

West Stow Country Park

River, lake, meadow, heathland, woodland and England's first Anglo Saxon village!

West Stow Country Park is located alongside the River Lark and adjacent to lakes and heathland providing a varied and fascinating day out.

With plenty to do for the whole family, the park contains 3 marked trails along the river, over the heath and through the woods. Each uses natural paths with benches along the routes.

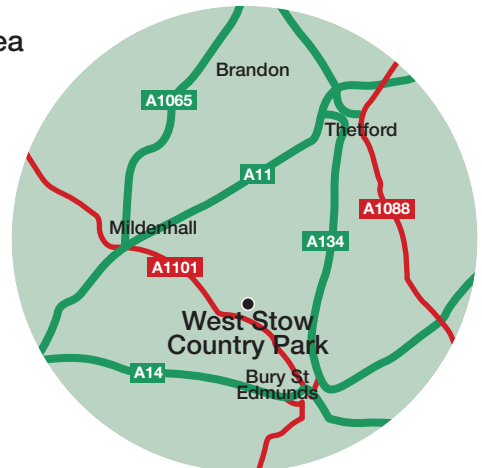
Children will love the excellent play area with its climbing wall and scramble net, and all the family will enjoy the fascinating, recreated Anglo Saxon Village, promoted as England's first village; making a trip to West Stow a very full, fun and varied day out.

Facilities

- **Parking** – pay and display
- **Picnic area**
- **Toilets** – accessible
- **Play area**
- **Café**
- **Museum** – charges apply

Directions

- Signed off the A1101 between Bury St Edmunds and Mildenhall.
- West Stow Country Park
01284 728 718
www.stedmundsbury.gov.uk/weststow
Post Code IP28 6HG



■ Easy access trail

1 mile/1.5km



The **Red Nature Trail** starts by the café and picnic site and takes a meandering route to West Stow Heath.

This is a lovely route at any time of year on natural paths with some exposed tree roots.

There are benches and information points along the route and don't miss the very unusual Shepherd's Hut.

■■■ Easy going trail

1.5 – 2 miles/2.5 – 3km



The **Yellow Pumphouse Route** and the **Blue Lake Walk** are longer trails and on very bumpy ground. Combined they make for a lovely exploration of the whole park.

