

Horse friendly pubs, horse box parking and accommodation

Please contact each location prior to visiting to check details, ensure availability and confirm any charges.

CONEY WESTON

A Willow Tree Farm B&B

Coney Weston, IP31 1DL
01359 220035 (stable and paddock available)

HOPTON

B Vine Inn

High Street, Hopton,
IP22 2QX. 01953 681466

C Hopton Village Hall

Hopton, IP22 2QY
01953 688399 (horsebox parking available)

MARKET WESTON

D The Mill Inn

Bury Road (B1111 just west of Market Weston),
IP22 2PD. 01359 221018

BARDWELL

E Dun Cow

Up Street, Bardwell,
IP31 1AA. 01359 250806

F Bardwell Manor Equestrian Centre

Ixworth Road, Bardwell
Bury St Edmunds
Suffolk, IP31 1AU
01359 233010

(stables, horsebox parking and camping available)

G Six Bells Inn

The Green, Bardwell,
IP31 1AW. 01359 200820
(B&B and horsebox parking available)

STANTON

H Cock Inn

The Street, Stanton,
IP31 2BP. 01359 250230

WYKEN

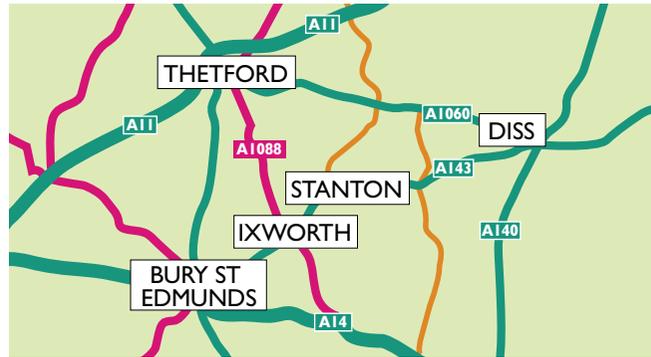
I Wyken Vineyards

Wyken, IP31 2DW.
01359 250287 Leaping Hare Restaurant, café and shop (Horsebox parking and tethering available in overflow car park by arrangement only)

British Horse Society Recommend

- **Hard Hat complying with current standards**
- **Personal ID (rider name, number and emergency telephone number)**
- **ID on the horse (rider number and emergency telephone number)**
- **Safe and appropriate clothing and footwear (fluorescent/reflective hi-viz clothing)**

Location map



The Stanton Rides are located approximately 10 miles from Bury St Edmunds, Thetford and Diss.

Stanton is located off the A143, 4 miles north of Ixworth.

Bardwell Manor Equestrian Centre, which makes a convenient starting point for horse riders, is located on the Bardwell Road, off the A1088, north of Ixworth. From A1088 follow signs for Bardwell Windmill. The Equestrian Centre is 1 mile on the left.

Public transport

Stanton, Bardwell, Hepworth, Barningham, Market Weston and Hopton are all served by bus – visit www.suffolkonboard.com for timetables or www.travelineeastanglia.org.uk (0871 200 22 33) to plan your journey.

Discover more circular rides and great days out in the countryside at www.discoversuffolk.org.uk

Produced by Suffolk County Council. Thank you to Sharon Dawson and Clare Phillips for their help and assistance in developing this leaflet.



Stanton Rides

Three circular horse riding, cycling and walking routes in north Suffolk



Welcome to the Stanton Rides

It's hard to believe in today's world that once almost all roads would have been like the ancient tracks found on the Stanton Rides.

Many of these mark the boundaries of Parishes dating back to the Norman Conquest. Weston Bury Lane and Posters Lane are just two examples you'll come across. For horse riders, these tracks offer a great opportunity for an exhilarating canter.

For those with a little more time on their hands then the Rides allow you to soak up the tranquillity, sights and sounds of the countryside. The changing seasons mean there is always something different to enjoy. In spring and summer look out for meadow and woodland flowers including primroses and dog's mercury. Most of the farmland is arable and crops typical of this region include oil seed rape, sugar beet and barley. Watch out for pheasants dashing out of hedgerows, especially if horse riding!

You'll also notice plenty of places of interest as you pass through these pretty Suffolk villages from windmills to fens to halls. The churches in this area have an especially interesting history with perhaps Hopton being the most significant because of its fine architecture, in particular the late Medieval hammer beam roof. Barningham Church has a clock that was installed in 1887 to mark Queen Victoria's Golden Jubilee.

If you are spending the day exploring the rides you'll find plenty of places to stop for refreshments. The Mill Inn at Market Weston has beers from the Old Chimneys craft brewery, located in the village. Group tours of the brewery can be arranged (01359 221411) and most of the beers are named after rare species found in the area including butterflies and spiders.

The Hall at what is now Wyken Vineyards, with its excellent café and restaurant, is mentioned in the Domesday Book. If you are on this section of the rides watch out for the llamas in the adjoining fields!

The beauty of the Stanton Rides is that you can explore as much or as little as you wish. It might be a little ambitious to try to complete the whole network in one day but the three different loops with their connecting bridleways and shortcuts mean there is no end of shorter hacks, rides and walks between these picturesque Suffolk villages.



Bardwell Manor Equestrian Centre

Bardwell Manor Equestrian Centre is run by Sharon and Karl Dawson.

“Our centre makes an excellent base for exploring the Stanton Rides. As well as offering daily horsebox parking (for a small charge), we offer indoor and outdoor arenas, a horsewalker, jumping paddock, shower and toilets. For riders wishing to stay for a few days we have stabling and grazing for horses (post and rail paddocks). Riders can also choose to camp in their horsebox or tent (electrical hook ups are available) or stay in one of the local inns.

“Visiting riders can book lessons in dressage or jumping with one of our experienced team of instructors. Lessons can be on your own horse or one of our schoolmasters. If you would like a non-riding day we are able to look after your horse while you visit local attractions.

“We can also provide maps for additional hacking routes in the direction of Ixworth and camping facilities are available to those visiting the area to walk or cycle.”

Bardwell Manor Equestrian Centre is situated on the Bardwell Road just off the A143 and A1088 between Ixworth and Bardwell. For more details please visit www.bardwell-equestrian.co.uk or call 01359 233 010.



The Stanton Rides

Three circular horse riding, cycling and walking routes in north Suffolk

Bardwell

- **Bardwell Windmill 1** was built in the 1820's. It fell into disrepair after the war but is now being lovingly restored by the 'Friends of Bardwell Windmill'.
- There has been worship at the site of the **Church of St Peter and St Paul**, Bardwell, 2 for 1,000 years. The church you see today, which overlooks the **River Blackbourne**, mainly dates from the 14th and 15th centuries. Go inside to see the partial wall paintings and the beautifully crafted Church Kneelers.



Hopton

- **Market Weston Fen 3** and **Hopton Fen 4** lie just west of the Hopton Loop. Both are rich examples of fenland and are run by Suffolk Wildlife Trust.
- The churchyard wall around **Hopton Church 5** contains fragments of the old spire which blew down in a storm.

Country Code

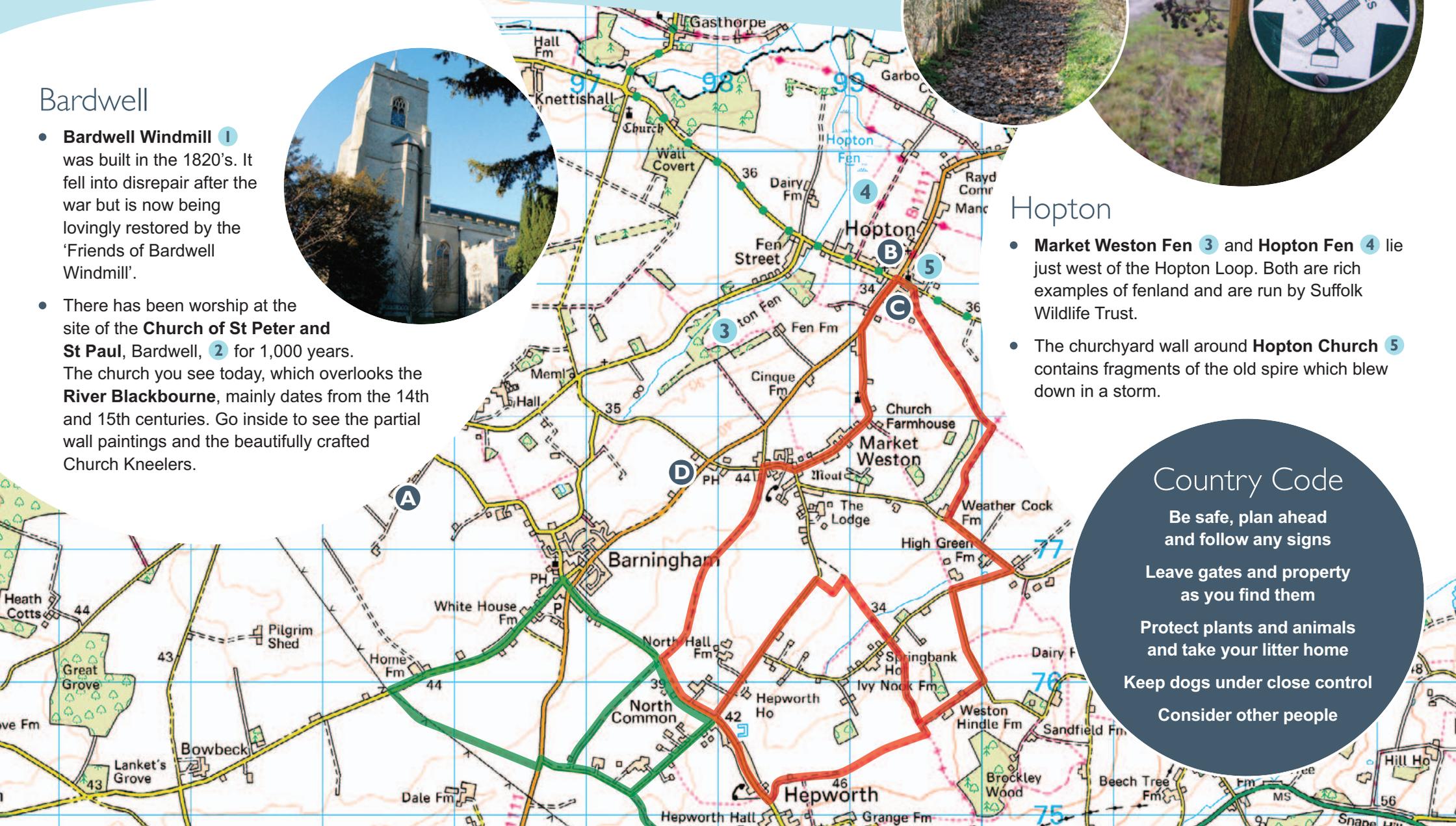
Be safe, plan ahead
and follow any signs

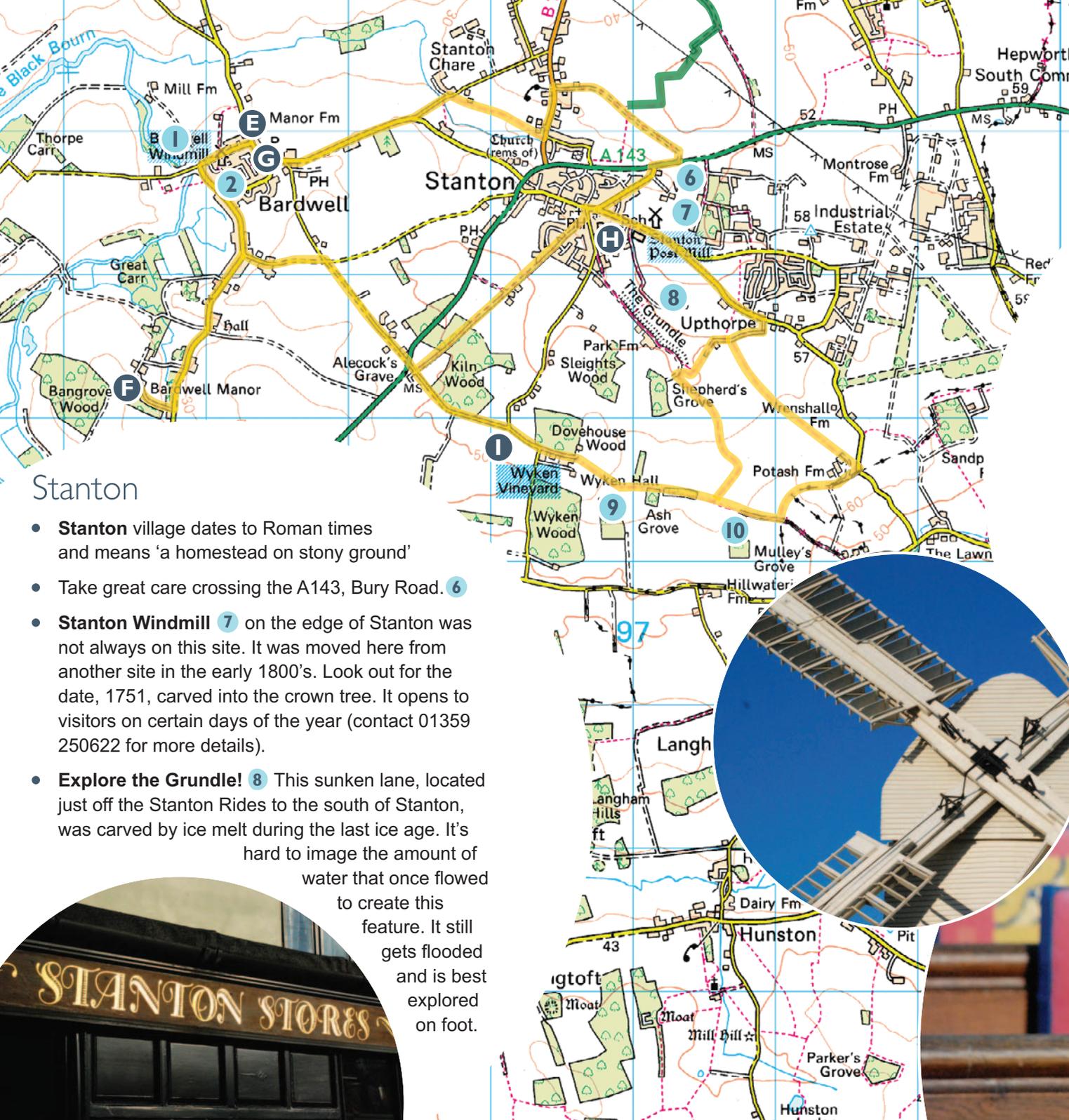
Leave gates and property
as you find them

Protect plants and animals
and take your litter home

Keep dogs under close control

Consider other people





— Stanton Loop (12mi/19km)
— Barningham Loop (6mi/9km)
— Hopton Loop (10mi/15km)

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Stanton

- **Stanton** village dates to Roman times and means 'a homestead on stony ground'
- Take great care crossing the A143, Bury Road. **6**
- **Stanton Windmill** **7** on the edge of Stanton was not always on this site. It was moved here from another site in the early 1800's. Look out for the date, 1751, carved into the crown tree. It opens to visitors on certain days of the year (contact 01359 250622 for more details).
- **Explore the Grundle!** **8** This sunken lane, located just off the Stanton Rides to the south of Stanton, was carved by ice melt during the last ice age. It's hard to image the amount of water that once flowed to create this feature. It still gets flooded and is best explored on foot.



Wyken Hall

- **Wyken Hall** **9** is mentioned in the Domesday Book. The present house dates from the late 16th to mid-17th centuries and was extensively restored in the Elizabethan style in 1920.
- The field to the east of **Wyken Hall** has a history of settlement going back over at least 6,000 years to Mesolithic times. The local fields are now used to grow the grapes for Wyken Vineyard's award winning wines.
- **Posters Lane** **10** may once have been named Pod Street. Today it contains a variety of species, relics of ancient woodlands, including oak, ash, elm, blackthorn, hawthorn, field maple and hazel.

