

MIDDLE STOUR VALLEY

(SECTION OF THE STOUR VALLEY PATH)

Sections 4-7

CLARE

SUDBURY

BURES

WORMINGFORD

TIMETABLES

Leaflets of the buses and train services shown on the map are available FREE from local tourist information centres, council offices, libraries etc or by post from:

Passenger Transport, Suffolk County Council
 Endeavour House, 8 Russell Road
 Ipswich, IP1 2BX

E: passenger.transport@et.suffolkcc.gov.uk
 or visit www.suffolkonboard.com

UPDATES

Buses and train services can change at short notice, so it's advisable to check times before setting out:

Traveline: 0871 200 2233
 National Rail enquires: 0845 748 4950
www.nationalrail.co.uk
 or 'one' 0845 600 7245 www.onerailway.com

For further information about the area, visit the Dedham Vale AONB and Stour Valley Project website www.dedhamvalestourvalley.org



August 2007

Suggested Walk Plans

Walk One

START from Clare. Get the early or mid morning BUS 236 from Clare Market Hill to Sturmer or Haverhill via 'Haverhill Country Walk' link path to Kedington, then Stour Valley Path.

Walk Two

START from Long Melford or Sudbury. BUS 236 to Clare. WALK back on Stour Valley Path 8.7 miles to Long Melford, 3.9 miles to Sudbury.

Walk Three

Variations using above service to any of the intermediate villages.

Walk Four

START from Bures.
TRAIN or BUS 753 to Sudbury.
WALK back to Bures, 7.1 miles.

TRAVEL TIPS

Walking time

Allow about 2 miles per hour, but add on time if you want to make use of any of the excellent pubs and refreshment places in villages along the route.

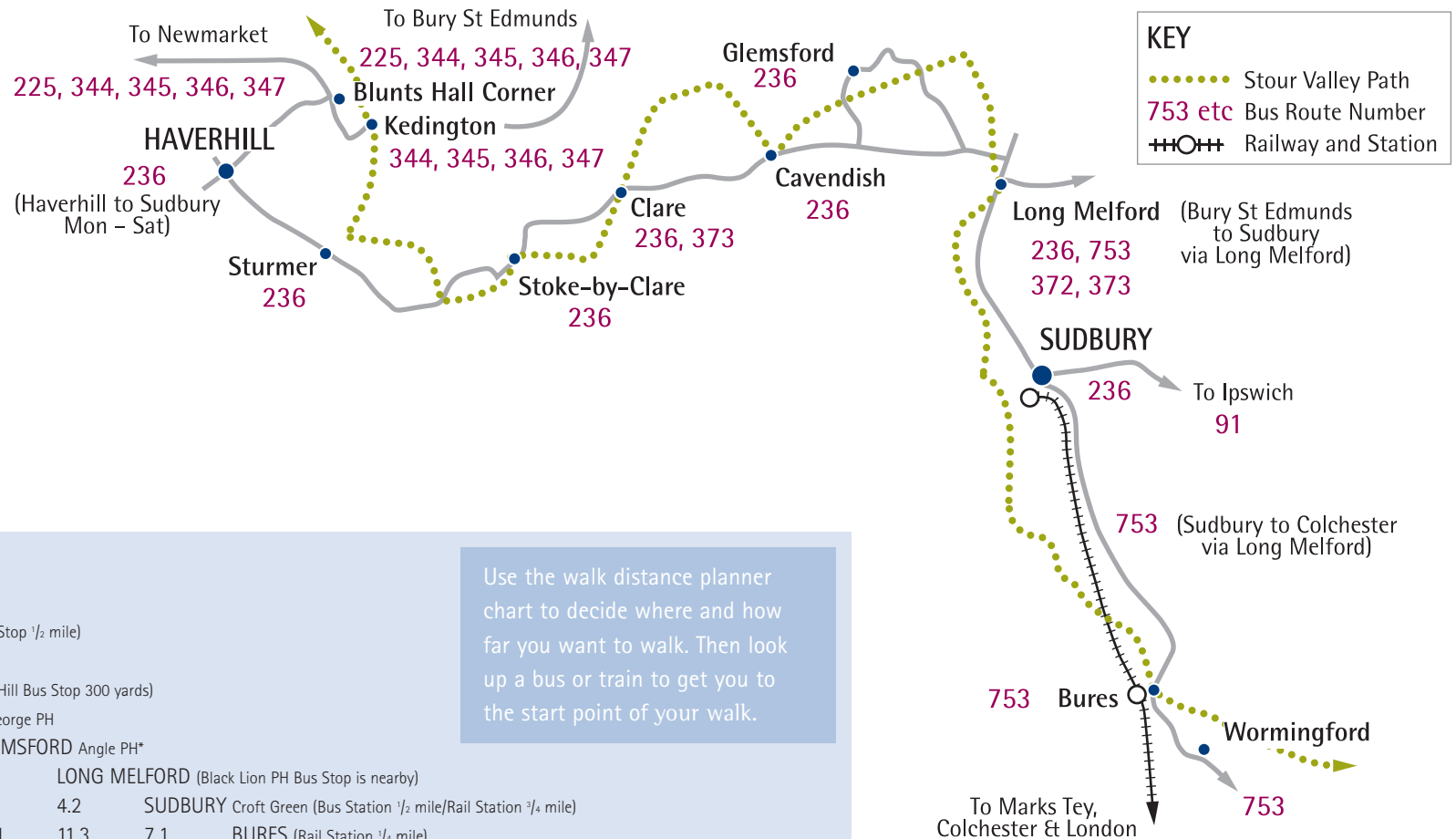
Please park considerably if you are planning a 'park-ride walk back to your car' itinerary. Better still, do your bit for the environment and the rural economy by leaving your car at home and use public transport.

Buses

Buses are unlikely to stop to pick up or set down at intermediate stops unless the driver is asked to do so.

Trains

Trains make scheduled stops as advertised. The journey between Sudbury and Bures only takes 7 minutes, so on this journey it is advisable to find the conductor as soon as you get on!



WALK PLANNER (MILES)

KEDINGTON Barnardiston Arms PH									
1.8	STURMER	Stour Valley Path GR 704439 (Memorial Bus Stop 1/2 mile)							
5.2	3.4	STOKE -BY-CLARE	Lion PH						
8.2	6.4	3.0	CLARE	Country Park (Market Hill Bus Stop 300 yards)					
11.2	9.4	6.0	3.0	CAVENDISH	George PH				
13.1	11.3	7.9	4.9	1.9	GLEMSFORD	Angle PH*			
16.9	15.1	11.7	8.7	5.7	3.8	LONG MELFORD	(Black Lion PH Bus Stop is nearby)		
21.1	19.3	15.9	13.9	9.9	8.0	4.2	SUDBURY	Croft Green (Bus Station 1/2 mile/Rail Station 3/4 mile)	
28.2	26.4	23.0	21.0	17.0	15.1	11.3	7.1	BURES	(Rail Station 1/4 mile)
30.4	28.6	25.2	23.2	19.2	17.3	13.5	9.3	2.2	WORMINGFORD Church (Church Rd. Bus Stop 1/2 mile)

* Monday to Saturday, Bus 236 passes Glomsford Angel PH, but is timed at the Broadway Bus Stop, 1/2 mile

Use the walk distance planner chart to decide where and how far you want to walk. Then look up a bus or train to get you to the start point of your walk.