

# WALKS OFF THE STOUR VALLEY PATH

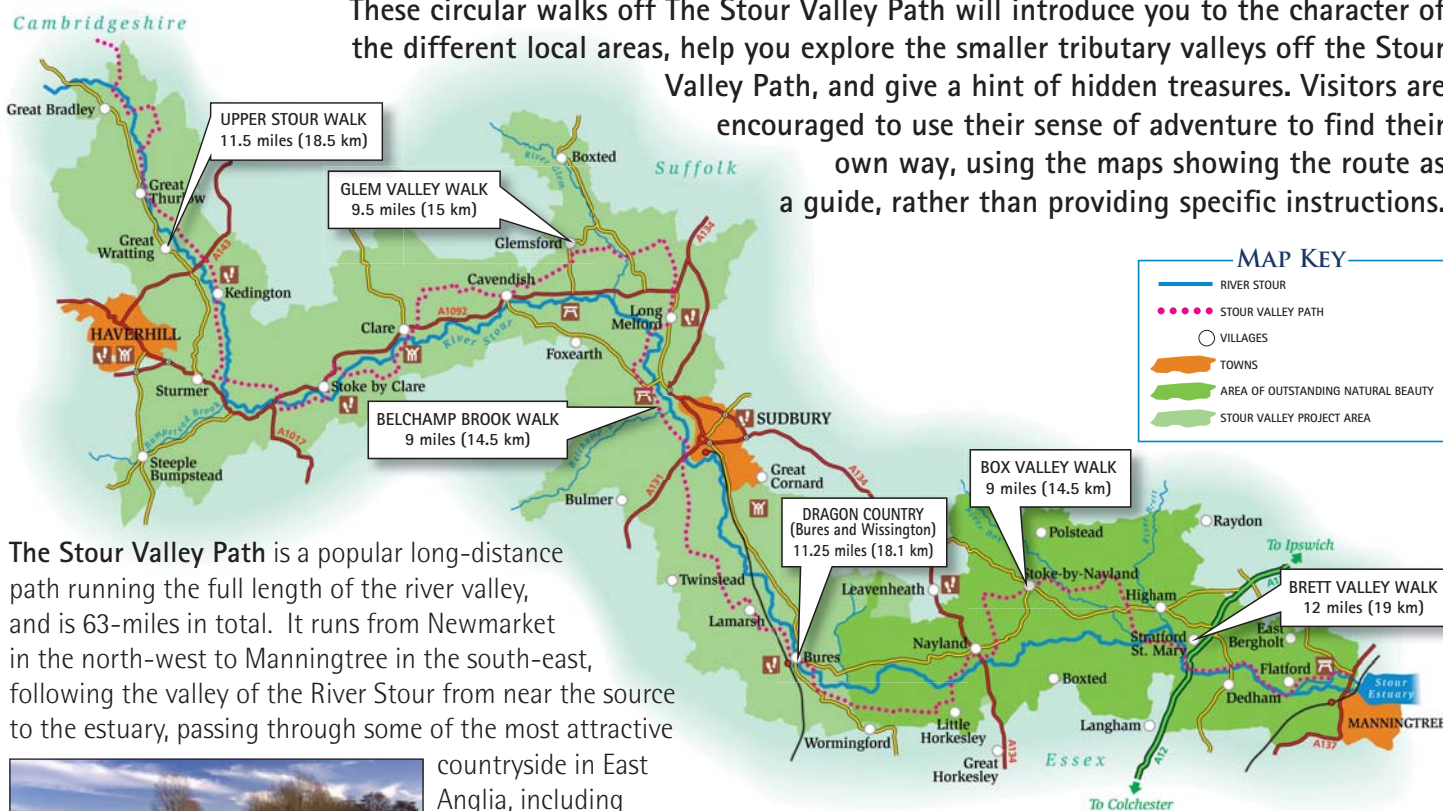


UPPER STOUR WALK - 11.5 miles (18.5 km)
GLEM VALLEY WALK - 9.5 miles (15 km)
BELCHAMP BROOK WALK - 9 miles (14.5 km)
DRAGON COUNTRY - 11.25 miles (18.1 km)
BOX VALLEY WALK - 9 miles (14.5 km)
BRETT VALLEY WALK - 12 miles (19 km)



Dedham Vale Area of Outstanding Natural Beauty (AONB) and Stour Valley is an excellent area to enjoy a variety of walks. The Stour Valley is cherished for its relatively undeveloped, tranquil landscape and stunning natural and cultural history, and is a protected landscape of special character.

These circular walks off The Stour Valley Path will introduce you to the character of the different local areas, help you explore the smaller tributary valleys off the Stour Valley Path, and give a hint of hidden treasures. Visitors are encouraged to use their sense of adventure to find their own way, using the maps showing the route as a guide, rather than providing specific instructions.

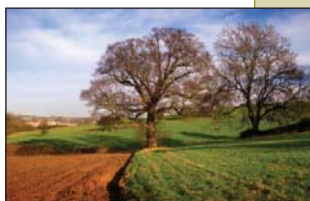


The Stour Valley Path is a popular long-distance path running the full length of the river valley, and is 63-miles in total. It runs from Newmarket in the north-west to Manningtree in the south-east, following the valley of the River Stour from near the source to the estuary, passing through some of the most attractive



countryside in East Anglia, including 'Constable Country' within the Dedham Vale AONB towards the south-east end.

The Stour Valley Path falls 118m from the plateau to the estuary, passing through a rolling landscape of woods, riverside meadows, arable fields and track-ways. The walker is able to discover hidden treasures of wildlife, landscape and vernacular building style. Of particular interest is the variety of churches, from those serving the humble Saxon hamlets, to the grand 'Wool Churches' of the bigger villages, reflecting the past vagaries of the rural economy in this ancient and fascinating landscape.



## Countryside Code

Please 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

## Protect the natural environment

- Leave no trace of your visit and take your litter home
- Dogs are very welcome - keep them under effective control

- Please don't pick plants and respect animal habitats

## Enjoy the outdoors

- For your own safety plan ahead and be prepared
- Follow advice and local signs

MAPS AVAILABLE TO DOWNLOAD

See [www.dedhamvalestourvalley.org](http://www.dedhamvalestourvalley.org) for details of the full Stour Valley Path guide and to download any of the six walks in the Dedham Vale and Stour Valley.

