

the Saints villages and the Waveney Valley

The Saints villages are a compact group of nine parishes that stretch from the edge of the Waveney Valley onto the High Suffolk plateau. This is remote countryside with a maze of quiet lanes and isolated farmhouses. But there are many gems waiting to be discovered in this tranquil area.

South Elmham Hall is in the heart of the Saints. The farm can be explored on a network of footpaths laid out by the owner. And there is much to see. The moated Hall incorporates stonework from the 13th century Palace of the Bishop of Norwich. The surrounding land was a deer park and an 11th century ruin, the **Minster**, can be visited on one of the paths.

Not far from South Elmham Hall stands **St Peter's Hall**. This moated medieval building is now the home of **St Peter's Brewery**, an award-winning microbrewery with bar, restaurant and shop. The building includes church windows re-used from Flixton Priory.

The many churches are worth a visit with pride of place going to **Ilketshall St Andrew** where a series of magnificent wall paintings were recently discovered. These include a unique Wheel of Fortune.

Flixton lies on the banks of the River Waveney and is home to the **Norfolk and Suffolk Aviation Museum**. The museum houses 50 historic aircraft and there are many interesting displays and exhibitions on the history of flying in East Anglia. There is also a nature trail and boardwalk down to the River Waveney.

A little way upstream from Flixton is the attractive village of **Homersfield**. The old bridge over the Waveney was built in 1869 by Sir Shafto Adair. It was the first bridge in the country to use reinforced concrete in its structure and has recently been restored by the Norfolk Historic Buildings Trust.

walking, cycling and riding

Suffolk is ideal for walking and cycling. There are no steep ascents and the quiet, unspoilt countryside is waiting to be explored. If you are a horse-rider then there is a circuit through the Saints. There are many waymarked routes: here is a selection.

The Angles Way

The Angles Way is a long-distance footpath running for 77 miles (125 km) along the Norfolk and Suffolk border between Great Yarmouth and Knettishall Heath near Thetford.

Circular walks in the Waveney Valley

A series of 6 circular walks based on the Angles Way. There is a 4 mile (6 km) walk starting in Homersfield and a 5 mile route from St Peter South Elmham.

Heart of Suffolk Cycle Route

Using mostly quiet lanes this 80 mile (128 km) circular cycling route is signed in both directions. The route passes through attractive villages and historic market towns such as Bungay, Halesworth, Framlingham, Debenham and Eye.



Kestrel

Regional Cycle Route 30

This cycle route forms part of the National Cycle Network. The main route runs around the Norfolk coast and an extension has recently been signed along the Norfolk and Suffolk border from Thetford to Beccles and Lowestoft.

The Munnings Trail

The Munnings Trail is a signed circular route of 26 miles (41 km) for horseriders. The trail starts in Mendham, birthplace of the celebrated horse artist Sir Alfred Munnings and follows bridleways and quiet lanes into the Saints villages. It can be ridden as a whole or in shorter sections and is also suitable for off-road cycling in the summer months.

Guides to these routes are available at local Tourist Information Centres:

Diss Tourist Information Centre

Mere's Mouth
Mere Street
Diss
Norfolk IP22 4AG
tel 01379 650523

Lowestoft Tourist Information Centre

East Point Pavilion
Royal Plain
Lowestoft
Suffolk NR33 0AP
tel 01502 533600
email touristinfo@waveney.gov.uk



South Elmham Minster



Canoeing on the River Waveney

travel and transport

In North East Suffolk there are three bookable bus services available. These services are small vehicles that can pick you up and drop you off where you wish at bus fare prices. The **Halesworth Pathfinder** serves the Halesworth and Saints area, Tuesday to Sunday 7am to 7pm. Telephone **01986 874479** Monday to Friday between 10am to 1pm at least 24 hours in advance to book your journey.

A free leaflet 'A day out in Suffolk' is available from local Tourist Information Centres or from **Passenger Transport Group Environment and Transport Suffolk County Council Endeavour House Ipswich IP1 2BX**

For further detailed information and to plan your journey visit www.travelineeastanglia.co.uk or www.suffolkonboard.com

For all your community transport needs contact www.a2binfo.net

DISCOVER Suffolk

Discover Suffolk has been set up to help you find out what makes Suffolk special and to introduce you to a range of rural visitor attractions and facilities.

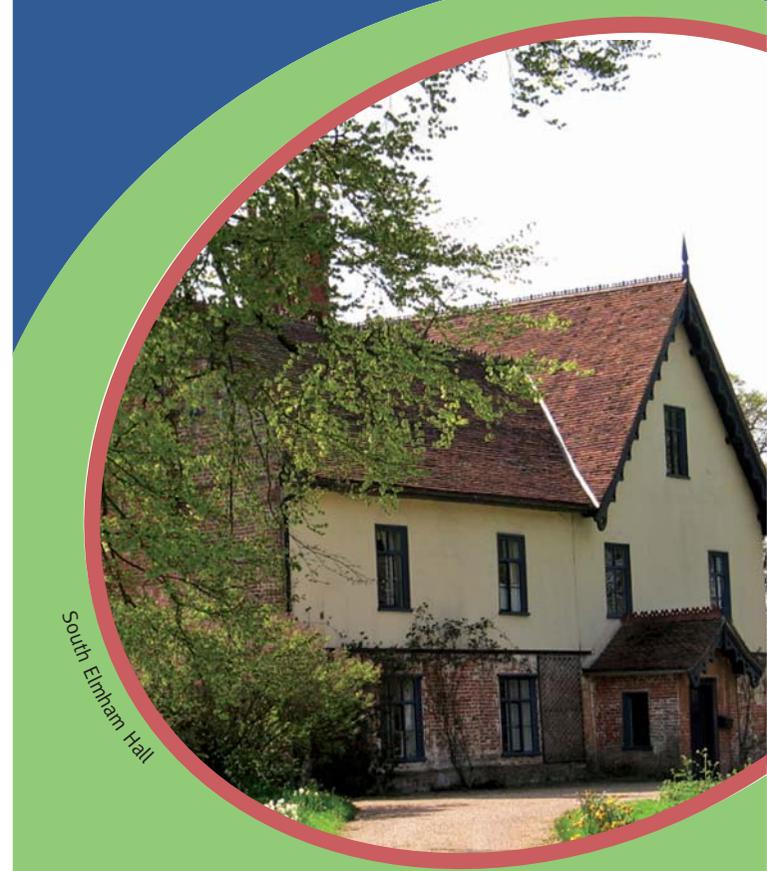
Visit our website www.discoversuffolk.org.uk. On it you will find everything you need to plan a visit or a walking or cycling holiday in rural Suffolk: route maps, visitor attractions and places to stay. There are several featured circular walks with downloadable maps; a leaflet ordering service; and information on other cycling routes in this part of Suffolk. Improvements are also being made to local paths around the Saints to make them easier to use.

We know you will enjoy discovering more about what there is to do and see in this unique and charming part of England and we are delighted to be able to share this information with you ... so click away on www.discoversuffolk.org.uk and start 'Discovering Suffolk'.



www.discoversuffolk.org.uk

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South Elmham Hall



www.discoversuffolk.org.uk

attractions and services

- 1 Homersfield Bridge** Built in 1869 by the Adair Estate, it is the oldest surviving concrete bridge in Britain.
- 2 The Black Swan** A free house on the banks of the River Waveney. The Black Swan also has its own camp site. Tel 01986 788204
- 3 Norfolk and Suffolk Aviation Museum** Home to 50 historic aircraft. Admission to the museum is free. There are refreshments, a shop and nature trail to River Waveney. Visit www.aviationmuseum.net
- 4 The Buck Inn** Situated next to the Aviation Museum, the Buck Inn provides a full restaurant service and bar meals. Tel 01986 892382
- 5 Air Memorial** To the American 446th Bomb Group who flew from the adjacent airfield.
- 6 St Peter's Hall and Brewery** The Hall is home to a micro-brewery, shop, restaurant and bar. Brewery tours are available at weekends. Tel 01986 782322
- 7 Shoo-Devil Farmhouse** Bed and breakfast accommodation is available in this 16th century thatched farmhouse. Tel 01986 781303



Norfolk and Suffolk Aviation Museum



St Peter's Hall

- 8 Grove Farm Holiday Cottage** This beautifully renovated Victorian cottage has two ensuite bedrooms. Tel 01986 782244
- 9 Ilketshall St Andrew Church** Features a remarkable series of wall paintings dating from the early 14th century, including a unique Wheel of Fortune.
- 10 Ilketshall St Andrew Commons** There are seven commons in the parish and all are managed for nature conservation. A circular walk is being developed.
- 11 Suffolk Apple Juice and Cider Place** This small family firm makes quality single variety apple juices and barrel matured ciders. Open all year. Tel 01986 781353.
- 12 Ilketshall Camp Site** A level site for tents and caravans open from April to September. Tel 01986 781241
- 13 Huntsman and Hounds, Spexhall** A 15th century country inn with 3 star guest accommodation. Tel 01986 781341
- 14 Rumburgh Farm** Bed and breakfast accommodation and self-catering lodges are available. The farm also produces free-range Christmas turkeys. Tel 01986 781351 or visit www.rumburghfarm.co.uk

- 15 Rumburgh Church** This unique church, with its unusual 13th century tower and moat, is all that remains of the Priory of St Michael and St Felix.
- 16 The Rumburgh Buck** The Rumburgh Buck is a 16th century village freehouse with a wealth of history. Tel 01986 785257
- 17 All Saints Green** Open Access Land. This large medieval green is connected by a broad, grassy 'drove road' to St Margaret's Green.
- 18 St Michael's Green** Open Access Land. This green is unusual because it is uncommon to find a medieval church next to a green.
- 20 South Elmham Hall and Walks** South Elmham Hall dates from the 13th century. A network of footpaths has been developed and refreshments are available in Bateman's Barn. There is luxury bed and breakfast accommodation in the Hall. Visit www.southelmham.co.uk
- 21 Old Rectory, St Margaret South Elmham** A fine Georgian house that is open by appointment. Tel 01986 782329
- 22 St Margaret's Church, South Elmham** The core of the church is Norman. Inside the porch are the old village stocks.
- 23 Heath Farmhouse** Bed and breakfast accommodation in a 16th century farmhouse. It has been awarded 4 AA diamonds. Tel 01986 788417





- historical landmark
- accommodation
- local feature
- visitor attraction
- pub or restaurant
- footpath
- bridleway
- public access

scale
0 1/4 1/2 mile



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