

Wideham Farm

Wideham Farm offers off-road parking for trailers and horseboxes with immediate access to Kings Forest for all equestrian activities. Parking is in the dedicated 'Park & Ride' area; customers have use of the toilets, picnic benches, mounting blocks and horse-hose. £7.00 per vehicle for the day. Contact 01284 729657 or visit www.widehamfarm.co.uk for more information including accommodation and caravan park.



West Stow Country Park is open from 9am to dusk; the café is open 10am - 4pm.



Visitors to West Stow can explore history and nature, watch a film, dress up as an Anglo-Saxon or say hello to the rare breed pigs and chickens. As part of the annual Ring Quest event, you could even meet a Hobbit, among other Lord of the Rings characters! Visit www.weststow.org for more information.

One of England's great archaeological sites, West Stow has extensive indoor galleries and a stunning recreation of an Anglo-Saxon village surrounded by 125 acres of unspoilt countryside. West Stow Country Park features woods, heathlands, a river and a lake, plus nature trails, walks and an adventure playground.

West Stow Country Park

Brandon Country Park is over 30 acres of managed parkland, a famous arboretum, "haunted" mausoleum, lawns and lake, historic walled garden and mile and miles of walking and cycling trails. The park is open dawn to dusk with the visitor centre and tearoom open from 10:00 every day. Visit www.brandoncountrypark.org.uk for more information.



Brandon Country Park

Planning your day on The Brecks Trail

Exploring The Brecks Trail is a full day out whether you are on foot, bike or horseback. There are car parks (P&D) at Brandon and West Stow Country Parks, and horse box parking at Wideham and Mayday Farms (see map inside).

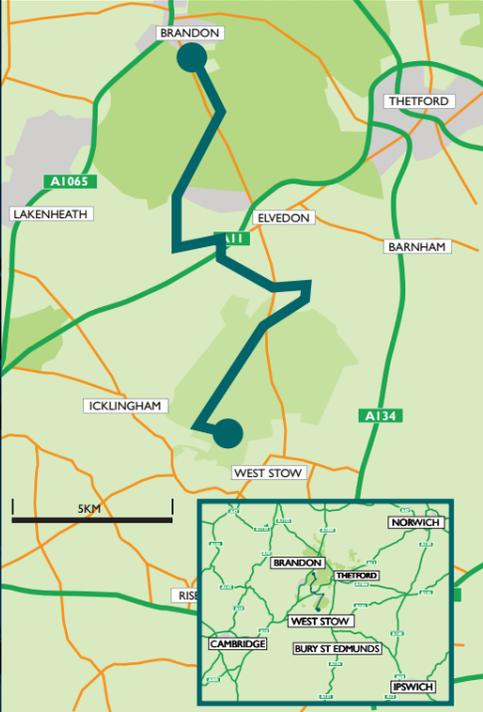
Suffolk Links Brecks (01638 664 304) provides an on-demand bus service that can be booked a week in advance

Brandon Country Park, Bury Road (B1106), Brandon. IP27 0SU.

West Stow Country Park, Icklingham Road (off A1101), West Stow. IP28 6HG

Discover Suffolk

For further information about what you will see on this route or to discover more great days out across Suffolk visit www.discoversuffolk.org.uk



If you find any problems with the trail then please let us know at www.discoversuffolk.org.uk

- Enjoy the outdoors:
 - plan ahead and be prepared
 - follow advice and local signs
 - keep dogs under effective control
- Protect the natural environment:
 - leave no trace of your visit and take your litter home
 - leave gates and property as you find them and follow paths unless wider access is available
- Respect other people:
 - consider the local community and other people enjoying the outdoors
 - leave gates and property as you find them and follow paths unless wider access is available

Countryside Code: Respect - Protect - Enjoy

The Brecks Trail is a 14 miles (22.5km) linear trail between Brandon Country Park and West Stow Country Park catering for walkers, cyclists and with sections available for horse riding.

The Brecks Trail passes through forests, open heathlands and agricultural lands. There are many points of interest along the route including Thetford Forest, the Elveden Monument and the King George V monument.

The Brecks Trail

Visit www.breakingnewground.org.uk for more information.

The Brecks Trail was one of 37 projects being delivered to reconnect communities to the Brecks and help celebrate the area's unique landscape and heritage

Breaking New Ground

The Brecks is a unique and special area where the wildlife has been shaped by the soils, climate and human land use.

Rabbit warrening in the medieval period led to vast open heathland with few or no trees and shrubs. Along with recent planting this has attracted very special wildlife such as woodlark, nightjars and stone curlews. Many species of plants can be found in the Brecks which cannot be seen anywhere else in Britain.

Conserving the Brecks landscape and protecting its unique wildlife is very important and we ask you to please put dogs on a lead when you are in areas outside of the forest. Thank you.

The Brecks

Brecks Trail

Walk, cycle or ride through time between Brandon Country Park and West Stow Country Park



Brecks Trail

Walk, cycle or ride 14 miles (22.5km) through time between Brandon Country Park and West Stow Country Park



The Route



1 The route for horse riders will start/end at Mayday Farm. There is parking available for horse boxes and plenty of space for loading and unloading.

Since the 1920's the Forestry Commission has planted some 20,000ha of forest. The plantations were primarily created to provide a strategic reserve of timber since the countryside lost so much woodland in meeting the demands of the First World War.

2 Ancient heathland covered huge areas of the Brecks, created by the axes of prehistoric farmers and the nibbling teeth of sheep and rabbits.

The Normans introduced rabbits to the Brecks, managing them intensively for food and fur. A tradition of warrening was established in the medieval period and continued well into the 19th century.

The high densities of warrens and overgrazing on fragile soils, led to dust storms, which in turn made a significant contribution to maintaining the characteristic open heathland landscape.

Today the heathland is a Site of Special Scientific Interest (SSSI) and nesting grounds for Stone Curlews, Nightjars and Woodlark. Stone Curlews are especially rare with just 350 pairs in the UK. Discover more about this landscape and why it is so special at www.discoversuffolk.org.uk

Because these birds nest on the ground they are liable to disturbance. To ensure their survival please keep dogs on a short lead at all times and please follow the Countryside Code.

If you see any problems please let us know through www.discoversuffolk.org.uk. and click on Report A Problem

3 The Elveden Monument was commissioned by the Earl of Iveagh to commemorate the 48 men from Elveden, Icklingham and Eriswell who died in the First World War; it is situated where the three parishes meet.

The monument was designed by the architect Clyde Young and unveiled on 21 November 1921. The monument is over 100ft high and has an internal staircase with 148 steps.

On the 3 faces of the monument are plaques bearing the names of the dead from each of the respective parishes, added to each is a further plaque with the names of those who died in the Second World War.

4 The Icknield Way is an ancient road running from Ivinghoe Beacon in Buckinghamshire to Knettishall Heath in Norfolk, a distance of over 100 miles. It is thought to be the oldest road in England

5 The King's Forest was created by the Forestry Commission in the mid-1930's. The planting of the forest coincided with the Silver Jubilee of King George and Queen Mary in 1935, and the forest was given its name in honour of that occasion; there is a small flint-built monument with a commemorative plaque.

The wide, grass ride with beech plantations either side is named Queen Mary's Avenue.

6 West Stow Anglo-Saxon village is the site of an Anglo Saxon settlement occupied 420-650AD.

The chance discovery of fragments of pottery unearthed during a trial for sand and gravel extracting led to the excavation of West Stow. The archaeological evidence was well preserved under a great mound of blown sand deposited here during the medieval period.

In 1973, a unique programme of reconstructions of Anglo Saxon dwellings began.

7 Horse riders can start/end their day at Wideham Farm



KEY TO MAP	
	The Route
	Public Footpath
	Bridleway
	Byway
	Shorter Walks & Trails Available Here.
	Horsebox Parking
	Parking
	Toilets
	Tearoom

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