

The Suffolk villages of **Stoke by Nayland** and Polstead sit at the heart of the **Dedham Vale National Landscape**.



Highlights



1 Stoke by Nayland is situated above the valleys of the river Box and the river Stour. The village grew wealthy from the cloth making industry, as demonstrated by the many fine buildings and the impressive church of St. Mary which was constructed in the 15th Century. The red brick tower of the church is visible for many miles around and features in several paintings by the artist John Constable. The village today is a great place to enjoy fantastic food and drink!

2 The River Box is a tributary of the river Stour. It has carved a gentle valley into the Suffolk countryside, from its source near Great Waldingfield to its junction with the river Stour near Langham. The Valley features woodland, rough grassland, small fields and a scattering of peaceful villages. This mix of habitats makes it a special place for wildlife - barn owls can be spotted, at dusk and dawn, and herons can be seen hunting for food.

3 Polstead is a pretty village containing a pub, shop and areas of ancient woodland, including Dollops Wood, located to the north of the village. The woodland is well-known for its annual display of bluebells, which flower between April and June. The name Polstead is derived from "Place by a pool" and Polstead Pond in the village was recently restored.



4 Tendring Hall Park dates from the 1300s when William de Tendring owned the land. The park is notable because it was re-designed by landscape designer Humphrey Repton in 1791. He was commissioned by the then owner Sir William Rowley to create a landscape park, with lawns, trees and a flower garden. His brief even included beautifying a cow shed to make it look more attractive from Tendring Hall! Although the Hall was demolished in 1955, the sweeping landscape park still shows the hand of Repton. The unusual building beside the road is known as The Temple and pre-dates Repton.

5 Rowley Wood Community Nature Reserve was created on land provided by the Tendring Hall Estate. The local Community Woodland group manage it for wildlife and for people to enjoy. The deciduous woodland, old cherry orchard, wildflower meadow, wetland and pond provide homes for many plants and animals, including nightingales, barn owls, common lizards, stag beetles and speckled wood butterflies. There is an outdoor classroom and nature trail where children can learn about nature.



The Dedham Vale National Landscape & Stour Valley

Picturesque villages, rolling farmland, rivers, meadows, ancient woodlands and a wide variety of local wildlife combine to create what many describe as the traditional English lowland landscape on the Suffolk-Essex border.

The National Landscape conserves and enhances the natural beauty of the area through landscape restoration, creating habitats for wildlife, volunteering activities such as hedge planting, and providing funding for community projects.



Scan the QR code to find out more about the Dedham Vale National Landscape & Stour Valley or you can visit dedhamvale-NL.org.uk. Get in touch on **01394 445225**.

Key to map

- National Landscape
- Stour Valley Project Area
- ⋯ Stour Valley Path
- 🌳 Country Parks and Picnic sites
- 🚣 Public canoe launching locations. Craft must have an appropriate licence www.riverstourtrust.org

Visiting Stoke by Nayland

Ordnance Survey Explorer Map No. 196: Sudbury, Hadleigh and the Dedham Vale

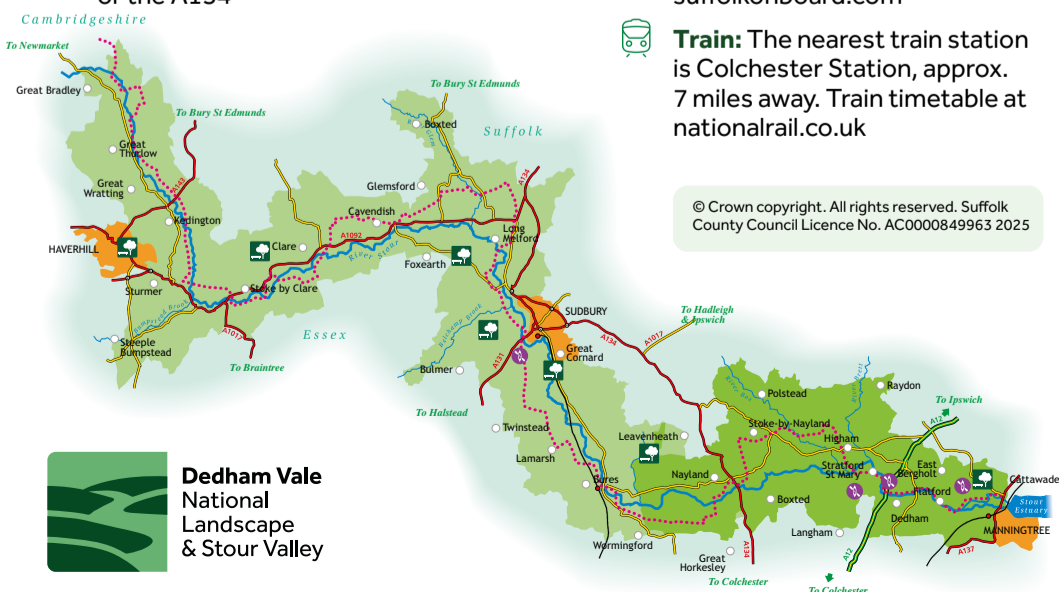
Car: Stoke by Nayland can be reached by following the B1068 from A12 (junction 30) or the A134

Parking: Stoke by Nayland Recreation Ground car park, CO6 4QY

Bus: traveline.info or suffolkonboard.com

Train: The nearest train station is Colchester Station, approx. 7 miles away. Train timetable at nationalrail.co.uk

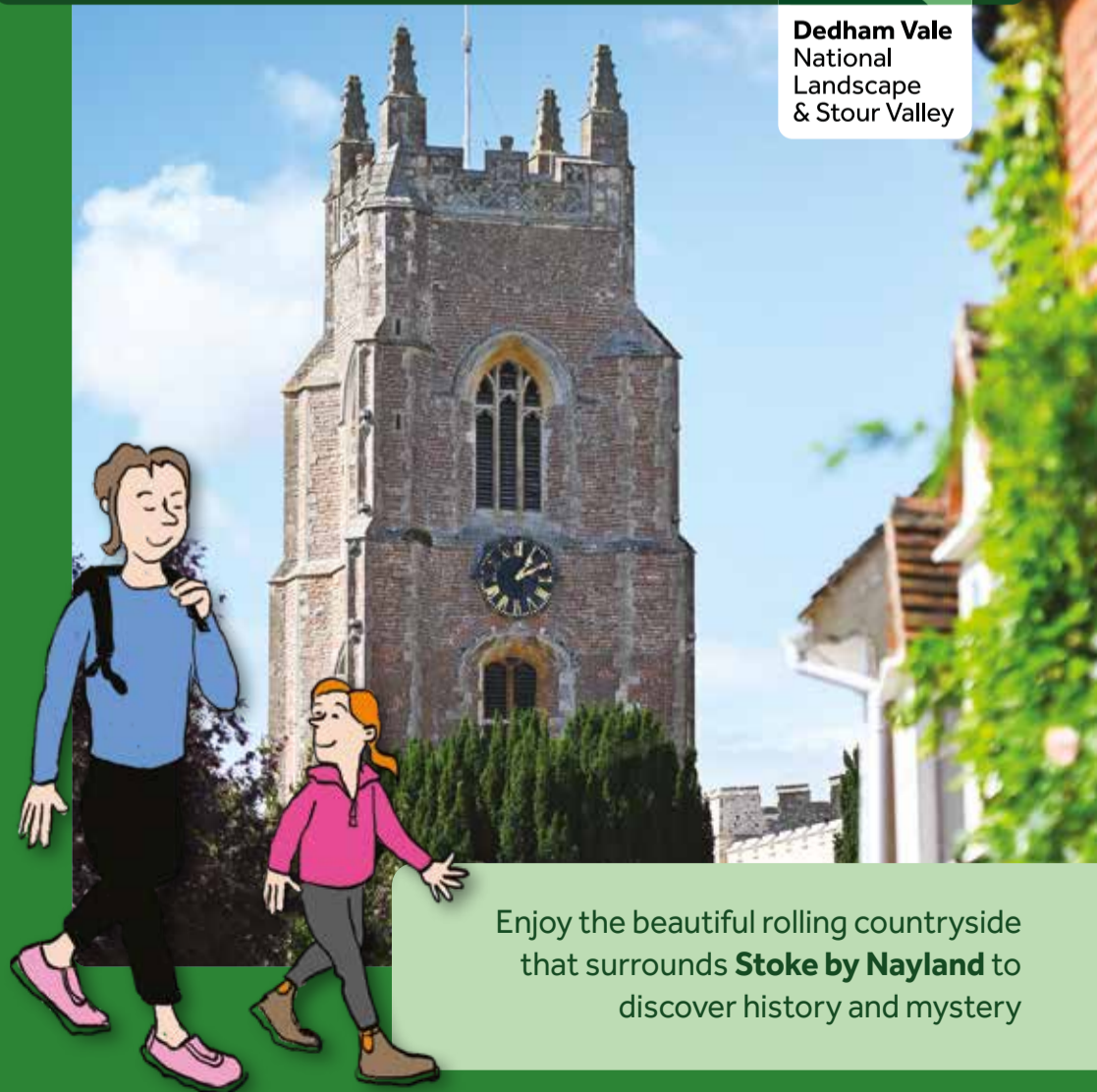
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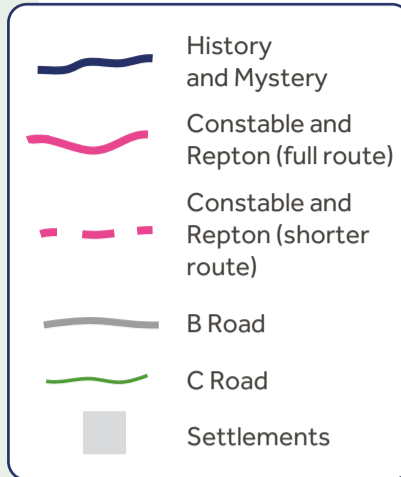
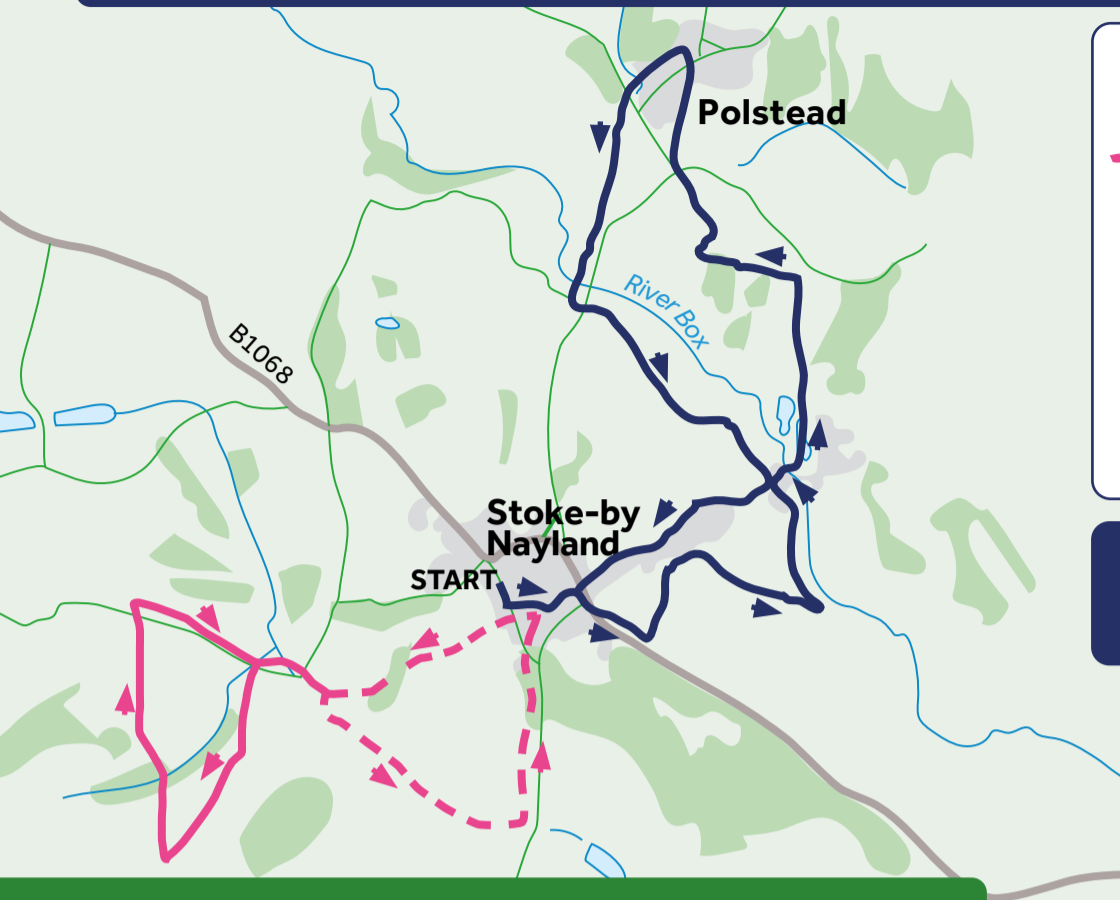
Stoke by Nayland Explorer Guide

Dedham Vale National Landscape & Stour Valley



Enjoy the beautiful rolling countryside that surrounds **Stoke by Nayland** to discover history and mystery

Stoke by Nayland Explorer Guide



Some walks take you onto or across public highways. Please be aware of traffic

Please note this map is illustrative and does not show all roads and features

Countryside Code

The Dedham Vale National Landscape & Stour Valley has a network of footpaths and bridleways. To protect you, other people, wildlife, and the landscape, please make sure you:

- Stick to marked footpaths
- Leave things as you find them
- Do not light fires or BBQs
- Take all litter home with you
- Please keep dogs under close control at all times and on lead as advised



Scan the QR code to find more advice and visitor guides, or visit

dedhamvale-nl.org.uk/visiting



Constable and Repton

Terrain:

Paths and tracks, some minor roads and village roads. Route can be very muddy in places.

Distance:
3.4 miles (5.5 km)
or 1.9 miles (3 km)

Time:
1 hour 15 minutes
or 45 minutes

Turn left out of car park and follow lane. Look for path exit on right between two buildings, opposite church. Follow path then track ahead, as it winds down hill. At bottom of hill, bear right past Poplar Farmhouse (to shorten route by 1.5 miles/2.5 km, turn left before farmhouse, as described below*). Continue until T junction with lane. Turn left and follow lane for some distance. At second left bend, turn sharp right onto footpath, which is part of St. Edmund Way. Follow path between hedges and across fields for some distance. At T junction with sunken track, turn right. Continue on track up hill, keeping golf course to left. Bear left on to lane and retrace steps back to Poplar Farmhouse. Turn right after farmhouse* onto concrete track and follow to main road. Turn left over foot bridge and follow permissive path towards Stoke by Nayland. At top of field, enter Rowley Wood Community Nature Reserve. Pass pond and turn sharp left. Follow path around

to right and up steps into copse of small trees. Bear left and follow winding path through copse, keeping left. Exit woodland and keep straight towards buildings. Turn right at path junction and retrace steps to start.



History and Mystery

Terrain:

Paths and tracks, some minor roads and village roads. Route can be very muddy in places. Take care near areas of deep water.

Distance:
4.7 miles (7.5 km)
Time:
2 hours

Start: Stoke by Nayland recreation ground car park, CO6 4Q. Follow this route from historic Stoke by Nayland to the beautiful village of Polstead, famous as the location of the Red Barn Murder, where local lass Maria Marten met a grisly end.



On the way, enjoy the gentle scenery of the river Box and discover some of the hilliest countryside in Suffolk.

Turn left out of car park and follow lane until level with church. Turn left along footpath beside church. Continue ahead as path joins lane. At small green, bear left. At road junction, turn right. Cross road to the Crown Inn and continue ahead on verge and then path that runs parallel with road. Follow path as it turns left. Keep on this path along edge of field, heading away from road. Follow path and field edge around to right and continue. Pass through small wood and continue across field ahead. At path junction, turn sharp left along path between hedge and fence. Follow path as it passes through garden and alongside cream painted house.

At the T junction, turn right. Pass Scotland Place on left and cross small bridge. When level with cottage on right, turn left through gap in hedge. Follow path beside black metal fence. Pass small lake on left and go through



gate. Continue on path across field. At sign post, bear left towards kissing gate into woodland. Follow path through wood and then turn right onto grassy track. Follow track until shortly before lane, then turn left onto path between fences. At junction with lane, turn right and then immediately left back on to path. After going through kissing gate, bear right, keeping to top of hill. When you reach seat, follow path ahead down steep hill into Polstead and to road junction at bottom.

Continue straight on road for short distance, then turn sharp right up path beside conifer hedge. When lane reached, continue ahead up drive of white house. At next lane junction, turn sharp left downhill. At bottom of hill, cross road and continue on path opposite. Follow path across field towards white house. Join road and continue straight for some distance. Cross bridge over river Box. Shortly after junction with lane on right, take path exit off left (you can continue straight on road if you want to avoid cattle in fields, but please be careful of traffic). Continue on this path, keeping hedge to right. When farmyard reached, go through gap in fence on right and continue straight, keeping hedge to left. When junction with lane reached, near Scotland Place turn right and follow lane up hill to Stoke by Nayland. Once in village, retrace route to start.

