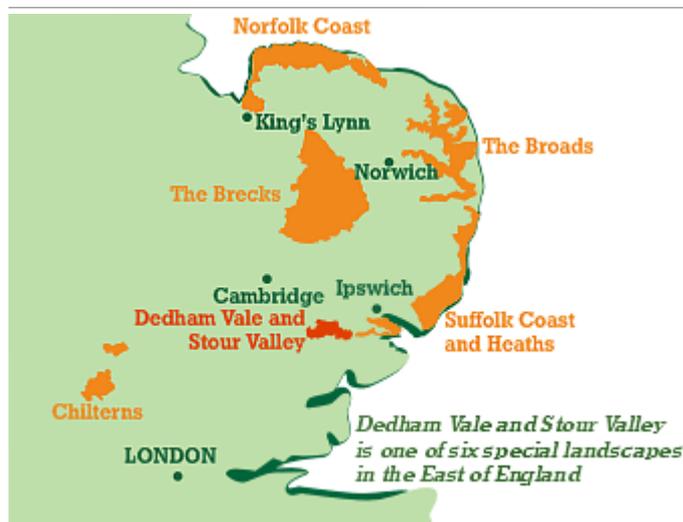


# CAR@FREE in Dedham Vale and Stour Valley

## Days out cycling on the Painters' Trail



ONE OF A SET OF  
CAR FREE ITINERARIES  
IN THE EAST OF  
ENGLAND'S SPECIAL  
LANDSCAPES

- A selection of shorter routes based on the Painters' Trail cycle ride
- Take in the rolling lowland countryside
- Perfect landscape for a relaxed ride
- Why not leave the car and pick up the route at Bures or Manningtree station

The Painters' Trail is a 69-mile long cycling route through the picturesque and historic Dedham Vale, an Area of Outstanding Natural Beauty. This itinerary contains details of three shorter one day cycle rides based on the Painter's Trail route.

Riding along quiet roads and well-surfaced tracks you are able to explore this charming landscape, its ancient woodlands, rolling farmland and historic villages. All three routes cross the River Stour as it winds its way down the valley to the estuary near Manningtree.

There are many places of interest along the way, including a number of scenes that were painted by the famous painter John Constable. The itinerary also contains details of where you can find local produce along the route so you may want to bring your panniers!

All three rides begin and end at local railway stations so why not leave the car at home.



*Stoke by Nayland*



*Quiet lanes to enjoy*



*The Stour Valley*

### CONTENTS:

- THE ITINERARY – Details of the routes that you can follow and places you can visit
- ITINERARY LISTINGS – Contact information for local businesses mentioned in the itinerary
- ADDITIONAL LISTINGS – Other useful contact details
- HOW TO GET THERE – Public transport options for getting to the area

# THE ITINERARY

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To complete the cycle rides in this itinerary you will need to obtain a copy of the Painters' Trail pack. This costs £3.50 and is available from the East of England Tourist Board (contact details on page 6) and at Visitor Information Centres at Flatford and Sudbury. The pack consists of an Information Guide and a detailed Painters' Trail Map.

Towards the end of the itinerary section there are details of places to visit on the route and information on refreshments, activities and accommodation. For further listings see the Painters' Trail pack.

## Cycle route overview

This itinerary contains three routes that each can be completed as a relaxed day cycle. The routes are described below with reference to the Painters' Trail map:

- **ROUTE 1. Quiet country lanes - Circular route from Bures – Approximately 18 miles**  
This route begins at Bures rail station and follows the Painters' Trail through direction points 62 to 72. The short cut (marked in green) is then taken across the Stour Valley to Thorington Street and then sections 21 to 31 are completed, taking in Stoke by Nayland, Polstead and Nayland before returning to Bures.
- **ROUTE 2. Journey down the Stour Valley to the river estuary – Approximately 18 miles**  
This is a linear route from Bures to the mouth of the river close to Manningtree. It begins at Bures railway station and follows the Painters' Trail through direction points 62 to 86, taking in Little Horkesley, Boxted, Langham, Stratford St Mary, Dedham, Lawford and Manningtree. Cyclists can then depart from Manningtree railway station, or stay longer and explore more of the Painters' Trail.
- **ROUTE 3. A circular route through Constable Country – Approximately 16 miles**  
This circular route begins at Manningtree railway station. Sections 1 to 12, passing through East Bergholt and Holton St Mary and then a short cut to points 78 to 86 are followed back to Manningtree via Stratford St Mary, Dedham and Lawford.

## Highlights of the routes

### ROUTE 1. Quiet country lanes - Circular route from Bures

This is a very attractive part of Dedham Vale with quiet lanes perfect for cycling and views over the valley. The route passes through many charming villages and places of interest.

#### **Bures**

The route begins and ends at Bures. Formally a major malting centre, many of the buildings in the village date from the 16th and 17th Century. Bures has a number of public houses to visit for food and refreshments. This is where you will cycle across the River Stour for the first time.

As you leave Bures follow the point markers on the map in ascending order.

#### **The route from Bures to Stoke by Nayland**

On leaving Bures, there is an option to take a short detour at point 65 to visit Wormingford, an ancient hill top village. The village is connected with the artist John Nash, (1893 – 1977) famous for his local scenes and



*Bures Mill*

# THE ITINERARY

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botanical illustration, he is buried at Wormingford churchyard. There is a pub for refreshments here and at Little Horkesley (point 67).

A short detour from point 70 will take you to Carter's Vineyards. The vineyard is powered by renewable energy and has a nature trail, picnic area and winery. It can be found by looking in the box on the map that contains direction point 70 (marked 'Vineyard'). The entrance is about ¼ mile south west of point 70.

At point 72 take the route marked in green on the Painters' Trail guide map which crosses the River Stour and then heads towards Thorington Street. You will rejoin the Painter's trail west of point 20 and then head towards Stoke by Nayland following the points in ascending order. Some of the best views of the valley can be appreciated in this area where the Box and Brett tributaries cut deep into the countryside before meeting the River Stour.

## **Stoke-by-Nayland**

Stoke-by-Nayland is a pretty village with cottages and medieval timber framed houses. These delightful houses clustered near the church form the archetypal image of an English Village. The Church of St Mary with its huge 120 foot perpendicular tower can be seen from afar. There are 2 pubs and a shop for refreshments in the village.

From Stoke by Nayland, the route follows Scotland Street, crossing the River Box and then heading uphill to Polstead.

## **Polstead to Nayland**

Polstead is a pretty village with a picturesque green as its focal point. The village is home to the first community shop in the country, selling local produce amongst other provisions and there is also a pub overlooking the green. St Mary's Church which has the only medieval stone spire in the county is in an idyllic setting overlooking the Box valley. The village is also famous for its variety of small sweet cherries, the 'Polstead blacks' that were originally introduced by the Romans.



*Nayland*

From Polstead the route drops down to Nayland, once one of Suffolk's 15<sup>th</sup> Century weaving centres. This is a well served village where you can stock up on picnic provisions and enjoy a rest down by the river or visit one of the pubs.

## **The route back to Bures**

From Nayland the route follows the river up the valley past Wissington, locally known as Wiston, this is a delightfully quiet part of the route leading back to Bures following points 30, 31 and 63.

## **ROUTE 2. Journey down the Stour Valley to the river estuary**

The first half of this route is the same as ROUTE 1 but instead of crossing the river at point 72, continue to Stratford St Mary via the village of Langham. The route then continues through Dedham down to Manningtree. This section covers map points 72 to 86.

# THE ITINERARY

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## Langham

Langham Church stands high on the hillside and has strong associations with John Constable; it's well worth a stop here to appreciate the views over to Dedham. To visit the Langham Community Shop (next to the village hall), take a detour southwards to the main part of the village.

## Stratford St Mary

Stratford St Mary is situated close to the A12, originally an important coaching stop. The ancient milepost in the village indicates that it is 58 miles to London, which would have taken 2 or 3 days by horse. The busy wool town thrived on the passing trade from travellers and there are still three inns to this day that visitors can enjoy.

There is a shop at Hall Farm (point 78) which stocks an extensive range of local produce. A new cafe and restaurant is due to open here in July 2006.

## Dedham

Dedham is a thriving village with beautiful listed houses, interesting shops and an excellent selection of places to eat, including a 16th Century tea house. St Mary the Virgin Church on the High Street was built in the 15th century with money provided by a local cloth manufacturer. The tower is particularly imposing for a church of this size and features in a number of Constable's paintings. Look out for the original Constable inside the Church.



*Dedham High Street*

Dedham is a great place to stop off as there are plenty of places to enjoy refreshments in the tea rooms, pubs and restaurants. The village sustains a wide variety of individual shops from a butcher to a bookshop and a browse along the High Street is a must. There are bike racks located near to the war memorial.

## Manningtree

From Dedham the route continues through points 79 to 86 and arrives in Manningtree. Manningtree is reputed to be the smallest market town in the country and is a perfect base for exploring the Stour and Orwell river estuaries as well as Constable Country to the west.

If you are interested in wildlife the RSPB Stour Estuary Nature Reserve is close to Manningtree and is a great place to spot wintering birds on the estuary or to take a stroll through the woods to look out for wild flowers. There is an accompanying itinerary available based in Manningtree which is focussed on the Stour estuary and takes in more great places to see bird life in the area.

## **ROUTE 3. A circular route through Constable Country**

This route begins at Manningtree station and follows the Painter's Trial through East Bergholt to Holton St Mary and then drops down to Stratford St Mary and Dedham before returning to Manningtree. It is circular so can be picked up at any point along the route.

## Manningtree to Flatford

From Manningtree the route passes Cattawade and then turns towards East Bergholt. At point 3 on the map there is the entrance to East Bergholt Place which makes an interesting excursion. This woodland garden is set in 15 acres around a valley with a stream and pool and is home to a specialist plant nursery.

# THE ITINERARY

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At point 4, the route turns left towards the tiny hamlet of Flatford. At point 5, take a detour down the narrow high-banked lane to reach Flatford, the scene of a number of Constable's paintings and made up of a handful of buildings including the National Trust's Flatford Mill, Willy Lott's House, Valley Farm and Bridge Cottage. Many of the scenes that Constable captured remain virtually unchanged to this day and can be spotted on a self-guided tour with the help of one of the National Trust's leaflets (available at Bridge Cottage or the tea room). Guided tours are also available during the summer. Bike racks are located inside the gates to the dry dock, adjacent to the tea rooms.

Bridge Cottage houses a permanent exhibition on Constable, including prints and sketches of some of his most famous paintings. For information on other places to visit and stay nearby, call in to the Flatford Visitor Information Centre.

Rejoin the route at point 5 and head towards East Bergholt – be sure to stop along the lane on your way to take in the stunning views across to Dedham.

## **East Bergholt to Stratford St Mary**

East Bergholt is where John Constable was born and raised and locations in East Bergholt feature strongly in many of his paintings. The Church of St Mary the Virgin in East Bergholt has an unusual Bell Cage that is still rung by hand to this day. The graves of Constable's parents can also be found here.

From East Bergholt the route continues to Holton St Mary and joins the National Cycle Network Route 1 at point 11. At point 12 follow the short cut marked in green through Higham and then across to Stratford St Mary at point 78.



*East Bergholt Church & Bell Cage*

## **The route back to Manningtree**

From Stratford St Mary the route heads through Dedham and back to Manningtree. These sections 78 to 86 have been described in ROUTE 2.

# ITINERARY LISTINGS

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## Visitor Information

- **Flatford Visitor Information Centre** – Flatford Lane, Flatford, East Bergholt, Colchester, CO7 6UL. Tel: 01206 299460. Email: [flatfordvic@babergh.gov.uk](mailto:flatfordvic@babergh.gov.uk). Website: [www.visit-suffolk.org.uk](http://www.visit-suffolk.org.uk).
- **Sudbury Visitor Information Centre** – Town Hall, Market Hill, Sudbury. Tel: 01787 881320. Email: [sudburytic@babergh.gov.uk](mailto:sudburytic@babergh.gov.uk)
- **East of England Tourist Board** - Toppesfield Hall, Hadleigh, Suffolk, IP7 5DN. Tel: 0870 225 4800. Email: [information@eetb.org.uk](mailto:information@eetb.org.uk). Website: [www.visiteastofengland.com](http://www.visiteastofengland.com)
- **Essex Tourism** – Website: [www.realessex.co.uk](http://www.realessex.co.uk)

## Things to see and do

- **Carter's Vineyards, Boxted** - Green Lane, Boxted, Colchester, Essex CO4 5TS. Tel: 01206 271136. Email: [enquiries@cartersvineyards.co.uk](mailto:enquiries@cartersvineyards.co.uk). Website: [www.cartersvineyards.co.uk](http://www.cartersvineyards.co.uk)
- **Jim Lawrence Traditional Ironwork, Stoke by Nayland** - Hall Farm, Stoke by Nayland, Colchester, Essex, CO6 4QG. Tel: 01206 263459. E-mail: [sales@jim-lawrence.co.uk](mailto:sales@jim-lawrence.co.uk). Website: [www.jim-lawrence.co.uk](http://www.jim-lawrence.co.uk). Decorative ironwork made on the premises - showroom open to the public.
- **National Trust Bridge Cottage** – Flatford, East Bergholt, Colchester, CO7 6UL. Tel: 01206 298260. Flatford, the famous location of a number of Constable's paintings. Bridge Cottage houses a small exhibition on Constable and there is access to riverside walks from here. The riverside tea room adjacent to bridge cottage offers refreshments. Opening times vary throughout the year as follows (for 2006): 1 March – 30 April 11-5 Wednesdays to Sunday, 1 May – 30 September 10.30 – 5.30 every day, 1 October – 29 October 11 – 4 Mondays to Sundays, 1 November – 17 December 11-3.30 Wednesday - Sunday. Phone for 2007 opening times.
- **Field Studies Council, Flatford** - Flatford Mill, East Bergholt, Colchester, Essex, CO7 6UL. Tel: 0845 330 7368. Website: [www.field-studies-council.org/flatfordmill/](http://www.field-studies-council.org/flatfordmill/). Email: [enquiries.fm@field-studies-council.org](mailto:enquiries.fm@field-studies-council.org). The Centre offers a range of art and environment based short courses for leisure or professional development – residential accommodation for course participants is available at Flatford.
- **River Stour boat trips from Flatford** –The River Stour Trust. Tel: 01255 676132. Website: [www.riverstourtrust.org](http://www.riverstourtrust.org) ½ hour round trips from Flatford to Fen Bridge on Sundays and Bank Holidays between Easter and mid – October (plus Wednesdays during August).
- **East Bergholt Place** –. East Bergholt Place, East Bergholt, Suffolk, CO7 6UP. Tel: 01206 299224. Website: [www.greatbritishgardens.co.uk/east\\_bergholt\\_place.htm](http://www.greatbritishgardens.co.uk/east_bergholt_place.htm) 15 acre garden and arboretum renowned for its fine collection of magnolias, camellias and rhododendrons – open daily from 1<sup>st</sup> March – 30<sup>th</sup> September 10am –5pm. Closed Easter Sunday. The neighbouring specialist plant centre is situated within the original walled garden and is open daily 10am – 5pm (dusk if earlier). Closed Easter Sunday.
- **Sir Alfred Munnings Art Museum** – Castle House, (corner of East Lane and Castle Hill) Dedham, Colchester, CO7 6AZ. Tel: 01206 322127. Website: [www.siralfredmunnings.co.uk](http://www.siralfredmunnings.co.uk). The home, studios and grounds where Sir Alfred Munnings KCVO lived and painted for over 40 years. Open Easter Sunday until the first Sunday in October between 2pm – 5pm on Sundays, Wednesdays and Bank Holiday Mondays. Also open 2pm – 5pm on Thursdays and Saturdays during August.
- **RSPB Stour Estuary (Cattawade Marshes) reserve** – 01473 328006. Call for details of guided walks or visit the website: [www.rspb.org.uk](http://www.rspb.org.uk)

## Local produce

- **McLauchlans, Boxted** - Straight Road, Boxted, Colchester Essex, CO4 5RB. Tel: 01206 272275. Website: [www.boxtedberries.com](http://www.boxtedberries.com). Pick your own fruit and vegetables, farm shop stocking local produce open 9 – 6 weekdays, 9 – 7 weekends.
- **Weylands Farm, Stoke-by-Nayland** - Pork from large Black Suffolk pigs is sold from the farm gate. Address: Stoke by Nayland, Colchester, CO6 4SR. Tel: 01206 337283.
- **Scotland Place Farm, Stoke-by-Nayland** – Home grown produce for sale at the farm gate, Scotland Place Farm, Scotland Street, Stoke-by-Nayland.
- **Polstead Community Shop, Polstead** - Polstead, CO6 5AL.

- **Hall Farm Shop, Stratford St Mary** - Farm Shop offering home produced & local meats, fruit & vegetables, delicatessen, fresh bread daily. New cafe restaurant opening July 2006. Hall Farm, Stratford St Mary, Colchester, Suffolk, CO7 6LS. Tel: 01206 323176. Email: Website: [www.hallfarmshop.co.uk](http://www.hallfarmshop.co.uk).
- **The Dedham Gourmet, Dedham** – Delicatessen and stockist of local produce and a wide variety of cheese, olives and interesting wines. Address: High Street, Dedham, Colchester, Essex, CO7 6HA. Tel: 01206 323623. Website: [www.dedham-gourmet.co.uk](http://www.dedham-gourmet.co.uk).

## Where to eat and drink

- **The Crown, Wormingford** – Main Road, Wormingford, Colchester, CO6 3AB. Tel: 01787 227 405. Email: [info@thecrownwormingford.co.uk](mailto:info@thecrownwormingford.co.uk). Website: [www.thecrownwormingford.co.uk](http://www.thecrownwormingford.co.uk)
- **Beehive, Little Horkesley** - School Rd, Little Horkesley, Colchester, CO6 4DH. Tel: 01206 271610.
- **The Crown, Stoke by Nayland** – Stoke by Nayland, Suffolk, CO6 4SE. Tel: 01206 262001. Email: [thecrown@eoinns.co.uk](mailto:thecrown@eoinns.co.uk).
- **The Cock Inn, Polstead** - The Green, Polstead CO6 5AL. Tel: 01206 263150. Email: [mail@cockatpolstead.wanadoo.co.uk](mailto:mail@cockatpolstead.wanadoo.co.uk). Website: [www.geocities.com/cockatpolstead/](http://www.geocities.com/cockatpolstead/)
- **The White Hart Inn, Nayland** - High Street, Nayland, Suffolk, CO6 4JF. Tel: 01206 263382 Email: [reservations@whitehart-nayland.co.uk](mailto:reservations@whitehart-nayland.co.uk). Website: [www.whitehart-nayland.co.uk](http://www.whitehart-nayland.co.uk).
- **The Anchor Inn, Stratford St Mary** - Upper Street, Stratford St Mary, Colchester, CO7 6LW. Tel: 01206 322143.
- **The Sun Inn, Dedham** - High Street, Dedham, Suffolk, CO7 6DF . Tel 01206 323351.
- **The Mistle Thorn, Mistley** - High Street, Mistley, Essex, CO11 1HE. Tel: 01206 392821. E-mail: [mistlethorn@hotmail.com](mailto:mistlethorn@hotmail.com).

## Where to stay

- **Queens House bed and breakfast, Bures** - ETC 4 diamonds. Church Square, Bures St. Mary, Sudbury, CO8 5AB. Tel: 01787 227760. Email: [queens-house@btconnect.com](mailto:queens-house@btconnect.com). Website: [www.queens-house.com](http://www.queens-house.com)
- **Gladwins Farm, Nayland** bed & breakfast - ETC 4 diamonds & self catering cottages – ETC 5 stars – Mr & Mrs Dosser, Gladwins Farm, Harper's Hill, Nayland, CO6 4NU. Tel: 01206 262262. Email: [gladwinsfarm@aol.com](mailto:gladwinsfarm@aol.com). Website: [www.gladwinsfarm.co.uk](http://www.gladwinsfarm.co.uk).
- **The Steam Mill House** bed & breakfast – ETC 4 star. Brenda Assing, 1 Fen Street, Nayland, Suffolk, CO6 4HT. Tel: 01206 262818. Email: [brendaassing@tiscali.co.uk](mailto:brendaassing@tiscali.co.uk). Website: [www.thesteammillhouse.com](http://www.thesteammillhouse.com).
- **Stratford House bed & breakfast, Holton St Mary** – ETC 4 diamonds. Mrs Anne Selleck, Stratford House, Holton St Mary, Suffolk, CO7 6NT. Tel: 01206 298246. Email: [fselleck@uwclub.net](mailto:fselleck@uwclub.net). Website: [www.accomsuffolk.co.uk](http://www.accomsuffolk.co.uk).
- **Mays Barn bed and breakfast, Dedham** - ETC 4 diamonds. Jean Freeman, May's Lane (off Long Road West), Dedham, Colchester, CO7 6EW. Tel: 01206 323191. [www.btinternet.com/~mays.barn/](http://www.btinternet.com/~mays.barn/)
- **Rosemary bed and breakfast, East Bergholt** - ETC 3 diamonds. Mrs N Finch, Rosemary, Rectory Hill, East Bergholt, CO7 6TH. 01206 298241.
- **Milsom Hotels and Restaurants, Dedham** – ETC 3 star. Two hotels and two restaurants in Dedham. See [www.milsomhotels.com](http://www.milsomhotels.com) for more details.

# ADDITIONAL LISTINGS

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For more information on the area and excellent place to start is the Dedham Vale AONB and Stour Valley Project website - [www.dedhamvalestourvalley.org](http://www.dedhamvalestourvalley.org)

Local cycle hire is available from:

- **Bike Doctor, East Bergholt** – Cooks Garage, Heath Road, East Bergholt, Suffolk, C07 6RL.
- Tel: 01206 298646 / 07788 164931.

Other useful leaflets and information booklets available include:

- **The Stour Valley Path** – A 60 mile walking route following the valley of the River Stour from Newmarket to its estuary at Cattawade. Priced £3.50, the guide is available from the Dedham Vale AONB and Stour Valley Project. Tel: 01473 264263.
- **Constable Country 'Keep it Special'** visitor guide – available free at Visitor Information Centres. The leaflet can also be downloaded via the Dedham Vale AONB and Stour Valley Project website: [www.dedhamvalestourvalley.org](http://www.dedhamvalestourvalley.org)

## HOW TO GET THERE

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### By train

**Bures** station is on the Marks Tey to Sudbury branch line (off the main London Liverpool Street to Norwich line) linking to the major railway network to all parts of the UK. The journey time on One Railway services between London Liverpool Street and Marks Tey is just over an hour. The journey from Marks Tey to Bures takes just 12 minutes. To ensure you make the connections available between Marks Tey and Bures, check train times before you leave.

**Manningtree** is on the London Liverpool Street to Norwich line. The journey time on One Railway services between London Liverpool Street and Manningtree take approximately 1 hour. Local train connections from Colchester, Ipswich and Harwich run regularly.

For timetable information see the One Railway website: [www.onerailway.com](http://www.onerailway.com) or telephone the One Railway Customer Service Centre on 0845 600 7245.

### National Express Coaches

National Express operate services to Colchester, Harwich and Ipswich. Contact National Express on 08705 80 80 80 or visit [www.nationalexpress.com](http://www.nationalexpress.com) for more information. From these destinations local bus and train services connect to Manningtree and Bures.

### Local bus services from Colchester

Colchester to Dedham

Services **87/87A** run Mondays to Saturdays from Colchester Bus Station to Dedham – limited frequency.  
Service **247** on Mondays to Saturdays from Colchester Bus Station to Dedham

Colchester to Dedham and Manningtree

Service **102** on Sundays and Holiday Mondays from Colchester Bus Station – 7 services in each direction throughout the day.  
Service **96/96A** to Manningtree on Sundays and Public Holidays from Colchester Bus Station (infrequent service).

Colchester to East Bergholt	Service <b>93, 93A</b> on Mondays to Saturdays from Colchester Bus Station to East Bergholt Service <b>93</b> on Sundays and Public Holidays from Colchester Bus Station to Flatford & East Bergholt.
Colchester to Nayland and Stoke by Nayland	Service <b>84</b> on Mondays to Saturdays from Colchester Bus Station or Train Station to Nayland (Doctor's Surgery and the Forge) 25 minute journey and Stoke-by-Nayland (Village Hall), ½ hour journey. Frequent service during the day. Service <b>900</b> on Sundays and Bank Holiday Mondays from Colchester Rail Station to Nayland (A134). Infrequent - only 1 morning service out from Colchester and 1 evening return to Colchester. Service <b>755/756</b> on Mondays to Saturdays from Colchester Bus Station to Stoke-by-Nayland (via Stratford St. Mary and Higham), 50 minute journey time. This service continues to Polstead and Hadleigh on leaving Stoke-by-Nayland. Infrequent service - 3 times throughout the day.
Colchester to Bures (via Wormingford)	Service <b>753</b> on Mondays to Saturdays from Colchester Bus Station or Train Station to Bures. ½ hour journey time.

### Local bus services from Ipswich

Ipswich to East Bergholt	Service <b>92, 92A, 93, 93A, 93B</b> on Mondays to Saturdays from Ipswich Old Cattle Market Bus Station Service <b>93</b> on Sundays and Holiday Mondays from Ipswich Old Cattle Market Bus Station or Ipswich Rail Station to Flatford & East Bergholt.
Ipswich to Manningtree	The most direct link is via One Railway train services from Ipswich to Manningtree – see Rail information above. There are no direct buses on Mondays to Saturdays from Ipswich to Manningtree, but you can use Service <b>96</b> on Mondays to Saturdays from Ipswich Old Cattle Market Bus Station or Ipswich Rail Station and alight at Cattawade, approximately ½ mile from Manningtree Rail Station. Service <b>96/96A</b> on Sundays & Holiday Mondays from Ipswich to Manningtree.

### Local bus services from Sudbury

Sudbury to Bures	Service <b>753</b> on Mondays to Saturdays from Sudbury Bus Station to Bures (Church). 20 minute journey time. Frequent service during the day. Also serves Wormingford. <b>Note: One Rail</b> operate an hourly service every day between Sudbury and Bures (last train from Sudbury on Mondays to Saturdays is at 22.00, Sundays at 21.40). 7 minute journey time between Sudbury and Bures.
Sudbury to Colchester via Assington (for Arger Fen), Leavenheath, Stoke-by-Nayland, Nayland, Great Horkesley and Colchester	Service <b>84</b> on Mondays to Saturdays from Sudbury Bus Station to Colchester Bus Station and Rail Station. Frequent service during the day.

For journey planners and more information on local bus services, visit [www.traveline.org.uk](http://www.traveline.org.uk) or Tel: 0870 608 2 608.

For bus services in Suffolk, visit [www.suffolkcc.gov.uk/transport](http://www.suffolkcc.gov.uk/transport).  
For bus services in Essex, visit [www.essexcc.gov.uk/journeyplanner](http://www.essexcc.gov.uk/journeyplanner)

# THE CAR@FREE PROJECT:

The *CAR@FREE* itineraries are designed to encourage visitors to explore and enjoy the special landscapes of the East of England with minimal impact on the environment, while generating positive benefits for local people. The itineraries give visitors exciting ideas about what to do in the area, by leaving their car at home or at their accommodation, and exploring the area by bike, boat, bus, horse or train.

The itineraries for each area can be found at the following websites:

ONE OF A SET OF  
CAR FREE ITINERARIES  
IN THE EAST OF  
ENGLAND'S SPECIAL  
LANDSCAPES

## The Brecks

[www.brecks.org](http://www.brecks.org)

- Enjoy living on a working farm
- Horse riding breaks in and around Thetford Forest
- Biking and Brewing in Thetford Forest

## The Broads

[www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)

- Canoe Safaris
- Great ideas for discovering the best of the Broads by cycle
- Walks and sights of the Broads by train and bus

## The Chilterns AONB

[www.chilternsaonb.org](http://www.chilternsaonb.org)

- Grand Union Canal and Tring Reservoirs
- North Chilterns Villages by Bicycle
- Walking and Cycling in the Northern Chilterns and Hitchin

## Dedham Vale AONB and Stour Valley

[www.dedhamvalestourvalley.org](http://www.dedhamvalestourvalley.org)

- A day walking through Constable Country
- Days out cycling on the Painters' Trail
- Exploring the Stour Valley on foot

## Norfolk Coast AONB

[www.norfolkcoastaonb.org.uk](http://www.norfolkcoastaonb.org.uk)

- Exploring the Norfolk Coast Cycleway
- See the wildlife wonders of North Norfolk by bus
- Great ideas for making the most of the area by bus and train

## Suffolk Coast and Heaths AONB

[www.suffolkcoastandheaths.org](http://www.suffolkcoastandheaths.org)

- A car free break in Southwold
- Exploring the Stour Estuary
- Woodbridge, Sutton Hoo and the Deben Estuary

**BUSINESS OPPORTUNITY:** If you are business in the one of these areas and would like to write your own itinerary to show visitors how to enjoy the area near you without using their car to get around, please contact us for further information:



For further information contact:

**Paula Booth**

**Dedham Vale AONB and Stour Valley Project**

**c/o Suffolk County Council Endeavour House**

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