

WALKS OFF THE STOUR VALLEY PATH

EXPLORE THE BOX VALLEY

Walk length: Boxford circular 9 miles (14.5 km);
Polstead circular 6 miles (10 km); Tendring circular 5.5 miles (9 km)
Please use OS Explorer Map number 196

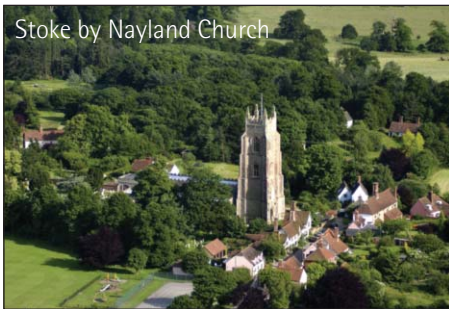


An Introduction to the Box Valley Walk

The Box Valley is perhaps the most picturesque of the tributary streams that flow into the Stour. The three circular walks introduce you to delightful undulating scenery and a great variety of natural habitat, with many excellent viewpoints across quiet, unspoiled countryside. The villages of Stoke-by-Nayland, Boxford and Polstead are among the most attractive in Suffolk.

Stoke-by-Nayland is a good place to start and end these walks and the Stour Valley Path runs through the village. Each walk takes you in a different direction from the village centre.

Points of interest



Stoke by Nayland Church

Stoke by Nayland has a magnificent hilltop 15th century church set in this village of timber framed houses. Its 120-foot tower was depicted by John Constable (1776-1837) dominating the landscape for miles

around. The village and church were financed by the wool trade. The large (8ft x 3ft) boulder at Scotland Street is thought to be an "Erratic Boulder", reminding us of the carrying force of the glaciers that shaped these river valleys.

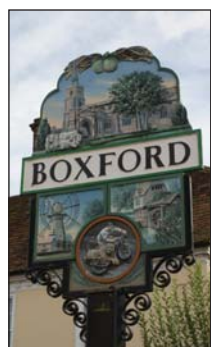
Polstead (on the east route) is a very attractive village with pub, large pond and splendid views from the churchyard. The popular Victorian melodrama of the 'Red Barn' tells the story of Maria Marten (note Marten's Lane) the infamous Polstead mole catcher's daughter who was murdered in the 'red barn' in 1827. William Corder, father of the last of her illegitimate children was convicted and hanged at Bury St Edmunds.

In the grounds of Polstead Hall are the decaying remains of the Gospel Oak thought to date from Saxon times. Polstead was once famous for its cherry orchards and the rich flavour of their fruit, and some of these older varieties are now being reintroduced.

Tendring Hall (on the south route) is one of England's lost country houses. Designed by Sir John Soane (1753-1837), and built for Sir Joshua Rowley in the 1780s, it dominated the valley. By the 1950s, after a time of neglect during the two world wars, it was semi derelict and was demolished. From the path walkers can see the remains of the walled gardens and the parkland, which are private.



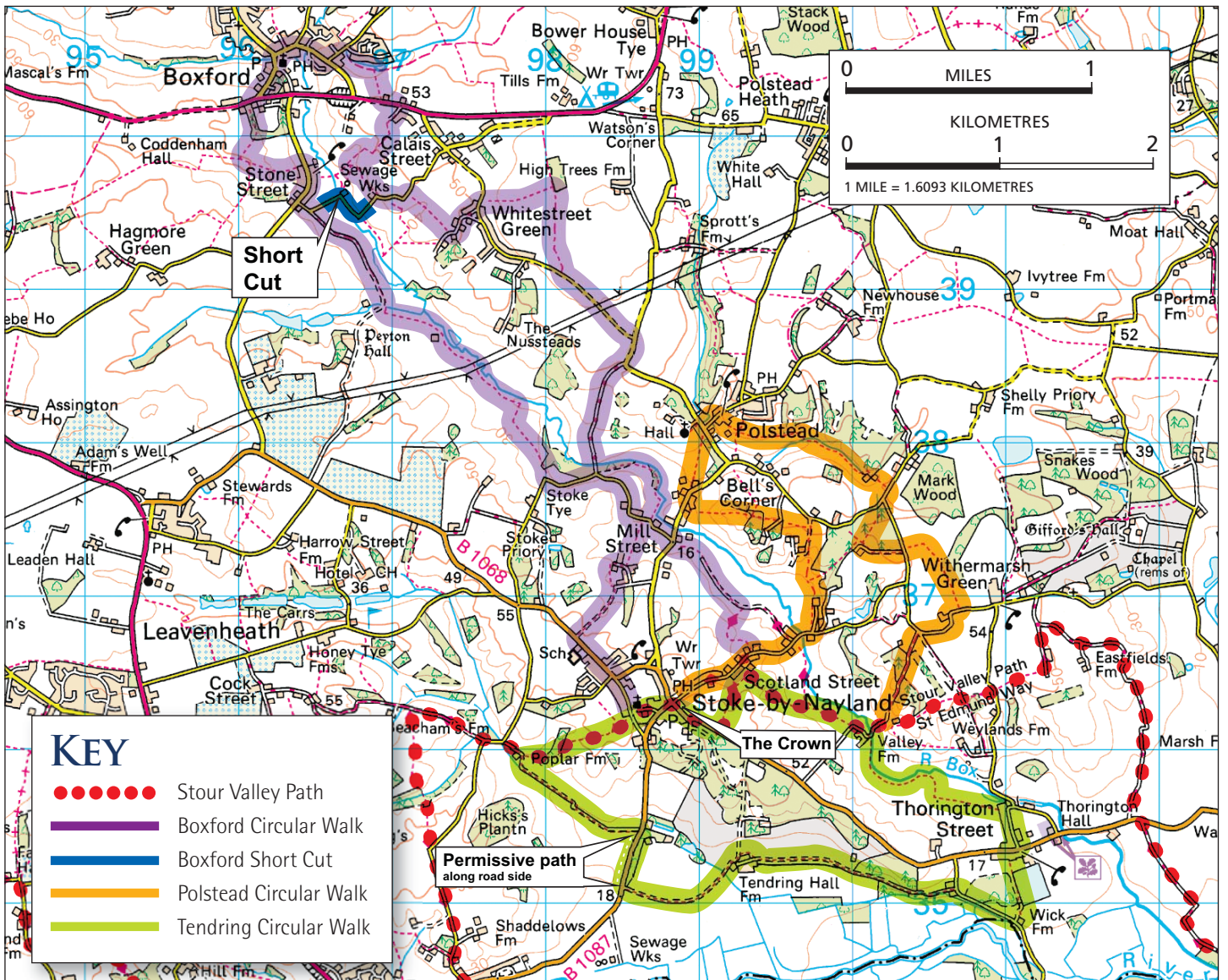
River Box



Boxford (on the north route) has many splendid timber framed houses. It was a significant centre of the wool trade with four weaver's guilds in the early 1600s. The fine church has noteworthy north and south porches and a church memorial to Elizabeth Hyam, who died in 1748 in her 113th year of age.



STOUR VALLEY PATH



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Terrain: Easy walking on good paths, along field edges and on tracks, with some gentle climbs and many stiles. Some sections on minor roads – care required.



Please follow the
Countryside Code



Refreshments

Refreshments are available in Stoke by Nayland, Boxford and Polstead.

Web: www.crowninn.net
Email: info@crowninn.net
Tel: 01206 262001
Twitter: @CrownInnSuffolk
Facebook: The Crown @ Stoke by Nayland

THE CROWN

STOKE BY NAYLAND

The Crown is the perfect place to recharge your batteries, either during the day or for a relaxing overnight stay – delicious food and drink and a warm welcome await you.

Car Parking

Parking is available in the villages, please park considerately.

Transport

www.travelineeastanglia.org.uk

Train: Sudbury has a train from Marks Tey. Colchester and Marks Tey are on the London Liverpool Street-Norwich main line.

Bus: The Colchester-Sudbury bus stops at Stoke-By-Nayland; buses to Hadleigh depart from Ipswich.

An on-demand bus service from Hadleigh operates in the area and links several villages. Advance booking must be made.

www.suffolkonboard.com/suffolk_links_demand_responsive_transport