 200 22 33.



For detailed maps of the area, use Ordnance Survey Explorer Map No's. 196 (Sudbury, Hadleigh and the Dedham Vale), 210 (Newmarket and Haverhill), 211 (Bury St Edmunds and Stowmarket) and 195 (Braintree and Saffron Walden).

Dedham Vale Area of Outstanding Natural Beauty (AONB) and Stour Valley
Tel: 01394 445225
Email: dedhamvale.project@suffolk.gov.uk
Web: www.dedhamvalestourvalley.org

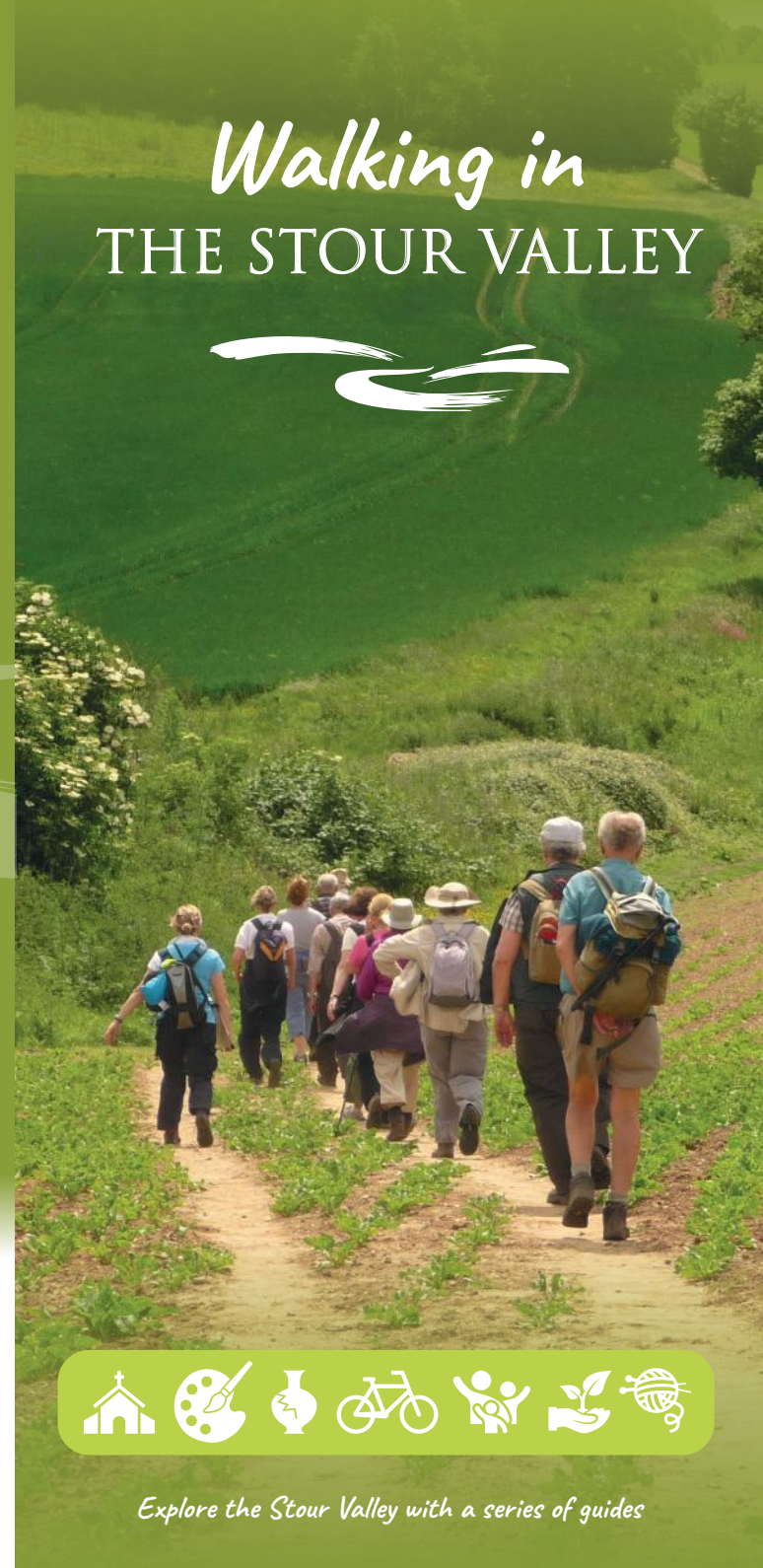
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Walking in THE STOUR VALLEY



Explore the Stour Valley with a series of guides

WALKING IN *The Stour Valley*

As well as the excellent network of paths in every parish, the Stour Valley boasts a challenging long distance route and several easy-going walking routes along sections of former railway line. The route of the Great Eastern Railway, which closed in 1922, passed through the area and today, sections of the route remain and offer fabulous opportunities for walking within the landscape.

Whether you love a short circular walk or prefer the challenge of a long-distance path, the Stour Valley is a great choice for a walking break and a warm welcome in a village shop, pub or tea room is never far away. Here are just a few recommendations to inspire your next visit:

Melford Walk

Start: Station Road, Long Melford, CO10 9HU

A 2 km stretch along the former railway line which once linked Sudbury to Bury St Edmunds on the eastern boundary of Long Melford. It forms an area of over 4 hectares and is also a local nature reserve. The route passes under old bridges, through wooded valleys and on top of raised embankments with views of the village. www.facebook.com/LongMelfordOpenSpaces



The Lavenham Walk

Start: Bury Road, Lavenham, CO10 9PY

This County Wildlife Site and Local Nature Reserve can be enjoyed as part of a circular walk starting and finishing in the centre of Lavenham, meaning it's an ideal location to take a stroll either before or after enjoying the historic and picturesque town. Walking this stretch of disused railway (the path follows what was once the Great Eastern Railway running from Bury St. Edmunds to Marks Tey) offers the opportunity to get close to nature and wildlife, as it is home to well over fifty different species of birds, a variety of rare insects and sixteen species of butterflies. See the 'Walking in Lavenham' leaflet for more information and directions: www.dedhamvalestourvalley.org/visiting/visitor-information

Hadleigh Railway Walk

Start: Station Road, Hadleigh, IP7 5HL

Over 11 hectares make up this Local Nature Reserve which runs for 3.2 km along the route of the former railway, between the old railway stations at Hadleigh and Raydon Wood. Easily accessible from Hadleigh Town Centre, it's a great route for combining a visit to the town with a walk. The route passes through a varied landscape of woodland and fields.

<https://hadleigh.suffolk.cloud/assets/About-Hadleigh/Walking-Around-Hadleigh-low.pdf>



The Stour Valley Path

Start: Cattawade or Newmarket (or anywhere in between!)

Officially opened in 1994, the Stour Valley Path is a 96 kilometre regional route following the valley of the River Stour from Newmarket in the north west of Suffolk to its estuary at Cattawade, near Manningtree on the Essex/Suffolk border. Walkers can enjoy a varied landscape, from plateau-top paths with extensive views, to small riverside meadows reminiscent of traditional lowland England and an abundance of picturesque villages along the way. The route can be split into shorter linear sections, and a series of circular Walks off the Stour Valley Path are available to download. www.dedhamvalestourvalley.org/visiting/visitor-information

Look out for:

The annual Suffolk Walking Festival - one of the largest and longest running walking festivals in the UK! For more information: www.suffolkwalkingfestival.co.uk



Did you know?

Clare is a 'Walkers are Welcome' town and offers a range of lovely walks with top quality information and facilities. www.visit-clare.co.uk



Circular walks in the Stour Valley

We've created 8 short circular walks to help you explore the picturesque towns and villages of the Stour Valley and the countryside that surrounds them. These walking guides are available to download from: www.dedhamvalestourvalley.org/visiting/visitor-information We hope you enjoy them!

