THE MILLER’S TRAIL

This cycle ride starts from the ancient village of Ixworth. From here the route heads into an area with a rich agricultural heritage, where the turning sails and waterwheels of historic mills have been part of Suffolk life for over 800 years. Climb their towers for views over traditional rural landscapes, and take home some freshly milled flour. In between are picturesque villages, nature reserves and fine churches to explore. Along this route you can discover the maiden’s garland, visit a terracotta pottery workshop and wander in the vineyards of an Elizabethan manor house.
Points of Interest (listed as you would find them along the route)

Please note: within this map there is only room to list basic details regarding opening times. In this respect, if you are planning to visit any of the places of interest on this route, we advise you to telephone in advance to confirm exact opening days and times. Refreshment establishments listed on this map are just a small selection of those available. For further information, please contact the nearest Tourist Information Centre.

**A**
- **Ixworth** - lively village with a traditional high street, full of ancient timbered buildings. Good examples of pargeting (raised decorative plasterwork). Listed petrol pumps.
- **Ixworth Priory** - Georgian house incorporating 12/13th C. cloister ranges of Augustinian priory (c.1170). Not open to the public.
- **St. Mary's Church** - 15th C. chequered flint church, with collection of Tudor tombs including Richard Codington, 1st Lord Temporal of the Manor.

**B**
- **Bardwell** - charming and old-established village with many timbered houses. Set on the east bank of the river Black Bourn.
- **Bardwell Windmill** - tower mill dating from the 1820s. It worked commercially until 1941. The sails were torn off in the 1887 storm and are being restored. Bakery in action for special events. Open all year. Admission free (but donations welcome). (01359) 251331.
- **Church of St. Peter and St. Paul** - 15th C. with painted hammerbeam roof. Perpendicular tower with spike.
- **The Dun Cow** (01359) 250806. ✫

**C**
- **Barningham** - pretty village, which had one of the earliest steam powered mills. It was used for nearly 100 years before being moved to the Ford Museum in Michigan, USA.
- **St. Andrew's Church** - 14/15th C. with well preserved rood screen, traceried panels and carved bench ends depicting animals, birds and monsters.
- **The Royal George** (01359) 221246. ✫
- **Just off the route** - 388th Bomb Group Memorial (¼ mile north of Barningham to Market Weston road, alongside X-roads). Memorial to personnel of US 388th Bomb Group, who served at former World War II airfield from Jun 1943 to Aug 1945. The airfield was demolished in the 1960s.

**D**
- **Market Weston** - originally known as Weston Market, this is the scene depicted on the village sign. The fair and market started in 1263, and lasted well into the 19th C.
- **Market Weston Fen** - valley fen with various species of flora, butterflies and moths. Open all year. Admission free. (01473) 890089.
- **The Mill Inn** (01359) 221018. ✫

**E**
- **Just off the route** - Thelnetham (1 mile north of Market Weston to Wattisfield road). Thelnetham means 'homestead frequented by swans', some of which you might find on the nearby nature reserve. The church set in woodland dates from the 14th C.
- **Thelnetham Fen** - small valley fen, a haven for water-loving plants. Various breeding birds. Open all year. Admission free. (01473) 890089.
- **Thelnetham Windmill** - tower mill built 1819, and worked commercially until 1924. This is the best preserved of the windmills along the route. Open selected dates from Easter-Sept. Admission charge. (01473) 727853.
- **The White Horse** (01379) 898298. ✫

**F**
- **Wattsfield** - hillside village, with cream-washed cottages. A pottery industry was well established here by Roman times.
- **Henry Watson's Pottery** - for around 200 years the Watson family has owned a pottery here, specialising in domestic ceramic kitchen, gift and tableware products. Open all year. Admission free. (01359) 251239.

**G**
- **Walsham le Willows** - set amid parkland and willow trees, this village has weather-boarded and timber houses and a little stream running along its High Street. There has been a mill here, but only the round house of a post mill (demolished 1917) remains.
- **St. Mary's Church** - mainly 15th C. with flushwork flint-chequered north porch. Terracotta reredos and maiden's garland (1615).
- **The Blue Boar** (01359) 258533. ✫
- **The Six Bells Inn** (01359) 259726. ✫

**H**
- **Stanton** - busy village with two medieval churches, All Saints' and the redundant/roofless St. John. The Millennium clock tower is mounted on the bus shelter.
- **Stanton Windmill** - working post mill dating from 1751 and moved to its present site in 1818. In the 19th C. it provided flour to the famous tea clipper, The Cutty Sark. Exhibition on post mills and flour for sale. Open Easter-Sept. Admission charge. (01359) 250622.
- **The Cock Inn** (01359) 250230. ✫
- **Recreation ground car park (Old Bury Road).**

**I**
- **Wyken Hall Gardens and Vineyards** - Elizabthan manor house with gardens, vineyard, woodland walks and country store. Gardens open Apr-Sept. Shop and restaurant open all year. Admission charge. (01359) 250262.

**J**
- **Stowlangtoft** - pretty village set in open parkland and reached via a tree-lined avenue.
- **St. George's Church** - Flemish carvings flank altarpiece. Superb bench ends and misericords.

**K**
- **Pakenham** - last village in Britain to retain a working windmill and water mill. Colour-washed and timber-framed houses line the main street.
- **Mulberry House** - the Whistler Window is the portrait of an 18th C. bewigged clergyman painted on a bricked up first floor window. It was done by Rex Whistler (a Scots Guard during World War II) in 90 minutes, standing at the top of a ladder in the pouring rain. The window is visible from the driveway. Not open to the public.
- **Newe Hall** - Jacobean house, once home of ‘American’ Reeve, a 19th C. local lad who ran away to the USA and made a fortune as a buffalo hunter. Not open to the public.
- **Pakenham Water Mill** - 18th C. mill, on a site where corn has been ground for over 900 years. It worked commercially until 1974. Flour for sale. River walk. Open Easter-Sept. Admission charge. (01359) 270570.
- **Pakenham Windmill** - tower mill built 1830 which worked until the 1950s. It no longer grinds, but the sails occasionally turn. Flour and oats for sale. Open all year. Admission Free. (01359) 230277.
- **St. Mary's Church** - cruciform building of flint, dating from the 12th C.
- **The Fox** (01359) 230347. ✫

**L**
- **Mills in Suffolk** - the earliest recorded windmill in Suffolk is generally held to be one built in Bury St. Edmunds in 1191. But the heyday of windmills was the early 19th C. when almost 500 were at work in the county, used for activities from grinding corn to making paper. Today there are just 37 left. Due to the lack of suitable rivers, water mills were rarer, with only 200 standing during the 18th C. Today just over 50 remain. They were used for corn milling and later for ‘fulling’ (cleaning the wool) by the medieval cloth industry.
- **Thelnetham Windmill** - tower mill built 1830 which worked until the 1950s. It no longer grinds, but the sails occasionally turn. Flour and oats for sale. Open all year. Admission Free. (01359) 230277.
- **St. Mary's Church** - cruciform building of flint, dating from the 12th C.
- **The Fox** (01359) 230347. ✫
**STARTING POINT:** Ixworth (library/village hall car park).

A. Ixworth - ancient timbered buildings. △

1. Turn R out of the car park onto the High Street (NS). △

2. At the T-j with the A1088, turn R, SP 'Ipswich A1088 (A14), Diss A143, Walsham le Willows 4 1/2'. Then immediately L, SP 'Bardwell 1 1/2'. Along this road is a large stud farm and beautiful red brick/timber hall. △


4. As the road bears sharply R around the corner, go SA along Church Road (NS). After a short distance, the road bears R into School Road, passing the windmill.

5. At the T-j, turn L (NS) onto Spring Road.

6. Turn R along Bowbeck, SP 'Barningham 2, Hopton 4'.

7. The road offers good views.


9. Turn L, SP 'Coney Weston 1 1/2, Thetford 8'.

10. Turn R onto Sandy Lane (NS).

11. Turn R along the little lane (NS).


13. At the X-roads with the A143, go SA into The Street, SP 'Wattisfield Church'. △


15. As the road bears sharply R (by the pond), turn R onto Chapel Lane (NS).

16. Take the next L (NS).

17. Turn R onto Walsham Road (NS).

18. Stanton - busy village with two churches. △

19. Turn L beside the clock tower (NS).

20. Turn L beside the war memorial (NS). Please now continue from 'J Wyken Hall Gardens and Vineyards'.

21. Turn R along Bowbeck, SP 'Barningham 2, Hopton 4'. The road offers good views.

22. At the X-roads with the B1111, go SA onto The Street, SP 'Market Weston 1 1/2'. △

23. Market Weston - originally known as Weston Market. △

24. Turn L on New Common Road, SP 'Thelnetham 2 1/2, Hinderclay 3'.

25. Turn R, SP 'Wattisfield 2'.

26. Short cut (2 3/4 miles). Total route with short cut - 12 miles. Turn R at this T-j onto Up Street. Take your next L, SP 'Stanton 1 1/2, Barningham 3 1/4'. After 1 1/4 miles, at the T-j with the A143, dismount from your cycle and take extra care, go SA the road to the little pathway opposite. Walk through this into Jacob's Close, then bear R to reach the T-j with Old Bury Road. Turn L into Stanton (see 'I Stanton' for information). In the centre of the village (beside the war memorial), turn R onto The Street (NS). After 1 1/4 miles you reach Wyken Hall. Please now continue from 'J Wyken Hall Gardens and Vineyards'.

27. Turn R at this T-j onto Up Street. Take your next L, SP 'Stanton 1 1/2, Barningham 3 1/4'. After 1 1/4 miles, at the T-j with the A143, dismount from your cycle and taking extra care, go SA the road to the little pathway opposite. Walk through this into Jacobs Close, then bear R to reach the T-j with Old Bury Road. Turn L into Stanton (see 'I Stanton' for information). In the centre of the village (beside the war memorial), turn R onto The Street (NS). After 1 1/4 miles you reach Wyken Hall. Please now continue from 'J Wyken Hall Gardens and Vineyards'.

28. You can visit the village of Pakenham by continuing SA.

29. Pakenham - working windmill and water mill. △

30. Turn L along a tiny lane (NS). Alternatively if you want to visit Pakenham Water Mill then continue SA for about 1/2 mile.

31. Turn L beside Pakenham Windmill (NS).

32. Keep R at the fork, SP 'Pakenham 1 3/4, Bury St. Edmunds 7'. Then at the X-roads with the A1088, go SA into Bull Road, SP 'Pakenham 1/2'.

33. Turn R along Fen Road, SP 'Ixworth 1 1/2, Pakenham Water Mill'. You can visit the village of Pakenham by continuing SA.

34. Pakenham - working windmill and water mill. △

35. Turn L along a tiny lane (NS). Alternatively if you want to visit Pakenham Water Mill then continue SA for about 1/2 mile.

36. At the T-j with the A143, dismount from your cycle and walk along the pavement to your L for a few yards. This brings you to a safe point to cross this busy road. Go SA to the path on the other side. This leads to an old stretch of road, where you turn R (NS). Follow this to the T-j, where you turn L back into Ixworth. In the High Street, turn R back into the car park. △
The Miller’s Trail - published by East of England Tourism, in association with St. Edmundsbury Borough Council. Whilst every care has been taken to ensure accuracy of the information in this publication, East of England Tourism cannot accept responsibility in respect of any error or omission which may have occurred. The producers of this map have no responsibility for the physical state or maintenance of the route or its suitability for cycling, and therefore give no warranty as to its condition at any time. Any complaints concerning the state or condition of the route should be addressed to the relevant Highways Authority.

To obtain information on other Cycling Discovery Maps throughout the East of England, please contact:-
East of England Tourism, Dettingen Way, Bury St. Edmunds, Suffolk IP33 3TU
Tel: (0)1284 727470  Fax: (0)1284 706657  Email: information@eet.org.uk  Internet: www.visiteastofengland.com

The Map shown in this route provides just a general outline - in this respect, we recommend that you purchase the Ordnance Survey Landranger Map which covers the area. Ordnance Survey map area: Landrangers 144 - Thetford & Diss; and 155 - Bury St. Edmunds.

‘Reproduced by permission of Ordnance Survey on behalf of HMSO ©Crown copyright (2006). All rights reserved. Ordnance Survey Licence number 100017282’.